

Directions to **HOPE**Fitness Suffolk

1615 Ninth Avenue, Bohemia, NY 11716

(One Block East of AHRC)

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



FROM THE WEST

From the LIE:

Take the Long Island Expressway East to Exit 57 (Rt. 454/Commack/Patchogue).
Stay on the service road until Veterans Highway.
Make a right on Vets Highway and go 3 miles.
Pass AHRC on the right and make your first right on Ninth Ave (LEE MYLES on corner).

HOPEFitness is the 1st building on the left #1615. Entrance is on the side.

From the Northern State:

Take the Northern State Parkway East all the way to the end.
Bear right at the fork on Route 454/Patchogue
Travel 5 miles on Route 454 (Veterans Highway)
Pass AHRC on the right and make your first right on Ninth Avenue (LEE MYLES on corner).

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From the Southern State:

Take the Southern State Parkway East to Exit 41A (Sagtikos Parkway North).
Go 4 miles to S1E Long Island Expressway East.
Go 4 miles to Exit 57 (Rt. 454/Commack/Patchogue)
Stay on the service road until Veterans Highway.
Make a right on Veterans Highway and go 3 miles
Pass AHRC on the right and make your first right on Ninth Avenue (LEE MYLES on corner).

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FROM THE EAST

From the LIE:

Take the Long Island Expressway West to Exit 58 (Nichols Rd.)
Left on Old Nichols Rd. for 1 mile until Veterans Highway
Make a left on Veterans Highway and travel 1.5 miles.
Pass AHRC on the right and make your first right on Ninth Avenue (LEE MYLES on corner).

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From Rt. 27 (Sunrise Hwy):

Take Rt. 27 Sunrise Highway West to Exit 51 (Rt. 454).
Stay on the Service Road and go 1 mile until Route 454 West/Commack.
Travel 4.5 miles on Veterans Highway
When you see AHRC on the left side immediately make a U-turn.
Make your first right on Ninth Avenue (LEE MYLES on corner).

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