



Directions



The Gym Nest
(478) 474-3021

120 Macon West Drive
Macon, GA 31210

From Atlanta

Take I-75 South to I-475 to Exit 5 (Hwy 74). Turn left-back over interstate. Go ½ mile, turn left on Macon West Drive (between Burgess Carpet and GA School Supply). Gym is on the right.

From Savannah

Take I-16 to I-75 South to Mercer University Drive (2nd exit after you get on I-75 South). Turn right, go 4.1 miles. (You will pass the Colonial Mall.) Turn right on Macon West Drive. (between Burgess Carpet and GA School Supply). Gym is on the right.

From South Georgia

Take I-75 North to I-475 to Exit 5 (Hwy 74). Turn right. Go ½ mile. Turn left onto Macon West Drive. (between Burgess Carpet and GA School Supply). Gym is on the right.

From Columbus

Take U.S. 80 East to I-475. Take I-475 North to Exit 5 (Hwy 74). Turn right. Go ½ mile, turn left onto Macon West Drive. (between Burgess Carpet and GA School Supply). Gym is on the right.

Area hotels: (at Zebulon Road – exit 9 – of I-475 – one exit north of The Gym Nest)

Fairfield Inn
110 Plantation Inn Dr.
Macon, GA 31210
478-474-9922
1-800-228-2800

Jameson Inn
150 Plantation Inn Dr.
Macon, GA 31210
478-474-8004

Sleep Inn
140 Plantation Inn Dr.
Macon, GA 31210
478-476-8111