

RESTORE ♦ MAINTAIN ♦ STABILIZE

# BE·WELL

## PILATES

### STUDIO LOCATION

#### THE LOFT AT THE TRAINING ROOM

1 N Calle Cesar Chavez Ste 210  
Santa Barbara, California 93103

### DRIVING DIRECTIONS

#### From 101 South:

Take the Garden Street Exit and turn right onto Garden Street, followed by an immediate left onto Yanonali Street. At the stop sign turn right onto Calle Cesar Chavez. To your right will be a large building with red awnings, turn right at the end this building and park near the corner in a space marked Ste 110/The Training Room or on the street. Enter from the front door on Calle Cesar Chavez marked 'The Training Room Gym' or through the purple side door. Walk through the open treatment and gym space and head upstairs where you will find The Loft. Group classes take place in the back studio past the water cooler and locker rooms.

#### From 101 North:

Take the Garden Street turn left onto Garden Street, followed by an immediate left onto Yanonali Street. At the stop sign turn right onto Calle Cesar Chavez. To your right will be a large building with red awnings, turn right at the end this building and park near the corner in a space marked Ste Ste 110/The Training Room or on the street. Enter from the front door on Calle Cesar Chavez marked 'The Training Room Gym' or through the purple side door. Walk through the open treatment and gym space and head upstairs where you will find The Loft. Group classes take place in the back studio past the water cooler and locker rooms.