



From DFW Airport –
Follow North Exit to I-635 East/LBJ Freeway. Exit at Preston Road and turn right (south). Cooper Aerobics Center is 5 1/2 blocks south of I-635 on the left (east) side of Preston Road.

From Love Field Airport –
Take Mockingbird Lane east to Dallas Tollway. Turn left (north) on Tollway, exit Forest Lane and turn right (east). At Preston Road, turn left (north). Cooper Aerobics Center is 1 1/2 blocks north of Forest Lane, on the right (east) side of Preston Road.

From Downtown –
Take Central Expressway (75) north to Forest Lane exit. Turn left (west) on Forest Lane and turn right (north) onto Preston Road. Cooper Aerobics Center is 1 1/2 blocks north of Forest Lane, on the right (east) side of Preston Road.

Dallas North Tollway –
Exit Royal Lane if headed south OR Forest Lane if headed north. Turn east. At Preston Road, turn left (north). Cooper Aerobics Center is 1 1/2 blocks north of Forest Lane, on the right (east) side of Preston Road.