

Hotel Information

Crowne Plaza Syracuse Hotel 701 E. Genesee St. Syracuse, NY (315) 479-7000

Embassy Suites 6646 Old Collamer Rd. E. Syr., NY (315)446-3200

Red Roof Inn 6614 Thompson Rd, Syr, NY (315)437-3309

Fairfield Inn 6611 Old Collamer Rd, E. Syr., NY (315) 432-9333

Ramada Ltd Inn 6590 Thompson Rd, Syracuse, NY (315) 463-0202

Comfort Inn 6491 Thompson Rd, Syr., NY (315) 437-0222

Craftsman Inn 7300 E. Genesee St, Fayetteville, NY (315) 687-8000

Directions to CNY Gym Centre:

Shoppintown Mall

3649 Erie Blvd East

Dewitt, NY 13214

Take the NYS Thruway to Exit 34A towards SYRACUSE/CORTLAND. Take exit number 3W - DeWitt, (Route 5 and Route 92, Genesee St.) Bear right onto ERIE BLVD (IHOP is on your right). Turn right at the second traffic light into Shoppintown Mall near Dick's Sporting Goods. Enter the Mall thru Entrance #1 (the entrance near Dicks). We are the 3rd store front on your left.