

**Thrive Gym Annapolis is no longer located at Katcef Ave. Our address is  
451 Defense Highway, Annapolis, MD 21401.**

**From Frederick**

*From I-70 E*



**Take exit 91A-91B toward Baltimore/Glen Burnie**  
*0.9 mi*



**Merge onto I-695 S**  
*4.7 mi*



**Keep left to stay on I-695 S, follow signs for Glen Burnie**  
*4.2 mi*



**Keep left at the fork to continue on I-97 S**  
*12.3 mi*



**Take exit 5 for MD-178 toward Crownsville**  
*1.0 mi*



**Continue onto MD-178 S**  
*1.2 mi*



**Turn right onto Crownsville Rd**  
*3.0 mi*



**Turn left onto MD-450 E**  
*0.6 mi*



**Turn right at your destination**

## ***From Virginia***

*From I-395 N*



***Keep left at the fork to continue on I-695 E***  
*1.9 mi*



***Use the right 2 lanes to take exit 2B for State Hwy 295 N toward US-50***  
*0.5 mi*



***Merge onto State Hwy 295***  
*4.2 mi*



***Take the exit onto US-50 E toward Annapolis***  
*15.5 mi*



***Take exit 16 to merge onto MD-424 S/Davidsonville Rd toward Davidsonville***  
*0.8 mi*



***Merge onto MD-424 S/Davidsonville Rd***  
*0.5 mi*



***Turn left onto Rutland Rd***  
*1.5 mi*



***Turn right to stay on Rutland Rd***  
*1.4 mi*



***Turn right onto MD-450 E***  
*2.8 mi*



***Turn right at your destination***  
*0.1 mi*

## ***From Baltimore***

***From I-95 S***



***Take exit 49A on the left for I- 695 E toward Glen Burnie/Annapolis***  
***0.7 mi***



***Merge onto I-695 S***  
***3.3 mi***



***Keep left at the fork to continue on I-97 S***  
***12.3 mi***



***Take exit 5 for MD-178 toward Crownsville***  
***1.0 mi***



***Continue onto MD-178 S***  
***1.2 mi***



***Turn right onto Crownsville Rd***  
***3.0 mi***



***Turn left onto MD-450 E***  
***0.6 mi***



***Turn right at your destination***  
***0.1 mi***

## **From MD Eastern Shore**

*From US-50 W*



**Use the middle 2 lanes to take the ramp to Bay Brg**  
*0.8 mi*



**Merge onto US-301 S/US-50 W**  
*22.5 mi*



**Take exit 23B toward Crownsville**  
*0.1 mi*



**Use the left lane to turn left onto West St**  
*0.2 mi*



**Use the left 2 lanes to turn left onto MD-450 W**  
*1.6 mi*



**Turn left at your destination**  
*0.1 mi*