

Driving Directions

From Louisville, KY 40202

1. Coming South from Louisville on I-64.
2. Take exit 19A to merge onto Gene Snyder Fwy/I-265 S/KY-841 S - 2.2 mi.
3. Take exit 23 for KY-155 toward Jeffersontown/Taylorsville - 0.3 mi.
4. Turn left at the bottom of the ramp to Taylorsville Rd - 1.9 mi.
5. Turn right at KY-155/Taylorsville Lake Rd.
6. Continue to follow KY-155 approximately 9 mi.
7. After you pass the first traffic light begin to look to your left for several businesses.
8. You will pass a pink fruit market on your left.
9. At the next left turn left into Journey Fitness, next to Training Wheels child care (you will see signs next to the road).

We are not listed in Google Maps but here is a map to the area we are located at.

<http://maps.google.com/maps?f=d&saddr=louisville,+ky+40202&daddr=KY-155%2FKY-55+%4038.093824,+85.363789&hl=en&geocode=%3B16608539833720915661,38.093824,-85.363789&mra=ls&sll=38.177211,-85.563583&sspn=0.270966,0.484085&ie=UTF8&ll=38.177211,-85.56427&spn=0.270966,0.484085&z=11>

From Frankfort, KY

1. Coming North from Frankfort on I-64.
2. Take Shelbyville/Taylorsville exit 32 (the second Shelbyville exit).
3. Turn left at the off ramp onto KY-55/Taylorsville Rd.
4. Continue to follow KY-55 - 8.7 mi. Halfway you will pass a flashing yellow light. Then you will come to a regular traffic light).
5. Turn left at KY-155/KY-55 - 0.8 mi.
6. You will pass a pink fruit market on your left.
7. At the next left turn left into Journey Fitness, next to Training Wheels child care (you will see signs next to the road).

We are not listed in Google Maps but here is a map to the area we are located at.

<http://maps.google.com/maps?f=d&saddr=frankfort,+ky&daddr=KY-155%2FKY-55+%4038.093824,+85.363789&hl=en&geocode=%3B16608539833720915661,38.093824,-85.363789&mra=ls&sll=38.177211,-85.56427&sspn=0.270966,0.484085&ie=UTF8&z=10>

From Elizabethtown, KY / Nashville area

1. Coming North from Etown/Nashville on I-65 N.
2. Take exit 125-A to merge onto Gene Snyder Fwy/I-265 E/KY-841 E - 12.7 mi.
3. Take exit 23 toward Taylorsville - 0.4 mi.
4. Turn left at the bottom of the ramp to merge onto Taylorsville Rd - 1.6 mi.
5. Turn right at KY-155/Taylorsville Lake Rd.
6. Continue to follow KY-155 approximately 9 mi.
7. After you pass the first traffic light begin to look to your left for several businesses.
8. You will pass a pink fruit market on your left.
9. At the next left turn left into Journey Fitness, next to Training Wheels child care (you will see signs next to the road).

We are not listed in Google Maps but here is a map to the area we are located at.

<http://maps.google.com/maps?f=d&saddr=elizabethtown+ky&daddr=KY-155%2FKY-55+%4038.093824,+85.363789&hl=en&geocode=%3B16608539833720915661,38.093824,-85.363789&mra=ls&sll=38.177211,-85.56427&sspn=0.290398,0.608368&ie=UTF8&z=10>