



To make your first visit to **Finger Lakes Fitness Center** easier, here are some directions to help you find us. We are located in the Center Ithaca Building on the Downtown Commons. **Finger Lakes Fitness Center** is in the lower level of the building (Cinemapolis used to be just around the corner).

You can get to us three ways: from the The Commons via the **Center Ithaca Atrium elevator** (during business hours listed below), from the back side of Center Ithaca which is easily accessible from the **Green Street Parking Garage**, from the **Seneca/Tioga Street Parking Garage** by taking **Home Dairy Alley** from the Commons.

1. From the **Center Ithaca Atrium** (food court): take the elevator inside the atrium (next to the India food vendor) to the lower level (or "B")
2. From the **Green Street Parking Garage**: There are two public parking lots located within a block of each other on Green Street after the intersection of Cayuga and Green streets. Both lots are on the left. The first is a small private metered parking lot just past From the **Green Street Parking Garage** drive to the second level & look for the ORANGE wall on The Commons side of the garage to take **stairs** or **elevators**:  
**Stairs:** Look for the ORANGE door to the stairs. Take the stairs to street level. The entrance to lower level of Center Ithaca & FLFC is to the right shortly past the bottom of the garage stairs. Enter the double doors & take the stairs and follow the signs to FLFC.  
**Elevators:** There are two options "indoor" and "outdoor". Look for the ORANGE wall and go to the left of the stairwell to locate the elevators. There is a short set of about 4 steps down.  
Indoor elevator: Go straight ahead and enter the building through the double doors. The elevator is just inside to the left. Take the elevator to Level B. When you exit the elevator go to your right and follow the signs to find us just around the corner.  
Outdoor elevator: This elevator is to the left & you will not enter the building if you choose this one. Go to level 1 which will be street level. Exit the elevator to the left around a little fence and you will see our entrance.\* Take the stairwell and follow the signs. We're just around the corner.  
*\*If you need to avoid stairs, go to the right and enter Center Ithaca. There is another elevator to the right in the vestibule which will go to the B level.*
3. From the **Seneca/Tioga Street Parking Garage**: Walk across the Commons to the Center Ithaca building (which is centrally located on The Commons). During business hours enter Center Ithaca from the main entrance and take the elevator in the atrium (to the right) to Level B. During non-business hours walk down **Home Dairy (Matte Fator) Alley** which is just to the right of the Center Ithaca building. At the end of the building take a left. Keep walking past the rear entrance (to Center Ithaca) and past the elevator and fence. The FLFC entrance is to the left just past the elevator. Take the stairs and follow the signs. We're just around the corner!