From NJ Turnpike
Take the turnpike to Exit 9. After the toll booths, bear left to Route 18 South, towards East Brunswick. Travel approximately 5 miles to Rues Lane. Take the Rues Lane jughandle and turn left to get back onto Route 18, heading North. Approximately ¼ mile after the jughandle, turn right at the U (jughandle) and proceed past IHOP, bear right and follow signs to building 760, which is behind the Best Western and Work Out World.

From Garden State Parkway (GSP) from North Jersey
Take Exit 129 to the NJ Turnpike and follow directions above.

From the shore (GSP or Rt. 18 from the South)
Take the GSP to Exit 105 to Route 18 North. Stay on Rt. 18 North to the light at Rues Lane. Approximately ¼ mile past that light, turn right at the U (jughandle) and proceed past IHOP, bear right and follow signs to building 760, which is behind the Best Western and Work Out World.

From Route 1, North or South
Take Route 1 to Route 18 South and follow directions as from turnpike above.

From I 287
Take Rt. 287 to the Highland Park/River Road exit, #9. Take River Road Southeast to Route 18 South and follow directions as from turnpike above.