



Directions to Carmel Fitness & Racquet Club:

From I84 or the Taconic State Parkway:

- Take Route 84 East towards Carmel/Danbury.
- Take Exit 19 for Carmel.
- At the end of the exit, turn Right on Rt. 312
- Take 312 to the end and turn Right on Rt. 6
- At 2nd light, turn Left on Old Rt. 6
- Facility is on your left

From Rt.52:

- Rt. 52 East through towards Carmel
- Go through the Town of Carmel and turn Left on Rt. 6
- Continue past 1st light at McDonalds
- Turn Right at next light on Old Rt. 6
- Facility is on your left.

From Rt.22 North:

- Take Rt. 22 South towards Brewster
- Turn Right on 312
- Go past 84 ramp to the end and turn Right on Rt. 6
- Take 312 to the end and turn Right on Rt. 6
- At 2nd light, turn Left on Old Rt. 6
- Facility is on your left

From I684:

- Take 684 North towards Brewster
 - Take I84 West towards Newburgh
 - Take Exit 19 for Carmel.
 - Follow Taconic/84 directions above
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