

Directions to Gold's Gym 258 Titusville Road, Poughkeepsie, NY 12603

From CT or points east:

Interstate 84 West to Taconic State Parkway Exit 16-North. Take the Taconic North to the Lagrangeville exit. Make a left at the light onto Noxon Rd. Make a right at the stop sign to stay on Noxon Rd. Proceed 3.3 miles to Titusville Rd CR-49 and make a left. Gold's Gym is 4/10 mile on the left.

From South:

Take the Taconic North to the Lagrangeville exit. Make a left at the light onto Noxon Rd. Make a right at the stop sign to stay on Noxon Rd. Proceed 3.3 miles to Titusville Rd CR-49 and make a left. Gold's Gym is 4/10 mile on the left.

From North:

Take Taconic State Parkway South and exit onto Route 55 West (1st Rt 55 exit) towards Poughkeepsie, 4 miles, make a left at Hess Station onto Titusville Rd. Proceed through traffic light and Gold's Gym is 1/2 mile up on left. Please use first entrance as there is no left turn allowed at second entrance. Drive around the building and entrance is in front.

From Poughkeepsie and West:

Take Route 55 East and make a right onto Noxon Rd. to first traffic light. Turn right onto Titusville Rd. Proceed through traffic light and Gold's Gym is 1/2 mile up on left. Please use first entrance as there is no left turn allowed at second entrance. Drive around the building and entrance is in front.