



## To the Studio:

### Coming From I-40 East



Take the Valdese exit, EXIT 111 (warning....this is a very short exit)



Turn Left off the exit (Fun Cycles is in front of you) go a quarter of a mile up a hill.



Turn RIGHT when you T into the road at the top of the hill...this is Carolina St. \*\*  
Go 1.2miles on Carolina St.



Turn LEFT onto MAIN ST E/US-70. Go .2miles



End at **154 Main St** W Valdese, NC 28690 (Studio is on the Right of the street before Myra's)

### Coming From I-40 West



Take the Valdes exit, EXIT 111



Turn RIGHT at the Yield sign, and proceed up a short curvy hill.



Turn RIGHT at the top of the hill and take the over pass back over I-40. You will be on Carolina Street.\*\* Go 1.2miles on Carolina St.



Turn LEFT onto MAIN ST E/US-70. Go .2miles



End at **154 Main St** W Valdese, NC 28690. (Studio is on the Right of the street before Myra's)

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## \*\* To the VAC (Valdese Aquatic Center) for SWIM 1-on-1's:

-once on Carolina St. go 1mile until you see a tennis court & swimming pool (covered w/ a swim "bubble" in winter months). The parking lot for the VAC is right before the tennis court. Turn Right into the parking lot.

**(The VAC is on the way to the Studio before you get to your turn onto Main St.)**

- Call (828) 879-8129 for help w/ directions.