

Directions to Facility

Eastern Greensboro

We are located near the intersection of East Lee St and I-40 Bus on Cedar Park Rd.
Just past the hotels there is a business park on the left.
Drive to the back of the business park and The Gym will be on your right.

Northern Greensboro (15min)

Take US-29 South.
Get off at the exit for Lee St / Hwy 6 East / I-40 East / I-85 North.
Merge onto East Side Dr.
Turn right on East Lee St.
Turn left on Cedar Park Rd just before the I-40 / I-85 interchange.
Just past the hotels there is a business park on the left.
Drive to the back of the business park and The Gym will be on your right.

High Point / Thomasville (30min)

Take I-85 or I-85 Bus towards Greensboro.
Stay on I-85 Bus until you get to the exit for East Lee St. (Exit 41 / Old Exit 128)
Turn left at the bottom of the ramp.

Turn right on Cedar Park Rd. It will be the first right after you pass under the Interstate.
Just past the hotels there is a business park on the left.
Drive to the back of the business park and The Gym will be on your right.

Pleasant Garden (20min)

Take 421 North into Greensboro.
Turn right onto the ramp for I-40 East/ I-85 North.
Get off at the exit for East Lee St. (Exit 41 / Old Exit 128)
Turn left at the bottom of the ramp.
Turn right on Cedar Park Rd. It will be the first right after you pass under the Interstate.
Just past the hotels there is a business park on the left.
Drive to the back of the business park and The Gym will be on your right.

Wiston-Salem (40min) / Kernersville (30min)

Take I-40 East into Greensboro. At the split, stay to the right towards Bryan Blvd.
Get off at the exit for East Lee St. (Exit 41 / Old Exit 128)
Turn left at the bottom of the ramp.
Turn right on Cedar Park Rd. It will be the first right after you pass under the Interstate.
Just past the hotels there is a business park on the left.
Drive to the back of the business park and The Gym will be on your right.

