

San Francisco **GYROTONIC®**
26 7th Street, 4th Floor
San Francisco, CA 94103
(415) 863-3719
www.sfgyrotonic.com



WELCOME TO SAN FRANCISCO GYROTONIC®

We are located at 26 7th Street in the heart of downtown San Francisco. This is a traditionally diverse, urban business area that is centrally located and easily accessed by public transportation. Home of Twitter, Uber, SF Opera, SF Ballet, the Civic Center Farmers' Market, and the newly renovated Museum of Modern Art. This is an area that is vibrant and colorful.

As with any large metropolitan urban area, be aware of your surroundings as well as your valuables.

HOW TO GET TO US:

By MUNI (above and below ground busses):

Take any of these buses to the intersection of 7th and Market Streets:

6 - 7 - 9 - 19 - 21 - F (the 5 bus is one block up on McAlister and 7th)

Take any of these underground lines to the Civic Center Station:

J, K, T, L, M, or N

Fare: \$2.50

Obtain a transfer from the driver and ride anywhere free for up to 90min.

By BART (rapid transit):

Get off at Civic Center Station.

BART goes directly from San Francisco Airport and Oakland Airport to Civic Center Station. From the Oakland airport however, you need to transfer to a San Francisco bound train at Oakland/Coliseum station.

Fare: Depends on destination.

Example:

Any where within the city proper- \$1.95

SF Airport to Civic Center- \$9.65

Oakland Airport to Civic Center- \$10.95

By Car:**From the SOUTH:**

Take US-101 NORTH towards SF (which becomes I-80)

Continue on I-80 EAST towards Bay Bridge/Oakland

Take the 7th St exit towards downtown

Bear left on 7th St.

End at 26 7th Street

From the NORTH:

Take 101-SOUTH crossing the Golden Gate Bridge (electronic bridge toll: \$7.75 pay-by-plate, \$6.75 FasTrak)

Take Lombard St exit (which is 101 South)

Turn right on Van Ness (which is still 101 South)

Turn left on Golden Gate Ave

Turn right on 6th St., crossing Market St.

Turn right on Mission St.

Turn right on 7th St.

End at 26 7th Street.

From the EAST:

Take I-80 WEST towards San Francisco (\$5/\$7 bridge toll; cash or electronic)

Take the 5th St (US-101 N) exit towards Golden Gate Bridge

Bear right on 5th Street

Turn left on Howard Street

Turn right on 7th Street

End at 26 7th Street

ONCE YOU'RE HERE:**Parking:**

- ***SOMA Grand Garage***, Mission Street between 7th and 8th (hourly and daily rates available).
- ***Holiday Inn Civic Center***, 29 8th Street (hourly and daily rates available.)
- ***Opera Plaza Garage***, 700 Golden Gate Avenue (hourly and daily rates available).
- ***UC Hastings Parking Garage***, 376 Larkin Street (hourly and daily rates available).

Metered street parking is on Natoma Street, Mission Street, and Minna Street.

Weather:

San Francisco mornings can be chilly. Bring clothing that can be layered and removed as the day warms. Bring walking shoes. San Francisco has seven hills! Please bring or wear socks to our studio.

If you have any questions, please do not hesitate to contact us at (415) 863-3719 or email us at courses@sfgyrotonic.com