

Directions to Brennan from the 401. (910 Raymo Rd – Gym entrance is in rear off of Westminster RD)

Exit 401 at Manning Rd Hwy 19 North (**EXIT #21**)

Take Manning Rd to EC Row Expressway

Turn LEFT onto the expressway

Take the expressway to Lauzon Parkway.

Turn RIGHT onto Lauzon

Take Lauzon Parkway will merge with Lauzon Rd. Take Lauzon Rd to Wyandotte.

Turn LEFT onto Wyandotte Rd.

Take Wyandotte to Westminster. This is not a major intersection. It is just past the light at Thompson Ave.

Turn LEFT onto Westminster.

Travel one block to Ontario. **Turn left** and this will take you into the parking lot and gym entrance.

