

Directions to the Effervescence Personal Training Studio

From points north

- 1: Start out going NORTH on I-495 N / I-95 N / CAPITAL BELTWAY.
 - 2: Take the BALT / WASH PKWY SOUTH exit- EXIT 22B- toward WASHINGTON.
 - 3: Merge onto MD-295 S. Travel about 5 mi.
 - 4: Merge onto US-50 W / NEW YORK AVE NE toward WASHINGTON (Crossing into DISTRICT OF COLUMBIA) for about 2.3 mi.
 - 5: Keep LEFT at the fork to go on NEW YORK AVE NE.
 - 6: Stay STRAIGHT to go onto NEW YORK AVE NE.
 - 7: Turn LEFT onto BLADENSBURG RD NE.
 - 8: Turn SLIGHT RIGHT onto MARYLAND AVE NE (*near Hechinger Mall*).
 - 9: Turn SLIGHT RIGHT onto G ST NE (*after crossing 14TH ST NE*)
 - 10: Take immediate RIGHT into alley access toward **1309 Linden CT NE**.
 - 11: Turn LEFT at alley intersection, Studio is on the left side. Park anywhere.
- Travel distance approx. 9.8 miles; 16 min.*

From points south

- 1: Start out going WEST on I-495 W / CAPITAL BELTWAY.
 - 2: Merge onto I-395 N via EXIT 170B toward WASHINGTON (Crossing into DISTRICT OF COLUMBIA).
 - 3: Keep LEFT to take I-295 S.
 - 4: Take the 6TH ST SE exit toward NAVY YARD.
 - 5: Take LEFT at the fork to go on 6TH ST SE (you will cross EAST CAPITOL ST.)
 - 6: Turn RIGHT onto MARYLAND AVE NE at STATON PARK.
 - 7: Turn SLIGHT RIGHT onto MARYLAND AVE NE.
 - 8: Turn LEFT onto G ST NE (*2nd cut across meridian before 14TH ST NE traffic light*)
 - 9: Take immediate RIGHT into alley access toward **1309 Linden CT NE**.
 - 10: Turn LEFT at alley intersection, Studio is on the left side. Park anywhere.
- Travel distance approx. 14.5 miles; 22 min.*

From Georgetown, Washington, DC

1. Start out going SOUTH on 30TH ST NW toward C&O CANAL TOWPATH NW.
 - 2: Turn LEFT onto K ST NW.
 - 3: Turn RIGHT onto 25TH ST NW.
 - 4: Turn LEFT onto K ST NW.
 - 5: Enter next roundabout and take 3rd exit onto PENNSYLVANIA AVE NW.
 - 6: Turn SLIGHT LEFT onto H ST NW.
 - 7: Turn RIGHT onto 13TH ST NE.
 - 8: Turn LEFT onto MARYLAND AVE NE.
 - 9: Turn LEFT onto G ST NE (*2nd cut across meridian before 14TH ST NE traffic light*)
 - 10: Take immediate RIGHT into alley access toward **1309 Linden CT NE**.
 - 11: Turn LEFT at alley intersection, Studio is on the left side. Park anywhere.
- Travel distance approx. 4.3 miles; 14 min.*

NOTE: Once the Atlas Performing Arts Center (www.atlasarts.org) construction is completed, Linden CT will be accessible directly from the historical H Street Corridor.



Effervescence Personal Training Studio
1309 Linden Ct NE
Washington, DC 20002
202.399.3160
www.thinkingcorrectly.com

