



## Punchin' Parko's Exercise Program

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### Finding and parking at PPEP – Punchin' Parko's Exercise Program

#### Location (map overleaf)

Location and parking at Chatswood VT1 Gym of Punchin' Parko's Exercise Program (PPEP)

The program is conducted in Warehouse 6 of Chatswood Business Carpark, at the every end of Lower Gibbes Street. See the map below

Closest GPS co-ordinate is 175 Lower Gibbes St, Chatswood / Roseville

Although Punchin' Parko's Exercise Program is held at the VT1 MMA Academy whose official address is Eastern Valley way

**There is no parking on, or access from, Eastern Valley Way.**

Warehouse 6 is accessible by wheelchair or mobility scooter.

#### Directions

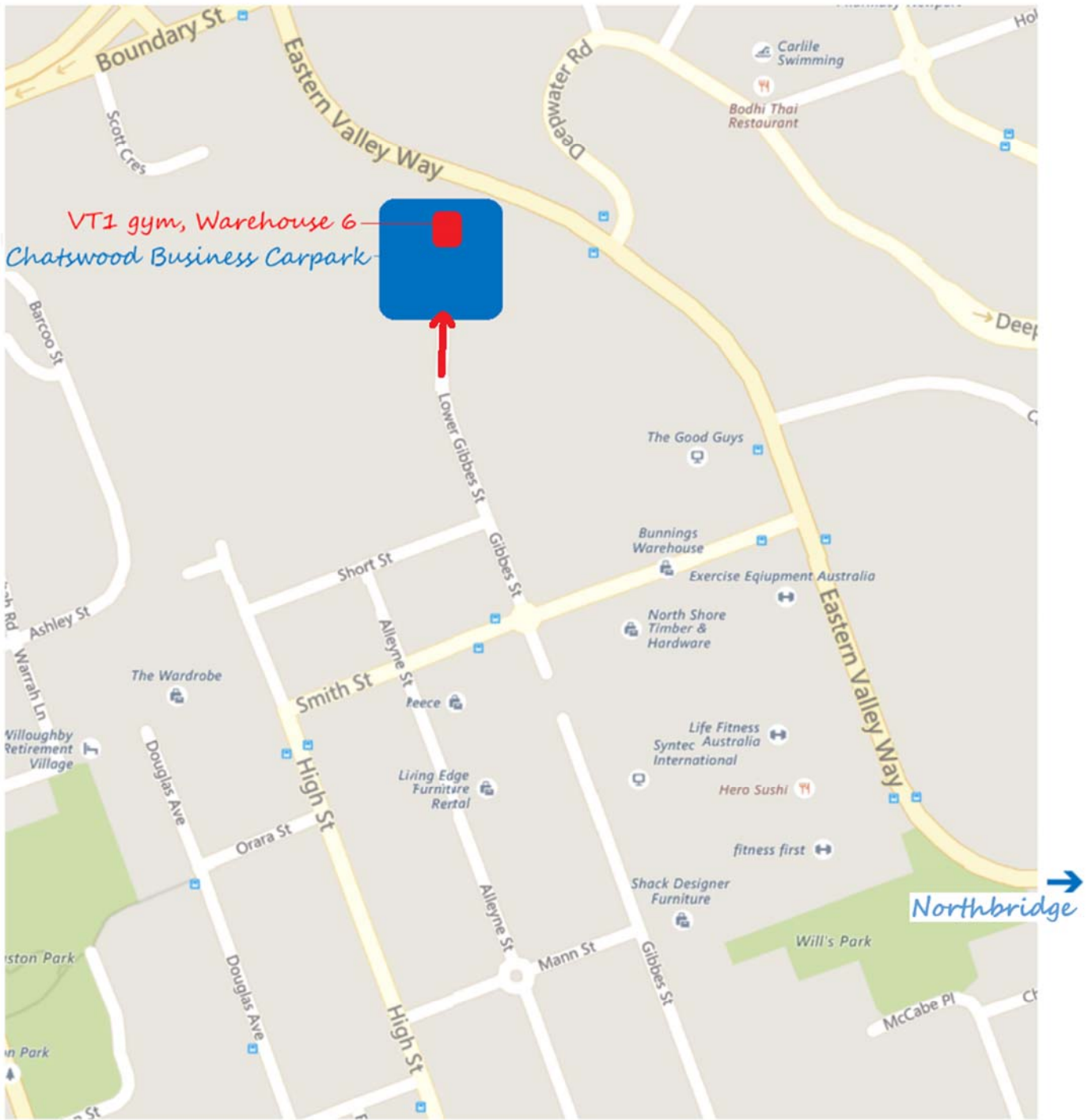
- Proceed all the way to the end of Lower Gibbes Street where there is an overhead sign 'Chatswood Business Carpark' & the driveway up the hill continues to the warehouses.
- Continue straight up the driveway. **Beware of the speed humps.**
- At the top of the driveway a large carpark opens out to your left.
- Park near but not in front of Warehouse 6 or any other warehouse
- If you arrive by mobility scooter, park close to Warehouse 6, but please do not obstruct any entrances.
- The roller-door may be open or shut. Please enter through the right hand door, If the door is locked, ring the buzzer.

**Bus routes** from East Lindfield / Willoughby are 206, 207, 208, 209 & from Manly 136, 137

All these pass by the gym on Eastern Valley Way but you will have to negotiate steps.

If you have concerns that have not been addressed above, don't be afraid to **Contact** us.

➔ Roseville Bridge / Frenchs Forest



➔ Harris Farm Markets

**There is no parking on, or access from, Eastern Valley Way.**