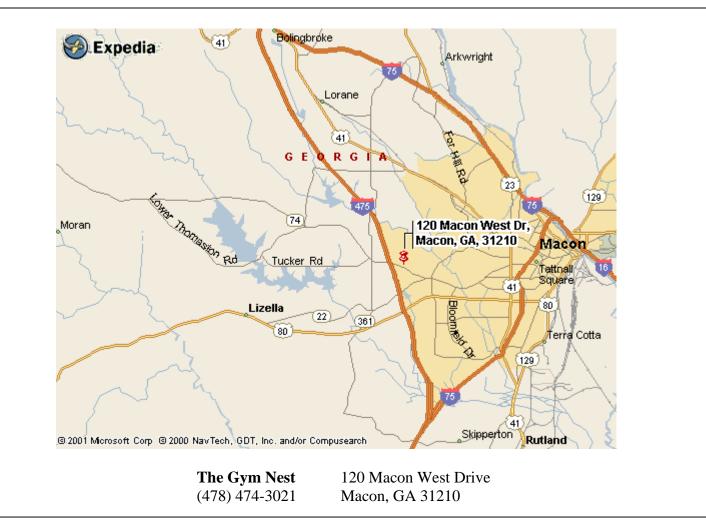
Directions



<u>From Atlanta</u>	Take I-75 South to I-475 to Exit 5 (Hwy 74). Turn left-back over interstate. Go ½ mile, turn left on Macon West Drive (between Burgess Carpet and GA School Supply). Gym is on the right.
<u>From Savannah</u>	Take I-16 to I-75 South to Mercer University Drive (2 nd exit after you get on I-75 South). Turn right, go 4.1 miles. (You will pass the Colonial Mall.) Turn right on Macon West Drive. (between Burgess Carpet and GA School Supply). Gym is on the right.
From South Georgia	Take I-75 North to I-475 to Exit 5 (Hwy 74). Turn right. Go ½ mile. Turn left onto Macon West Drive. (between Burgess Carpet and GA School Supply). Gym is on the right.

From Columbus

Take U.S. 80 East to I-475. Take I-475 North to Exit 5 (Hwy 74). Turn right. Go ½ mile, turn left onto Macon West Drive. (between Burgess Carpet and GA School Supply). Gym is on the right.

Area hotels: (at Zebulon Road - exit 9 - of I-475 - one exit north of The Gym Nest)

Fairfield Inn 110 Plantation Inn Dr. Macon, GA 31210 478-474-9922 1-800-228-2800

Jameson Inn 150 Plantation Inn Dr. Macon, GA 31210 478-474-8004 Sleep Inn 140 Plantation Inn Dr. Macon, GA 31210 478-476-8111