

# **Directions to HOPEFitness Suffolk Center**

**1615 Ninth Avenue, Bohemia, NY 11716**

*(One Block East of AHRC)*

**1 (877) 396-HOPE**



## **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 to Exit 41A (Sagtikos Parkway North).  
Go 4 miles to S1E Long Island Expressway.  
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  
Pass AHRC on the left side and immediately make a U-turn.  
Make your first right on Ninth Avenue (LEE MYLES on corner).

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