

## Directions to **HOPE**Fitness Nassau

**2750 North Jerusalem Rd., N. Bellmore, NY 11710**

(1 Block West of Rosemary Kennedy School)

**1(877) 396-**HOPE** (4673)**

### **From the Southern State Parkway:**

Get off Exit 25N (Route 106N East Meadow).

Go ½ mile till North Jerusalem Road. (Walgreens is on the corner) Turn Right.

Go ½ mile on North Jerusalem Road.

**HOPE**Fitness is on the right hand side after 7 Eleven

### **From the Northern State Parkway:**

Go to the Wantagh Parkway South.

Take Wantagh Parkway South to the Southern State Parkway West.

Take the Southern State Parkway West to Exit 25N (Rt.106N East Meadow).

Go 1/2 mile till North Jerusalem Road. (Walgreens is on the corner). Turn Right.

Go ½ mile on North Jerusalem Road.

**HOPE**Fitness is on the right hand side after 7 Eleven

### **From the Meadowbrook Parkway:**

Take the Meadowbrook Parkway to the Southern State Parkway East.

Take the Southern State Pkwy. East to Exit 25N (Rt. 106 East Meadow).

Go 1/2 mile till North Jerusalem Road. (Walgreens is on the corner). Turn Right.

Go ½ mile on North Jerusalem Road.

**HOPE**Fitness is on the right hand side after 7 Eleven.

### **From the Wantagh Parkway:**

Take the Wantagh Parkway to the Southern State Parkway West

Take the Southern State Parkway West to Exit 25N (Route 106N East Meadow).

Go 1/2 mile till North Jerusalem Road. (Walgreens is on the corner). Turn Right.

Go ½ mile on North Jerusalem Road.

**HOPE**Fitness is on the right hand side after 7 Eleven