

A photograph of a hotel bed with white linens and a dark striped blanket. The bed is set against a light-colored wall with a decorative crown molding at the top. The lighting is soft and warm, creating a cozy atmosphere.

STAY *well*

COOPER HOTEL

conference center & spa

Get Cooperized™



Nestled in the heart of world-renowned Cooper Aerobics Center in North Dallas, Cooper Hotel, Conference Center & Spa delivers a higher standard of customer service and easy access to the ultimate health and wellness services—for business or pleasure. Within walking distance of all Cooper has to offer, it's the place to *stay well.*

LUXURY ACCOMMODATIONS
MEETINGS & CONFERENCES
WEDDING RECEPTIONS

REST well

With spacious guest accommodations, amenities and attentive, personal service, you'll want to extend your stay indefinitely.

ROOMS & ACCOMMODATIONS

- 61 oversized guest rooms including 12 one- or two-bedroom suites with French doors opening onto private balconies
- Complimentary high-speed, multi-user wireless internet access
- Complimentary access to the 50,000+-square-foot Cooper Fitness Center, including a one-mile cushioned walking/jogging trail, lighted tennis courts and two outdoor temperature-regulated swimming pools
- Complimentary self parking
- Complimentary Continental breakfast and onsite Cedars Woodfire Grill
- Working desk, iron and ironing board, terry cloth robe, hair dryer, Starbucks® coffee and Beautiful Fit™ products
- Shoe shine, laundry and dry cleaning service
- Smoke-free property
- Stash Hotel Rewards® awarded for eligible stays

AMENITIES

Reflecting our comprehensive approach to fitness, nutrition and balance, Cooper Aerobics Center is dedicated to helping you live better, both sooner and later. Here you can find the inspiration to make good health a habit.

- Add a Cooper Clinic comprehensive physical exam
- Extend your stay and participate in a Cooper Healthy Living five-day program
- Enjoy Cooper Spa's restorative and therapeutic treatments plus our Beautiful Fit™ signature product line
- Shop at The Coop retail boutique for Cooper Complete® nutritional supplements, clothing and books



CONNECT *well*

Meetings and conferences come in all shapes and sizes and so do our attractive meeting spaces. Whether indoors or outdoors, you'll find a well-appointed event location that works for your group.



WHERE BUSINESS IS A PLEASURE

They say location is a key ingredient for success. Cooper Hotel is the perfect location for a successful one-hour business meeting or multi-day conference.

- 7,800 square feet of flexible meeting space
- Eight meeting rooms, six with natural light, that accommodate eight to 250 people
- Complimentary high-speed, multi-user wireless internet access in all meeting and guest rooms
- In-house state-of-the-art audio/visual equipment
- Full-service catering with customized menus available including healthy options
- Custom teambuilding programs
- Complimentary self parking
- Personal, professional and attentive service
- IACC certified property and Energy Star partner
- Stash Hotel Rewards® loyalty program awards points to meeting planners or attendees for eligible meetings

MEETING PACKAGES

Based on your needs, we'll provide the best option for you to experience an effective and efficient meeting or conference.

Day Meeting Package

- All-day beverages
- Buffet breakfast
- Morning refresh
- Private lunch
- Afternoon break
- General session room rental
- Audio/visual equipment

Complete Meeting Package

- Day Meeting Package, plus benefits below
- One-night stay in deluxe guest room with VIP turndown service
- All hotel guest amenities

GET YOUR MEETING MOVING WITH A COOPERIZED WELLNESS PACKAGE

Choose from a variety of lectures, exercise and nutrition activities and healthy meals that can be added to your Day or Complete Meeting Package.

- *Fit Business*, half-day health and business seminar
- Fitness, nutrition and stress management lectures
- Stretch/exercise breaks; outdoor walks
- Cooking demo with a Registered Dietitian Nutritionist
- Healthy meals with nutritional analysis and recipes

COOPER SPA

Cooper Spa pampers the body and mind with restorative, therapeutic and rejuvenating treatments. Dedicated to your total well-being—physical and emotional—we help you get fit in a way only Cooper Spa can. Here, fitness is beauty and it looks great on you. That's Beautiful Fit™.



Beautiful
FIT™

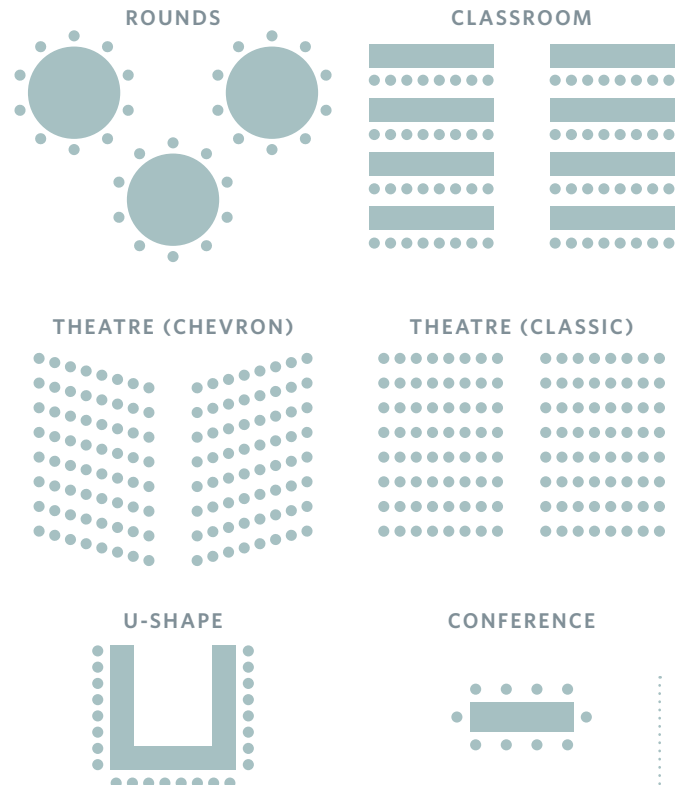
- *Massages*
- *Manicures*
- *Facials*
- *Pedicures*
- *Hair Removal by Waxing*
- *Cosmetic Services*
- *Spa Packages*

MEETING ROOMS

BERKLEY NATURAL LIGHT	2,753 SQ FT Theatre: 250 Rounds: 200	Classroom: 150 U-shape: 45
AUDITORIUM NATURAL LIGHT	1,767 SQ FT	Classroom: 74
MCKINNEY	954 SQ FT Theatre: 80 Rounds: 70	Classroom: 40 U-shape: 25 Conference: 18
CARTER	915 SQ FT Theatre: 80 Rounds: 70	Classroom: 40 U-shape: 20 Conference: 18
NICHOLS NATURAL LIGHT	418 SQ FT Theatre: 30 Rounds: 30	Conference: 18 Classroom: 16
EXECUTIVE LOUNGE NATURAL LIGHT	283 SQ FT	Conference: 10
BOARD ROOM NATURAL LIGHT	283 SQ FT	Conference: 8
THE COOKERY NATURAL LIGHT	450 SQ FT	Rounds: 20

Contains full-service kitchen for interactive cooking lessons and instruction

ROOM SET-UP OPTIONS



Additional room set-up options available upon request

CELEBRATE *well*

It's the day you've dreamed about. Let Cooper Hotel make your wedding reception dreams come true. From beautiful and peaceful grounds to caring for your every need, your special day deserves a special place.

WEDDING RECEPTIONS

Cooper Hotel offers packages if you are looking for a wedding reception site. Our experienced venue coordinator will provide the personal touches and detailed service to make your day what it should be...perfect.

- Beautiful outdoor and indoor facilities, including a reception site by the pond and fountains
- Rehearsal dinners and bridal luncheons
- Bridal portraits
- Complimentary bridal suite
- Luxurious guest rooms
- Full-service catering
- Option to provide your own bar
- Full-service day spa
- Complimentary self parking
- On-site venue coordinator
- Three-month Cooper Fitness Center membership

SOCIAL EVENTS

Special events are meant to be meaningful for everyone. Let us help you host your festive and worry-free celebration at Cooper Hotel. With a variety of indoor and outdoor locations, we can bring your event to life.

- Engagement parties
- Birthday or anniversary parties
- Bar and bat mitzvahs
- Holiday parties

Our home will become your home as we host your family and friends for an unforgettable day or evening social event.



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Cooper Hotel™
Conference Center & Spa
A COOPER AEROBICS COMPANY

*Certified by the International Association
of Conference Centers*

