

Directions to Fit Metabolism:

From Deerfoot Northbound

Take Beddington Trail exit
Follow Beddington Trail to Harvest Hills Blvd Exit
Take the Harvest Hills Blvd. Exit
Follow Harvest Hills Blvd to Country Hills Road (2nd set of lights) Turn LEFT
onto Country Hills Road
Follow Country Hills Road for one block to Country Hills Landing
Turn left onto Country Hills Landing
At the T intersection turn right.
We are the last building on the left hand side

From Country Hills Blvd Eastbound

Take Country Hills Blvd east past Beddington Trail overpass
Turn right onto Country Hills Drive (first light at the top of the hill)
Follow Country Hills Drive to Country Hills Road (right after the playground zone) Turn right onto
Country Hills Road
Follow Country Hills Road for one block to Country Hills Landing
Turn right onto Country Hills Landing
At the T intersection turn right
We are the last building on the left hand side

From Country Hills Blvd Westbound

Take Country Hills Blvd west to Harvest Hills Blvd
Turn left onto Harvest Hills Blvd
Follow Harvest Hills Blvd to Country Hills Road
Turn right onto Country Hills Road
Take Country Hills Road for one block to Country Hills Landing
Turn left onto Country Hills Landing
At the T intersection turn right.
We are the last building on the left hand side

From Deerfoot Southbound (Airdrie) Take
the Country Hills Blvd West exit
Follow directions for Country Hills Blvd westbound

From future Stoney Trail

Take Beddington Trail exit
Follow Beddington Trail south to Country Hills Blvd
Take Country Hills Blvd East and follow directions above