



860.793.1616
12 Northwest Drive
Plainville CT. 06062

Directions:

Traveling on I-84 east

Take exit #34 (Crooked St. Plainville)
Turn left off exit
Turn left at light onto RT. 372 west
At 4th traffic light turn right onto Cooke St. (J. Timothy Restaurant)
Turn left (at Blick Art Supplies) onto Northwest Drive
Gym is second building on left (across from VFW, before light)

Traveling on I-84 west or RT 72 west

Take exit #33 off 84 west onto RT 72 west
Take first exit #2 off RT 72 west (Kohls)
Turn left onto RT 372 west
At next light turn right onto Cooke St. (J. Timothy Restaurant)
Turn left (at Blick Art Supplies) onto Northwest Drive
Gym is second building on left (across from VFW, before light)

Traveling on Route 10 from Southington

Shortly after passing Confetti's Restaurant...
At light turn Right onto Northwest Drive
Gym is first building on right across from VFW

Traveling on Route 10 from Farmington

Shortly after passing the Mobile Gas Station at fork (stay on route 10)
You'll cross into Plainville
Turn left at next light onto Northwest Drive. Gym is first driveway on the right, across from VFW