



MYOFASCIAL RELEASE, PHYSICAL THERAPY
PILATES, GYROTONIC®,
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FROM THE NORTH ON I-79 SOUTH

1. Travelling south on I-79
2. Merge onto I-279 S via exit number 72 — on the left — toward
PITTSBURGH. (11.39 miles)
3. Merge onto I-579 S via exit number 8 Atoward
VETERANS
BRIDGE. (0.85 miles)
4. Take the 7TH AVENUE/ 6TH AVENUE exit.
(0.34 miles)
5. Take the ramp toward MELLON ARENA.
(0.17 miles)
6. Turn LEFT onto BIGELOW BLVD. (2.54 miles)
7. Stay straight to go onto PA-380/ N CRAIG
ST. (0.21 miles)
8. Turn LEFT onto PA-380/ BAUM BLVD/
BAUM BLVD BRIDGE.
Continue to follow PA-380/ BAUM BLVD. (1.03
miles)
9. Turn RIGHT onto ROUPAVE. (0.05 miles)
10. ROUPAVE becomes S NEGLEYAVE. (0.21
miles)
11. Turn LEFT onto ELLSWORTH AVE. (0.20
miles)

FROM THE EAST ON I-376 W:

1. Travelling West on I-376 / US-22 W (6.77
miles)
2. Merge onto PA-8 N via exit number 8B
toward
WILKINSBURG. (24 miles)
3. Stay straight to go onto PA-380/ PENN AVE.
(0.59 miles)
4. Turn LEFT onto SHADYAVE. (0.07 miles)
5. Turn RIGHT onto RAVENNA ST. (first traffic
light) (0.29 miles)
6. RAVENNA ST. becomes ELLSWORTH
AVE. (0.17 miles)

FROM THE SOUTH ON I-79 N:

1. Traveling north on I-79
2. Merge onto US-30 E via exit number
59 Atoward
PITTSBURGH. (8.27 miles)
3. Take the FORBES AVE exit- exit number 2A-
toward
OAKLAND. (0.30 miles)
4. Stay straight to go onto FORBES AVE. (1.52
miles)
5. Turn LEFT onto MOREWOOD AVE. (0.21
miles)
6. Turn RIGHT onto 5TH AVE. (0.70 miles)
7. Turn LEFT onto S NEGLEYAVE. (0.37 miles)
8. Turn RIGHT onto ELLSWORTH AVE. (0.20
miles)

FROM THE WEST ON I-76 E:

1. Travelling east on I-76 E (Portions toll). (35.48
miles)
2. Take the US-19 S exit- exit number 3- toward
I-79 S/
PITTSBURGH. (0.54 miles)
3. Merge onto US-19/ PERRYHWY. (1.14 miles)
4. Merge onto I-79 S toward PITTSBURGH.
(5.24 miles)
5. Merge onto I-279 S via exit number 72- on the
left- toward
PITTSBURGH. (11.39 miles)
6. Merge onto I-579 S via exit number 8 Atoward
VETERANS BRIDGE. (0.85 miles)
7. Take the 7TH AVENUE/ 6TH AVENUE exit.
(0.34 miles)
8. Take the ramp toward MELLON ARENA.
(0.17 miles)
9. Turn LEFT onto BIGELOW BLVD. (2.54 miles)
10. Stay straight to go onto PA-380/ N CRAIG
ST. (0.21 miles)
11. Turn LEFT onto PA-380/ BAUM BLVD/
BAUM BLVD BRIDGE.
Continue to follow PA-380/ BAUM BLVD. (1.03
miles)
12. Turn RIGHT onto ROUPAVE. (0.05 miles)
13. ROUPAVE becomes S NEGLEYAVE. (0.21
miles)
14. Turn LEFT onto ELLSWORTH AVE. (0.20
miles)