

## Location

**The Personal Training Station** is easy to find - We're located right behind the *Mr. Lube* on Liruma Road, just south of Dundas Rd West in Mississauga.

Liruma Rd. is the southern extension of Glen Erin Drive, and is half way between Erin Mills Pky. and Winston Churchill Blvd.

## Driving instructions

If you are coming from a distant location, here's how to get to the Station;

### **From Downtown Toronto -**

Take the Gardiner Expressway/QEW westbound. Exit on to Erin Mills Pkwy northbound. Turn left on to Dundas Rd. Turn left on to Liruma Rd. (at Mr Lube)

### **From Hamilton/Niagara -**

Take the QEW eastbound. Exit on to Winston Churchill Blvd. northbound. Turn right on to Dundas Rd. Turn right on to Liruma Rd. (at Mr Lube)

### **From the West -**

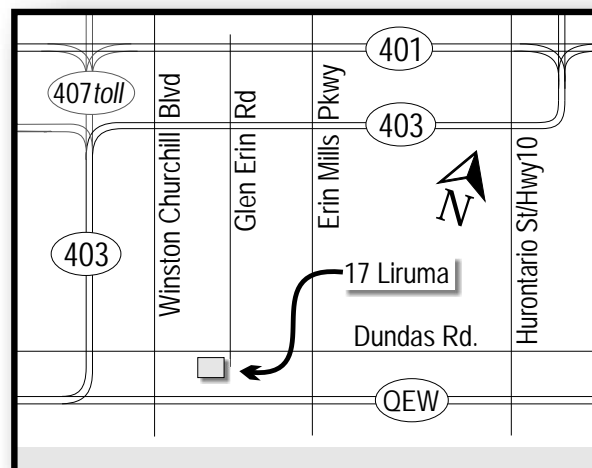
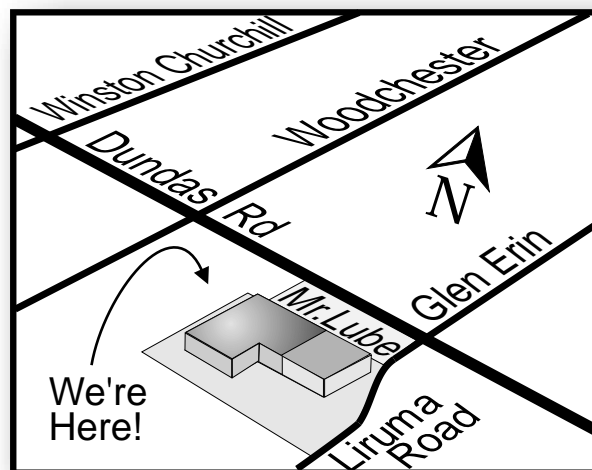
Take hwy 401 eastbound. Exit on to Winston Churchill Blvd. southbound. Turn left on to Dundas Rd. Turn right on to Liruma Rd. (at Mr Lube)

### **From Brampton area**

Take hwy 410 southbound, it continues as 403. Exit on to Erin Mills Pkwy southbound. Turn right on to Dundas Rd. Turn left on to Liruma Rd. (at Mr Lube)

### **From the north and east**

From the east take hwy 401 westbound (or from the north take hwy 400 southbound and exit at hwy 401 westbound) Exit hwy 401 on to hwy 403. Exit hwy 403 at Erin Mills Pkwy southbound. Turn right on to Dundas Rd. Turn left on to Liruma Rd. (at Mr Lube)



## Public transit

**Mississauga buses** stop almost at our door. Take Route 31 (Folkway/Sheridan) from the North or the South, or take Route 1 (Dundas) from the East or the West. Check with Mississauga Transit at 905-615-4636 or online at [www.mississauga.ca](http://www.mississauga.ca). **GO commuter train service** stops at the Clarkson Station where you can catch a Route 43 (Erin Mills) bus. Transfer to a Route 1 (Dundas) westbound bus. Contact GO transit for details at 1-888-438-6646 or online at [www.gotransit.com](http://www.gotransit.com).