



Directions from North of Baltimore

From states north take 95 South to 695 to Exit 23 toward Towson then to I-83 South

From points north such as Cockeysville, Timonium, take I-83 South

- From I-83 South go to Exit 9A – Cold Spring Lane, East
- Get in right lane. Turn right on Falls Road.
- Continue on Falls to its 3700 block and turn right on Union Avenue. (Look for Meadow Mill Athletic Club sign on brown building)
- Continue straight down hill through 3 stop signs.
- Just under the green sign that says Union Ave, and just before the RR tracks, turn left into the driveway. (It's very narrow with a chain link fence on the left)
- Drive to the south end of the building where our entrance is under a green awning.

