

Directions to Quincy Ward IV Community Center:

Via Driving: Take Route 93 to Route 3 split. Take exit for Quincy Adams train station. Follow ramp to Quincy Center. At end of ramp take left onto Centre Street then right onto Intervale Street. Community Center is on left. Flat small building with parking lot and play area. Entrance on Brooks Avenue. Yellow sign will say "Della Chiesa School" Smaller sign above entrance on Brooks Avenue will say "Ward IV Community Center".

Via MBTA: Take Red Line to Quincy Adams Train Station. Exit station and cross Burgin Parkway. Walk down Centre Street 5 blocks to take a right onto Intervale Street. Entrance on Brooks Avenue.

Directions to 1000 Southern Artery:

From Route 3A in Quincy, Route 3A becomes Southern Artery in Quincy Center. Follow Route 3A/Southern Artery to South Quincy. The large conglomerate of buildings is on your left (if southbound). Park in any of the lots. Activities Room is on the second floor of the South Building.

Directions to Bodyfit:

Via Driving: Billings Road is off Hancock Street in North Quincy.

Via MBTA: Red Line to North Quincy Station. Walk south on Hancock Street. Billings Road is on Left.

Directions to Braintree High School:

Via Driving: Take I-93 South to Exit 6 (Route 37 Braintree/Holbrook). Bear right at the fork in the ramp Go through 4 sets of lights. At the 5th light (Braintree Five Corners), bear a slight right onto Granite Street, keeping Dunkin' Donuts on right and Bertucci's on left. At next set of lights (Granite Plaza on right), take left onto Town Street. Braintree High School is directly on left, follow signs for parking.

Via MBTA: Take the 238 bus from Quincy Center Train Station or Quincy Adams Train Station.

Get off at Braintree High School/Granite Plaza.

Directions to Real Life Yoga:

Via Driving: Take Route 3A towards Weymouth. Building is on the right going southbound, directly after the Fore River Bridge.

Via MBTA: Take the 220, 221 or 222 bus from the Quincy Center Train Station. Get off at the first stop right after the Fore River Bridge. Building is on the right.

Directions to Liquid Movement Center:

Take Route 3 to Exit 14 Rockland/Nantasket. Take Hingham Street ramp towards Rockland. Take Hingham Street to slight right onto Webster Street. Turn left onto East Water Street. Follow to West Water Street. Building is immediately on your left. Park in lot beside building.