

Cooper Fitness Center - Dallas

dallas

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dallas

Cooper Fitness Center - Dallas

Discover the Cooper Fitness Center in Dallas, Texas

If you're searching for a comprehensive fitness experience, look no further than the **Cooper Fitness Center** in Dallas, Texas. This facility combines state-of-the-art amenities with a welcoming atmosphere, making it an ideal choice for anyone looking to maintain or enhance their fitness journey.

A Wheelchair-Accessible Oasis

Cooper Fitness Center is committed to **accessibility**, featuring a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**.

This ensures that all members, regardless of their mobility challenges, can take advantage of the incredible services offered at the center.

Sports Courts and Family-Friendly Activities

One of the standout features of Cooper Fitness Center is its variety of sports facilities. The center **has a tennis court** and a **basketball court**, allowing both casual and competitive players the opportunity to enjoy their favorite sports. Additionally, the facility is **good for kids**, making it a perfect destination for families. With dedicated classes and activities for children, parents can focus on their workouts while knowing their kids are engaged and active.

Outdoor Services and Amenities

Nature enthusiasts will appreciate the **outdoor services** available, including a beautifully landscaped walking trail around a serene pond. The outdoor track is perfect for jogging or leisurely walks, creating a tranquil environment for fitness. The center also boasts various **amenities** such as a sauna, steam room, and hot tub – the perfect way to unwind after a rigorous workout.

Top-notch Fitness Experience

Members rave about the cleanliness of the facilities, stating that the staff is always present to maintain the machines during workouts. Equipment ranges from the latest generation cardio machines to free weights, ensuring a complete workout experience. Many reviews highlight the exceptional quality of the locker rooms and showers, equipped with everything one might need, from towels to spa water.

Membership and Service Options

While a **membership is required** to access the full array of services, many members feel it is worth the investment. The center offers various **service options**, including personal training and group classes that cater to all fitness levels, from beginners to elite athletes.

Why Choose Cooper Fitness Center?

With over four decades of service, Cooper Fitness Center has established itself as a haven for wellness and fitness enthusiasts. The grounds beautify the fitness journey with old trees and manicured landscaping, creating an inviting atmosphere for workouts. Visitors frequently commend the friendly staff, who play a significant role in promoting a supportive and motivating environment. Whether you're a seasoned athlete or just starting, Cooper Fitness Center provides a holistic approach to health that is hard to find elsewhere. Make your next fitness destination the **Cooper Fitness Center** in Dallas, where every visit feels like a step closer to achieving your health goals!

You can find us at

12100 Preston Rd, 75230 Dallas, Texas - United States (US)

The phone of the mentioned **Fitness center** is +1972-233-4832

And if you want to send a WhatsApp, you can do so at +1972-233-4832

Our opening hours are:

Day Hours
Monday

5?AM–9:30?PM

Tuesday

5?AM–9:30?PM

Wednesday

5:30?AM–8:30?PM

Thursday

11?AM–7?PM

Friday

5?AM–9:30?PM

Saturday

5?AM–9:30?PM

Sunday

5?AM–9:30?PM

The website is Cooper Fitness Center

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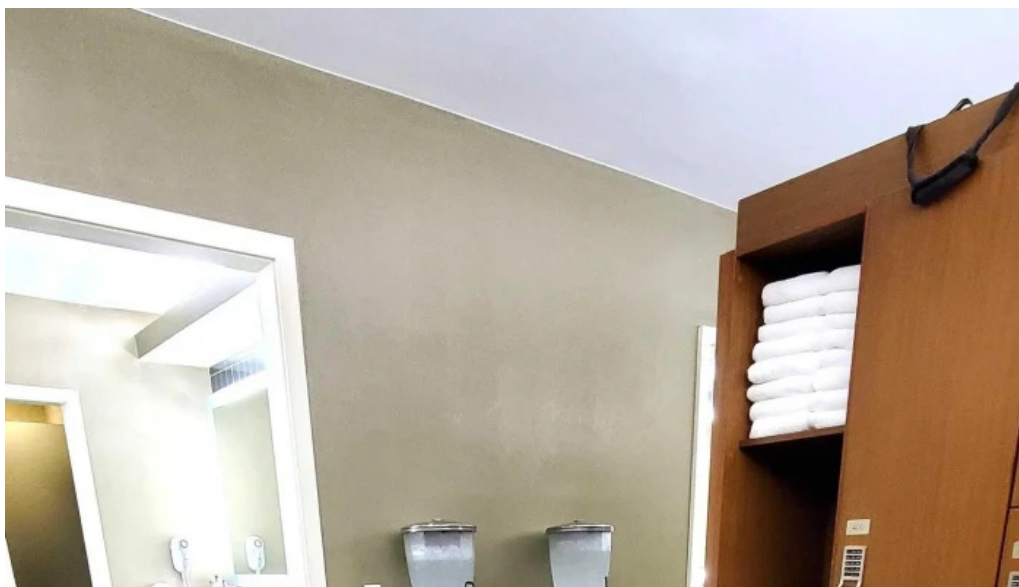
Images



Cooper fitness center videos



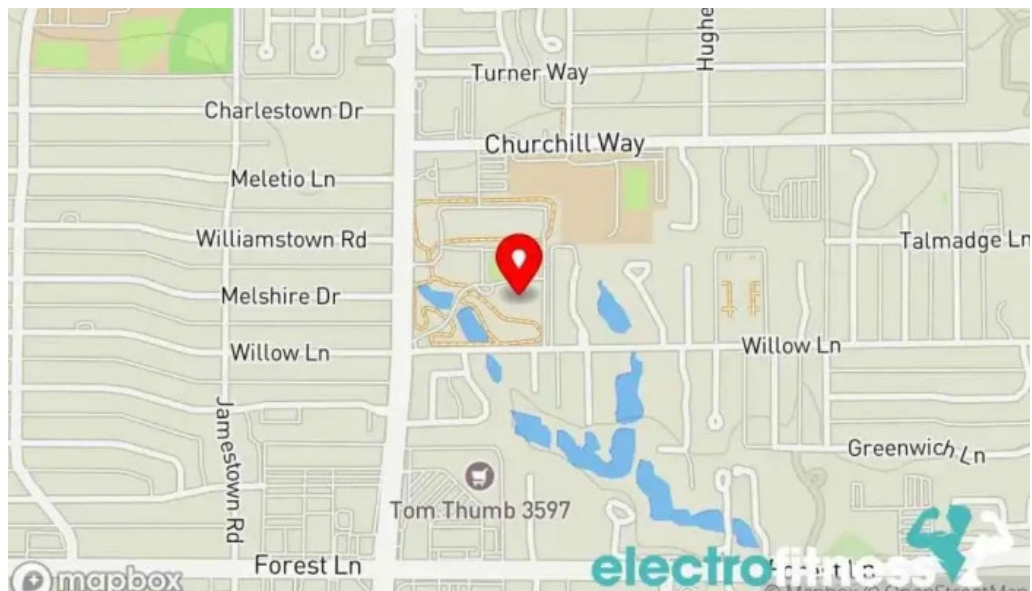
Cooper fitness center street view 360deg



Cooper fitness center promotion



Cooper fitness center number



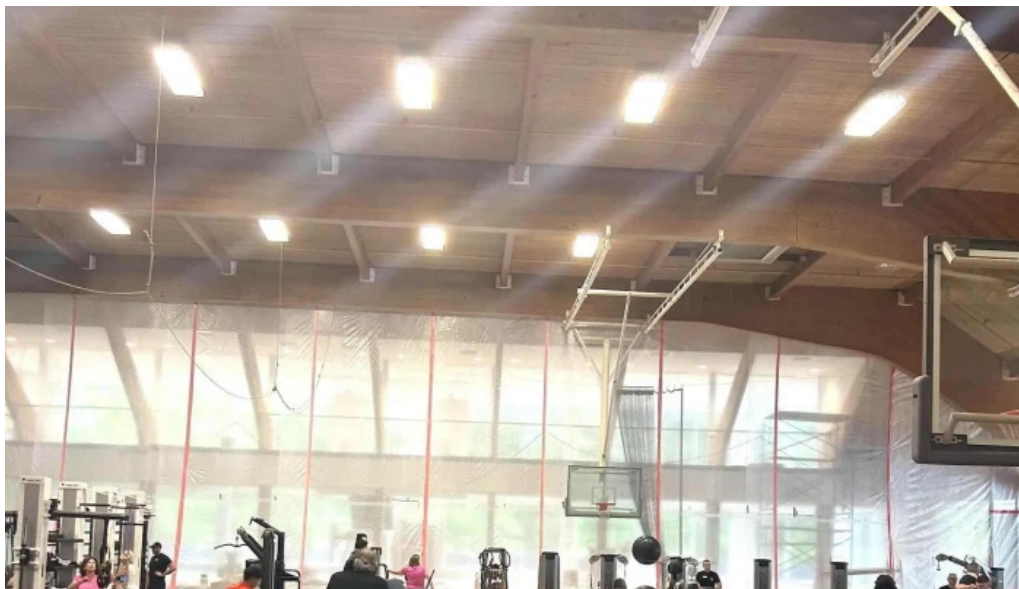
Cooper fitness center map



Cooper fitness center location



Cooper fitness center gym



Cooper fitness center fitness center



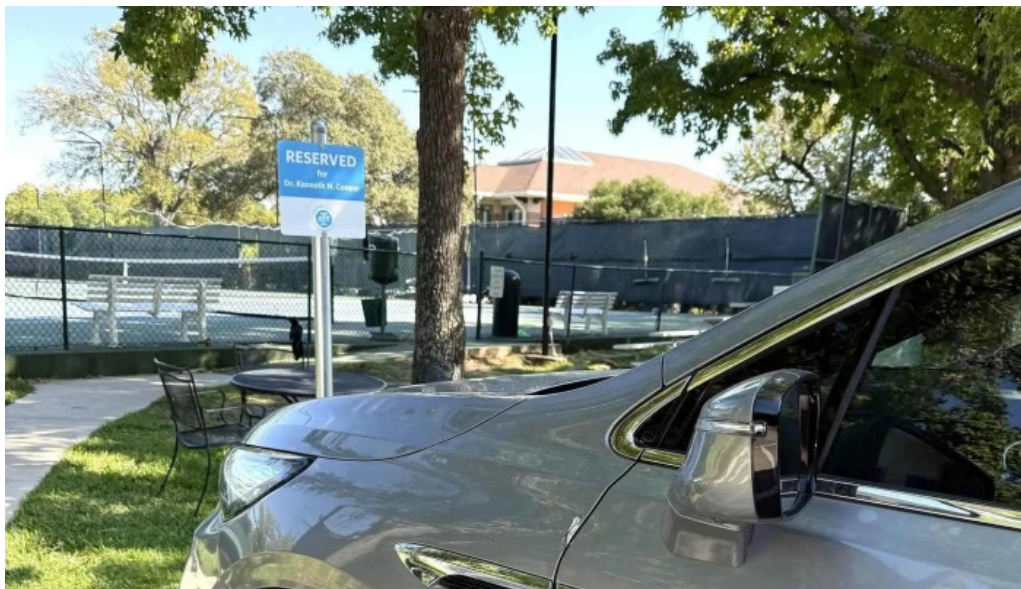
Cooper fitness center discounts



Cooper fitness center dallas



Cooper fitness center by owner



Cooper fitness center area



Cooper fitness center all



Cooper fitness center address

Tags

Has a tennis court, Basketball court, Children, Wheelchair-accessible entrance, Sauna, Outdoor services, Accessibility, Good for kids, Amenities, Membership required, Service options, Wheelchair-accessible car park, Planning

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dollar store
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school district office
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