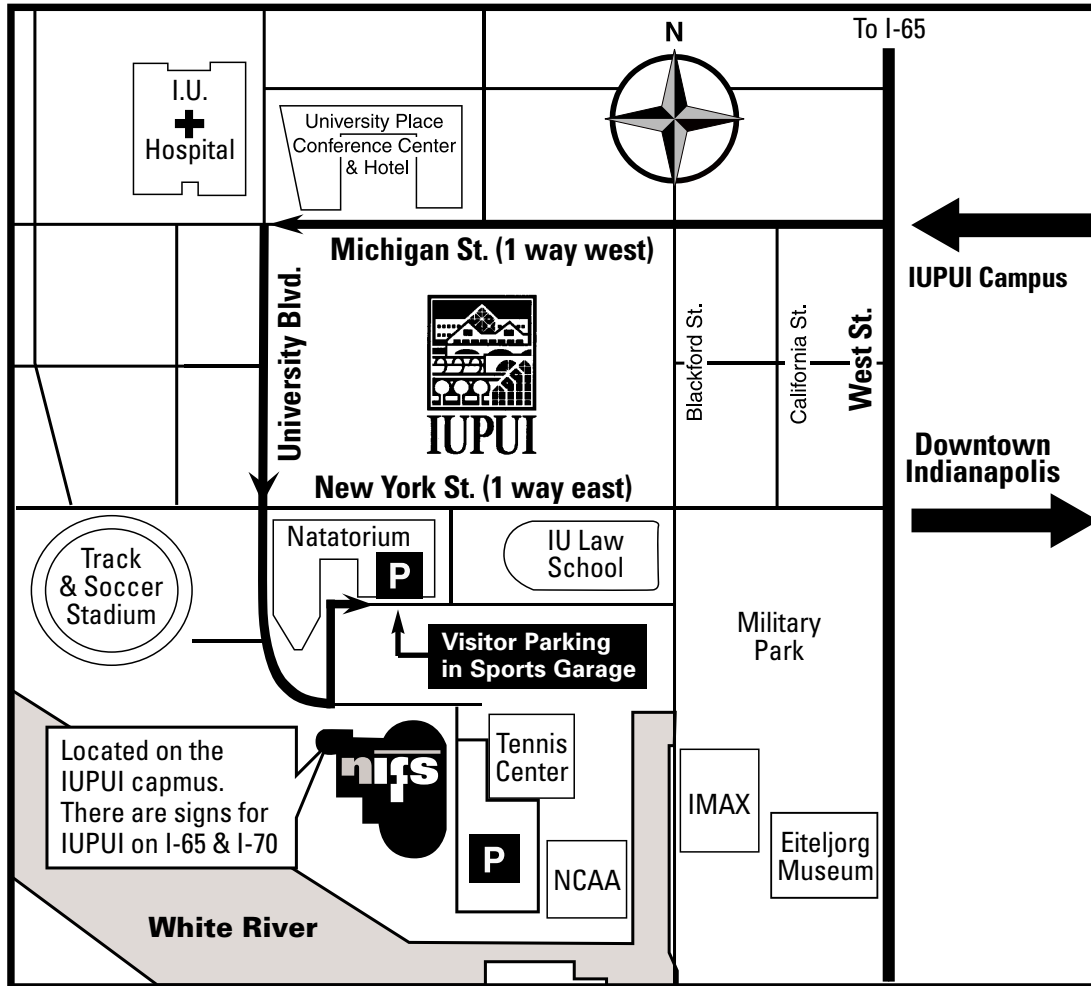


Directions

National Institute for Fitness and Sport

to nifs



Interstate 65

FROM THE NORTH SIDE: Take exit 114 and follow West Street south to Michigan Street and turn right. You will be heading west.

FROM THE SOUTH SIDE: Get on I-70 west. Take exit 79-A and follow West Street north to Michigan Street and turn left. You will be heading west.

Interstate 70

FROM THE WEST SIDE: Take exit 79-A and follow West Street north to Michigan Street and turn left. You will be heading west.

FROM THE EAST SIDE: Get on I-65 north. Get to the leftmost lane. Take exit 114 and follow West Street south to Michigan Street and turn right. You will be heading west.

From MICHIGAN STREET

Travel west to University Boulevard. Turn left (south) onto University Boulevard. Go through the stoplight at New York Street.

University Boulevard will curve to the left (east). NIFS is located on the right side (south) of the street, a two-story, white building with a red stripe.

Visitor parking is located in the Sports Garage just north of NIFS, adjacent to the Natatorium.