



Directions to Totman Gymnasium

From the North: Route 91 South to Exit 25 - At the end of the ramp turn left and follow the road to the intersection - turn right onto Routes 5 & 10 South - go 1 mile, then left onto 116 South, then eight miles to UMass exit - Left at the end of the ramp onto Massachusetts Avenue. Proceed through two sets of lights (one flashing) and take a left at the third set of lights. Proceed approx. 1/2 mile and take a right at the next set of lights. Drive past the parking lot and Totman Gym and turn left onto Totman Road. Proceed until the road forks, then go left. Almost immediately you should see 2 parking spaces marked with green signs that say, "Reserved Parking for Kinesiology Permit Required", this is where you should park (we will provide you with a pass). Once you face the building you will see 3 sets of double doors to your left. Go through these doors and then up one small flight of steps. To your right is a red door with a sign above it that says, "162 Physical Activity and Health Laboratory". Go through this door and ring the bell for room 162.

From the South: Route 91 North to Exit 19 (Northampton/Amherst) - Right onto Route 9 and go approximately five miles. Take a left onto Route 116 North (across from Staples) and follow for one mile to UMass exit. Take a right off the ramp proceed through two sets of lights. Take a left at the third set of lights. Proceed approx. 1/2 mile and take a right at the next set of lights. Drive past the parking lot and Totman Gym and turn left onto Totman Road. Proceed until the road forks, then go left. Almost

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From the East: Mass Pike (Route 90) West to Exit 4 (West Springfield) onto Route 91 North to Exit 19 (Northampton/Amherst) - Right onto Route 9 and go approximately five miles. Take a left onto Route 116 North (across from Staples) and follow for one mile to UMass exit. Take a right off the ramp proceed through two sets of lights. Take a left at the third set of lights. Proceed approx. 1/2 mile and take a right at the next set of lights. Drive past the parking lot and Totman Gym and turn left onto Totman Road. Proceed until the road forks, then go left. Almost immediately you should see 2 parking spaces marked with green signs that say, "Reserved Parking for Kinesiology Permit Required", this is where you should park (we will provide you with a pass). Once you face the building you will see 3 sets of double doors to your left. Go through these doors and then up one small flight of steps. To your right is a red door with a sign above it that says, "162 Physical Activity and Health Laboratory". Go through this door and ring the bell for room 162.

From the West: Mass Pike (Route 90) East to Exit 4 (West Springfield) onto Route 91 North to Exit 19 (Northampton/Amherst) - Right onto Route 9 and go approximately five miles. Take a left onto Route 116 North (across from Staples) and follow for one mile to UMass exit. Take a right off the ramp proceed through two sets of lights. Take a left at the third set of lights. Proceed approx. 1/2 mile and take a right at the next set of lights. Drive past the parking lot and Totman Gym and turn left onto Totman Road. Proceed until the road forks, then go left. Almost immediately you should see 2 parking spaces marked with green signs that say, "Reserved Parking for Kinesiology Permit Required", this is where you should park (we will provide you with a pass). Once you face the building you will see 3 sets of double doors to your left. Go through these doors and then up one small flight of steps. To your right is a red door with a sign above it that says, "162 Physical Activity and Health Laboratory". Go through this door and ring the bell for room 162.