

The fitness center that started it all



Cooper Fitness Center™
A COOPER AEROBICS COMPANY



Your fitness

affects everything in your life.

Your health.

Your sense of well-being.

Your energy level.

Your relationships.

Your self-confidence.

And how long you live.

At Cooper Fitness Center, we have long understood fitness and quality of life go hand in hand. After all, fitness for health was invented right here by Dr. Kenneth H. Cooper who launched a fitness revolution by introducing aerobics to the world in 1968.

So what can you expect from the fitness center that started it all?



A lifetime of health and wellness.

Today. Right here. Right now. You have the power and the resources to change your life in tangible and truly meaningful ways. You *Get Cooperized™*.

To *Get Cooperized™* means more than getting fit. It's making fitness and health an integral component of your life, providing a proactive basis for longevity, vitality and quality of life. It's a journey, not a destination.

By joining Cooper Fitness Center, you become a member of an all-encompassing wellness community where some of the nation's most experienced fitness trainers, instructors and sports professionals will support your journey to good health every step of the way—no matter what your age or fitness level.



Our Facility

is 50,000+ square feet of fabulous.

With soaring ceilings and light-filled rooms, Cooper Fitness Center's 50,000 square feet houses state-of-the-art cardio and strength training equipment.

Plus a three-lane indoor track, a basketball court, two heated six-lane pools, a one-mile rubberized outdoor track, six fitness studios, spa amenities and Cedars Woodfire Grill. All situated on 30 beautiful acres in the heart of North Dallas.

Cooper Fitness Center delivers an unrivaled fitness experience.



AMENITIES & FEATURES

- Three-lane banked-curve indoor track
- Two heated 25-yard, six-lane pools
- Outdoor one-mile lighted rubberized track with quarter-mile and half-mile turnoffs
- Precor® cardio equipment with Preva® Networked Fitness
- iPod docking stations, heart monitors and personal television viewing stations on cardio equipment
- Power Plate® vibration training equipment
- Basketball court
- Four lighted tennis courts with Plexi-Pave surfaces
- Boxing Studio
- Aerobics Studio for large group cardio/strength classes
- Small Group Training Studio with TRX
- Mind/Body Studio for yoga and mat Pilates
- Private Pilates Studio
- Cycling Studio
- Locker rooms with complimentary day-lockers, towels and toiletries, private showers, sauna, steam room and whirlpool
- Family locker room
- Laundry service and shoeshine service (available for fee)
- On-site childcare with active court and outdoor playground
- The Coop retail boutique
- Cedars Woodfire Grill at Cooper Aerobics
- Cooper Spa
- Complimentary Wi-Fi

“Enhancement and preventive—it’s an equal balance here. Cooper Fitness Center has shown us first-hand the benefits fitness brings to your life. Complementing our physical therapy regimen, Cooper is healing and helping to strengthen our bodies and protect us from future injury and ailments.”

Ellen and Don Winspear, Cooper Fitness Center members since 2000





Our Programs

redefine the quality of your life.

Everyone's quest for optimal fitness is different—but the ultimate goal is to improve the quality and quantity of life. Cooper Fitness Center gives you access to proven, science-based programs supported by knowledgeable, results-driven fitness experts. Regardless of age, fitness level or lifestyle, our programs can help you reach your potential.

At the foundation is our **Cooper Quest** wellness program. Through health assessments and education, a personal health coach and engaging programs, this ongoing, custom-designed Cooper member benefit equips you with the tools and resources you need to improve your health.

Along your journey, our diverse programming—including individualized and group fitness training options—takes the activation of your fitness goals to the next level. Choose from 100+ weekly group classes, work out with a professional fitness trainer, develop your skills with a sports pro and more.

The relationships between members are one of the strongest ties that bind. Through our social events and fitness programs, members connect on a personal level to create new friends, networks and support systems.

With us, fitness never has to be routine.



PROGRAM PREVIEW

- **Cooper Quest:** An ongoing, personalized wellness program designed around Dr. Kenneth H. Cooper's 8 Steps to *Get Cooperized*[™]. We identify the area where you need the most attention and create an individualized plan incorporating fitness, nutrition and stress management resources for you to make healthy changes.

The program measures your results in five key health areas—body composition, blood work, cardiovascular fitness, functional fitness and stress management—to give you a comprehensive **Cooper Quest** score. Then, through work with a personal health coach, access to professional fitness trainers and other fitness experts, we guide you to create small, attainable goals for improvement.



BODY
COMPOSITION



BLOOD
WORK



CARDIOVASCULAR
FITNESS



FUNCTIONAL
FITNESS



STRESS
MANAGEMENT

- **Personal Training:** One-on-one sessions with a Professional Fitness Trainer following a personalized plan of cardio and strength training
- **Female Focus:** Small group fitness training for women, incorporating nutrition guidance for disease management and weight loss
- **Small Group Training (SGT):** Limited to six participants, SGT offers custom tailored workouts led by Professional Fitness Trainers including TRX training, circuit training and Lean 'n FIT classes
- **Pilates Mind/Body Training:** Private and small group training using Pilates equipment and matwork to build strength and flexibility
- **Classics 70+:** Fitness programs and social activities such as museum outings for mature adults
- **Youth Programs & Sports Training:** Year-round programming including Fit & Fun Camps, athletic development, sports clinics, teen personal training, swimming lessons and more
- **Adult Sports Training:** Private lessons and group sessions; basketball, tennis, boxing, swimming and martial arts
- **Seasonal Social Events:** Family events such as Eggstravaganza and Cooperized Kidz holiday parties, annual member picnic, member breakfasts and more
- **Member Awards:** Annual event in which members are recognized for their dedication to health and fitness

"I tried many weight loss programs without success. When I came to Cooper it was a lifestyle change. Cooper helped fill in the gaps where I was weak and made it a lot of fun!"

Arleen Kain, Cooper Fitness Center member since 2014



Our People

are with you every step of the way.

At Cooper Fitness Center, you're surrounded by people who care—accomplished certified fitness professionals who have an in-depth understanding of the science behind health and fitness and a passion for making a difference in people's lives. Educated above and beyond the industry standards, many of our experts have advanced degrees and multiple fitness certifications. Many have 10+ years of experience in their professions.

These highly trained professionals work together to help you tap into the power that is Cooper. You'll be guided along your **Cooper Quest** by professional fitness trainers, health coaches, registered dietitian nutritionists, sports pros ... our entire staff is here to support you in your journey to good health.

Our people provide an unparalleled level of expertise and service.



AREAS OF SPECIALIZATION

- Total body conditioning
- Cardiovascular conditioning
- Functional fitness
- Sports instruction and performance
- Muscle Activation Techniques (MAT)
- Injury prevention and rehabilitation
- Pilates
- Weight loss
- Youth fitness
- Pre- and post-natal fitness
- Mature and special populations
- Nutrition and wellness

"I really appreciate the information everyone at Cooper gives me. They genuinely care about helping people live healthier lives. Cooper has the best resources—the best of everything—from trainers to spa services to physicians to vitamins."

Scott Malcolm, Cooper Fitness Center member since 2007





Cooper Fitness Center

Are you ready to begin your **Cooper Quest** to look better, feel happier, gain self-confidence, recapture your vitality and increase your longevity?

Take the all-important first step and join today.

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Hours of Operation
Monday-Friday: 5 a.m.-9:30 p.m.
Saturday: 5:30 a.m.-8:30 p.m.
Sunday: 11 a.m.-7 p.m.

cooperfitnesscenter.com

