

Body Zone & Fitness Center
3103 Papermill Rd.
Wyomissing, PA 19610
610-376-2100

- 81 N to 78 East towards Allentown, follow 78 for 18.5 miles
- Take exit number 19 for Rt. 183 S. toward Strausstown/Reading
- Follow Rt. 183 South for 14.5 miles
- Take the entrance ramp for Rt. 222 South and follow for .9 mile
- Take the Spring Ridge Dr. exit
- Turn right off the exit at stop sign then turn Right into the rink.

Driving time from Twin Ponds East – 1 hour, 15 min.

From Lancaster

- Rt. 30 to US-222 N.
- From 222 N. take Rt-724 W.
- Follow 724 W. then get back on 222 N.
- Follow 222 N. until the Spring Ridge Drive exit.