

San Francisco **GYROTONIC®**
26 7th Street, 4th Floor
San Francisco, CA 94103
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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: \$2.25

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- \$8.95

Oakland Airport to Civic Center- \$10.20

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: \$7.50 pay-by-plate, \$6.50 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 (\$4/\$6 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).
- ***City Park parking lot***, 1054 Mission Street between 6th and 7th next to Court of Appeals (cash only).
- ***Priority Parking lot***, Mission Street between 6th and 7th (next to lot listed above).
- ***Lot at 8th and Market*** --enter from 8th (hourly and daily rates available).
- ***Best Western Americana Hotel*** parking lot 7th Street and Minna Street (small alley), between Howard and Mission.

- **City Park Garage** beneath Civic Center Park, north of Market St, entrances on Grove and McAllister St. (hourly rate).

Street parking is limited to one-hour meters, but is free all day Sunday.

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.

Accommodations:

As with any major, world-class city, accommodations that are safe and comfortable can be costly.

Below are some well-known hotels that are offered on either hotel.com or trivago.com at discounted rates:

Holiday Inn
Marriott Hotel
Hyatt Regency
Grand Hyatt
Sheraton (Park Central)
Hilton Union Square
Parc 55
The Westin

Airbnb.com is also available in San Francisco and is another great option for housing. You can type our address straight into their search bar to find places that are within walking distance. You can also filter searches based on neighborhoods that interest you. The neighborhoods of SOMA, Nob Hill, and Hayes Valley are all in walking distance from us. We would suggest steering clear of the Tenderloin neighborhood.

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