

## DUNGEON STRENGTH AND CONDITIONING DIRECTIONS AND PARKING



Route from Southbound 35 E (white dotted line) and Northbound 35 E (yellow line)

If coming from North of Roselawn Ave E, take S 35 E and take exit 110 B for Roselawn Ave E. Take a right onto Roselawn then take your first right (into the complex with the blue sign that says St. Paul Business Center (picture at left).



If coming from South of Roselawn Ave E, take N 35 E and take exit 110B for Roselawn Ave. Take a left on Roselawn then a right into the complex with the sign below.

**(Parking and location within complex on the following page)**

## **DUNGEON STRENGTH AND CONDITIONING DIRECTIONS AND PARKING**

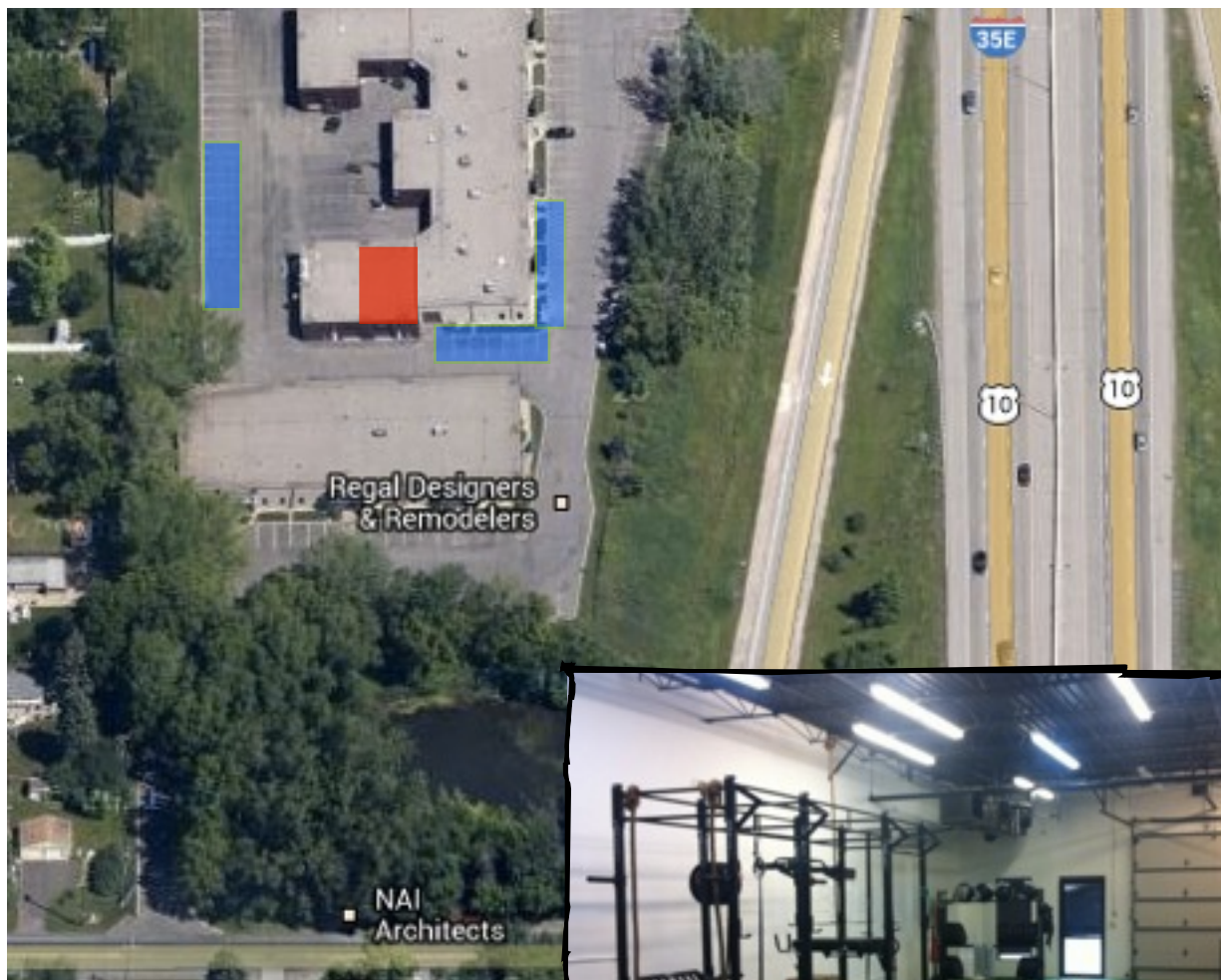
### **PARKING AND LOCATION WITHIN COMPLEX**

The Dungeon is located in Suite 7A of the business center (highlighted below in red) there are entrances in both the front and rear (south and north) sides of the facility.

You can park at any location in the complex, the spots closest to entrances are highlighted in blue.

If you're showing up for the first time, you'll probably catch one of our training groups sprinting up the hills in back side of the parking lot, crushing the last part of their workout in the facility, or doing conditioning drills and games in the back parking lot.

Please let us know if you have any questions at all, and welcome to the Dungeon!



Oh, and if you happen to be walking around looking in windows and doors to find us, here's a little preview :)

See you soon!

