

# Energetix Fitness Locations

# Master Direction List 2011

## Scotts Valley to Westside:

### Boardwalk Main Beach:

Hwy 1 exit Ocean St  
Right San Lorenzo Blvd  
Left Riverside Ave  
Right on 2nd St  
Left on Main St  
Left on Beach Street  
\* bring quarters for meters 10am-8pm

### Fall Creek

Hwy 17, exit MT Hermon  
R Graham Hill  
Go straight at light to Felton Empire  
.5 mile, just past Ley Rd, is parking lot

### Grant Street Park

Hwy 1, exit Ocean St  
Left on Plymouth St  
Right on Grant St  
Right on Berry St  
Right on Coulson Ave  
Right on May Ave, park

### Harvey West

### Friendship Grdns

Hwy 1 North  
Right on River St (Costco exit)  
Left on Encinal Ave  
Left Sylvania Ave  
Right on Harvey West Blvd  
park at end of St near pool

### Henry Cowell Lockwood

Hwy 1 to North Hwy 17  
exit Mt Hermon Rd  
Right on Mt Hermon and follow thru SV  
Left on Lockwood  
Right on Caseta Way and park

### Henry Cowell South

### Boundary

Hwy 1, exit Ocean St  
1st right on Plymouth St  
turns into Ocean St Ext near cemetery  
Veer to right up Graham Hill Rd  
Go past Sims and turn left into dirt  
parking area across from Nepenthe St  
\*\*careful this is easy to miss, it is just  
past the equestrian area on left

### Lodato Park

Hwy 17 N, exit Mt Hermon & go R  
Right on Glen Canyon  
Left on Green Hills Road  
Go to end of road and park in lot on R

### Neary Lagoon Park

Hwy 1 N towards Half Moon Bay  
Left on Bay St  
Left on California  
1st Right into park lot

### Natural Bridges, Delaware

Hwy 1 N  
Left on Western Dr  
Right on Mission St  
(it in parallel w/ Hwy 1)  
Left on Natural Bridges Drive  
Left on Delaware - park on St

### Natural Bridges

### State Park- Main Entrance

follow above directions  
turn Right on Swanton Blvd  
Park on street near ocean

### Pogonip- Golf Club Drive

Hwy 1 N. to River St (Costco exit)  
Turn right on River St  
Left on Golf Club Dr  
follow all the way to dead end and park

### Pogonip-Spring St

Hwy 1 N. - Right on High St  
Right on Spring St  
follow to end of St and park

### SVHS/ Redwood Glen Trails

Hwy 17 North, exit Granite Creek  
Right on Granite Creek  
Right on Scotts Valley Dr  
Left on Glenwood Dr  
Right on Mountain Valley Dr

### SCHS Track

Hwy 1 North  
ver Right onto Mission St  
Left on Walnut  
Right on Chesnut  
Right on Taylor

### University Terrace Park

Hwy 1 N. towards Half Moon Bay  
Right onto Mission St  
Right on Bay St  
Left on Meder St.  
the park is on the left side of St

### Wilder Ranch

Hwy 1 North  
head North out of town approx. 2 miles  
Park in the dirt parking area on the  
left side of Hwy 1 before the Main  
entrance to the park

## Midtown Locations:

### Arana Gulch

Hwy 1, exit Morrissey Blvd  
Go towards ocean  
Left on Soquel Ave  
Right on Mentel St  
Follow to the end of street and park

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## Midtown Locations

### Continued:

#### Anna Jean Cummins Park

Hwy 1, exit Porter/Bay Ave

Go straight thru intersection of Soquel & Porter

Pass Soquel HS, then take next left

Look for big blue balls. park in back of upper lot.

#### DeLaveaga Trailhead

##### off Branciforte

Hwy 1, exit Morrissey go to inland

Left on Rooney (it runs parallel with freeway)

Right on Gilbert Lane

Left on Goss

Right on Branciforte Dr.

Trailhead is up about 1/4 mile on right

#### DeLaveaga Main Park

Follow the above directions

to trailhead

continue on Branciforte for another mile

Park is on the right, park by bathrooms

#### DeLaveaga Prospect Hts

Hwy 1 N, exit Morrissey

take immediate Right on to Morrissey

Right on Prospect Hts

STAY on this road and follow it to a

dead-end and park.

#### Fredrick Street Park

Hwy 1, exit Morrissey Ave

Head towards ocean

Left on Soquel Ave

Right on Fredrick St

Park is on left side of street

(past Windham)

#### Ocean View Park

Hwy 1, exit Morrissey

head towards ocean

Right on Soquel

Left on N. Branciforte

Right on Broadway

Left on Ocean View

Go to end of street and park

#### Santa Cruz Harbor

Hwy 1, exit Soquel Ave

Left on 7th Ave.

Go all the way to ocean and park

in front of Crow's Nest Lot on St.

#### Seabright/Castle Beach

Hwy 1, exit Morrissey

Right on soquel Ave

Left on Seabright Ave

Right on E. Cliff Dr.

Right on Pilkington St.

just past the Natural Hist. Museum

#### Simpkins Swim Ctr

##### Schwan Lake

Hwy 1, exit Soquel Ave

Right on 17th Ave

Go past Broadway and Swim Ctr on

right, park in the very back of lot

## Capitola to Aptos:

#### Brommer St Park

Hwy 1, exit 41st Ave towards beach

Right on Capitola Road

Left on 30th Ave

Go one block to Brommer St

park is on the right on the corner

#### Capitola Beach

Hwy 1, exit 41st Ave

Left on Capitola Rd

Right on 49th

Left on Prospect Ave, park on right

#### Jose Avenue Park

Hwy 1, exit Soquel

Right off of ramp

Left on Soquel

Left on 7th Ave

Left on Eddy Lane

park at end of street

#### Land of the Medicine Buddha

Hwy 1 exit Bay Ave/Porter

go left off exit onto Porter

Right on Main St

park in front of Bargetto Winery

\*will carpool into locations

#### New Brighton Beach

Hwy 1, exit Park Ave

Go towards Capitola Village

Right on Coronada St and park

#### Nisene Marks State Park

##### @ Ranger Station

Hwy 1 exit State park Drive

Right on Soquel Ave

Left at Aptos Station

Go straight into entrance of park

for about a mile

Park at Ranger St

*Parking fee: \$6 or carpool in*

## **Nisene Marks**

### **@ Georges Picnic Area**

Follow the above directions

Go past the Ranger Station on dirt road

Go 1 mile and George's parking is  
on right before the steel bridge

*parking fee: \$6 or carpool in*

### **SC Gardens Park**

Hwy 1, exit Soquel Ave

Go towards Dominican Hospital

Left on Thurber Lane

Left on Winkle

Right on Cabrillo Ave

Left on Katharine Ln, park on left

### **Seacliff State Beach\***

Hwy 1, exit State Park Dr

Left on Santa Cruz Ave

Right on Broadway, park near gate

*\*6AM CLASSES Park in upper lot*

### **Rio Del Mar, Main**

Hwy 1 South exit Rio Del Mar

Turn right at end of off ramp and stay

right on Rio Del Mar Blvd

follow all the way down hill towards

beach, park in lot in front of

Cafe Rio

### **Rio Del Mar, Beer Can Beach**

Hwy 1 south , exit Rio Del Mar

Turn right at end of off ramp then

ver Left onto Clubhouse at stop sign

Follow Clubhouse down towards

ocean.

Turn left on Via Palo Alto

Go one block and park on right side of

street near path to beach in residential

### **Vienna Woods**

Hwy 1, exit Park Ave

Right on Soquel

Go past Cabrillo College and  
take Left on Vienna Drive

Follow up hill to residential area

stay on Vienna Dr

Turn left on Wilshire Dr

Right on Danube

and park in front of Mesa Grande Rd