

Directions to Technique Gymnastics

11345 Folsom Blvd. Rancho Cordova, CA 95742
(916) 635-7900 gym

Big white building with a blue stripe, palm trees.
Between Sunrise and Hazel.
2½ miles from Hazel.
7 tenths mile from the Marriott at Sunrise.

A) IF YOU ARE COMING FROM THE NORTH (AIRPORT approx 30 miles):

1. Take Interstate 5 Southbound until you reach Highway 50 Interchange.
2. Take Highway 50 Eastbound towards South Lake Tahoe.
3. Take the Sunrise Blvd. Southbound exit. Turn right onto Sunrise and immediately get in the left-hand lane. (You will see the Marriott from the freeway.)
4. Make a left at the first light onto Folsom Blvd.
5. Technique will be 7 tenths mile on the left-hand side.

B) IF YOU ARE COMING FROM THE SOUTH:

1. Take Interstate 5 Northbound or Highway 99 Northbound until the Highway 50 Interchange.
2. See above directions 2 - 5 from the North.

C) IF YOU ARE COMING FROM THE WEST:

1. Take Interstate 80 Eastbound to Highway 50 Eastbound.
2. See above directions 2 - 5 from the North.

D) IF YOU ARE COMING FROM THE EAST OFF INTERSTATE 80 WESTBOUND:

1. Take the Sierra College Blvd. exit.
2. Turn left onto Sierra College Blvd.
3. Follow Sierra College Blvd. for approx. 17 miles until it dead ends at Folsom Blvd. (The street name will change to Hazel Ave.)
4. Turn right onto Folsom Blvd.
5. Technique will be 2½ miles on the right-hand side.

E) IF YOU ARE COMING FROM THE EAST OFF INTERSTATE 50 WESTBOUND:

1. See above directions 3 - 5 from the North.

See website for complete info & hotels: www.techniquegym.com

Daily Admission: Adults \$7⁰⁰ ages 6-12 \$5⁰⁰ 5 & under Free
Programs \$3⁰⁰