

Directions to **HOPE**Fitness Suffolk

170-1 Wilbur Place, Bohemia, NY 11716

1(877) 396-HOPE (4673) ~ www.HOPEFitness.org

FROM THE WEST

From the Southern State Parkway:

Southern State Parkway West to Exit 40S (Robert Moses Causeway)
Go 1/4 mile to Route 27 (RM1E), Bear left onto Route 27 Sunrise Highway.
Take Route 27 to Exit 49 (Lakeland Ave), Go to the light and make a left.
Go 1/4 mile on Lakeland Ave and make a right on Kittyhawk Dr. (Freightliner on right), Go to the end of Kittyhawk Dr. and make a left on Wilbur Place.

170-1 Wilbur is on the left and The **HOPE**Fitness entrance is on the left hand side.

From Route 27 Sunrise Highway:

Take Route 27 to Exit 49 (Lakeland Ave), Go to the light and make a left.
Go 1/4 mile on Lakeland Ave and make a right on Kittyhawk Dr. (Freightliner on right), Go to the end of Kittyhawk Dr. and make a left on Wilbur Place.

170-1 Wilbur is on the left and The **HOPE**Fitness entrance is on the left hand side.

FROM THE EAST

From the Long Island Expressway (Route 495):

Take the LIE West to Exit 60 (Ronkonkoma Ave/Sayville).
Make a left at the second light on Ronkonkoma Ave. Go 1 3/4 miles to Lakeland Ave. Left on Lakeland Ave 1/4 mile to the light (Veterans Highway).
Left on Veterans Highway and go 1/2 mile to Orville Dr. (HBC Bank on corner).
Make a right on Orville Dr. and go one block to Wilbur Place. Right on Wilbur Pl.

170-1 Wilbur is 2nd building on right side. **HOPE**Fitness entrance is on the left hand side of the building.

From Route 27 Sunrise Highway:

Take Sunrise Highway West to Exit 49 (Lakeland Ave/Sayville).
Go to the light and make a right on Lakeland Ave. Take Lakeland Ave 1 1/4 miles and make a right on Kittyhawk Dr. (Freightliner on right), Go to the end of Kittyhawk Dr. and make a left on Wilbur Place.

170-1 Wilbur is on the left and The **HOPE**Fitness entrance is on the left hand side.