



TheraPilates® Physical Therapy Clinic
 920-A 41st Avenue, Santa Cruz, CA 95062
 PH 831-476-3100 | FX 831-476-6338
 Sherri@TheraPilates.com

COURSE LOCATION

TheraPilates® Physical Therapy & Gyrotonic Clinic
 920-A 41st Avenue
 (corner of Bain St. and 41st Ave)

FROM SAN JOSE AIRPORT

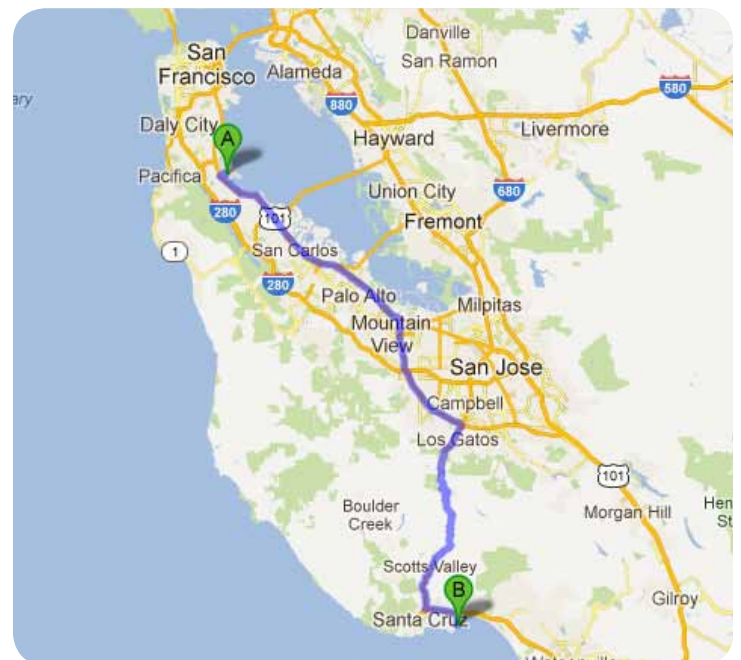
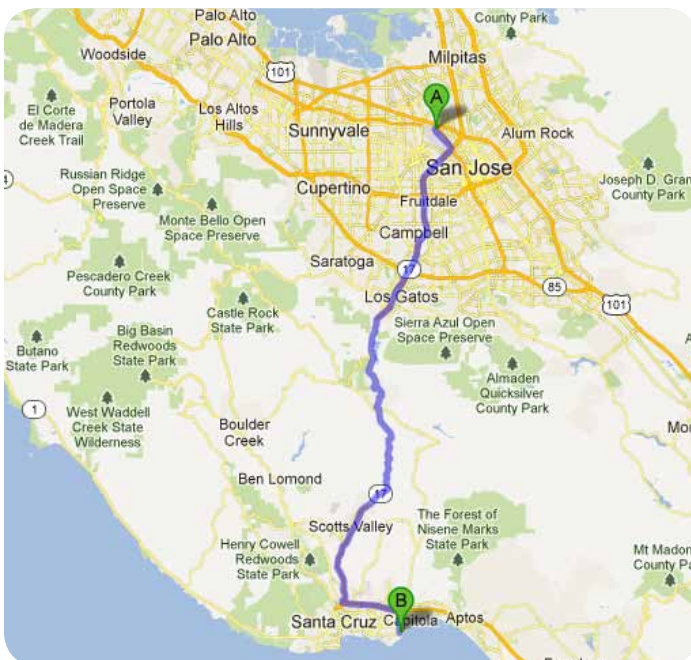
35.5 mi, 47 mins

1. 880 S to Santa Cruz turns into Hwy 17 26.5 mi
 (from Airport to Route 1 over the Santa Cruz Mtns)
2. Exit Hwy 17 to Hwy 1 South to
 Watsonville/Monterey 3.2 mi
3. Take 41st Ave exit toward Ocean 1 mi
4. TheraPilates® is towards the end of 41st Ave on
 the left, corner of Bain Ave and 41st (past Betty's
 Burgers and across from Taqueria Vallerta)

FROM SAN FRANCISCO AIRPORT

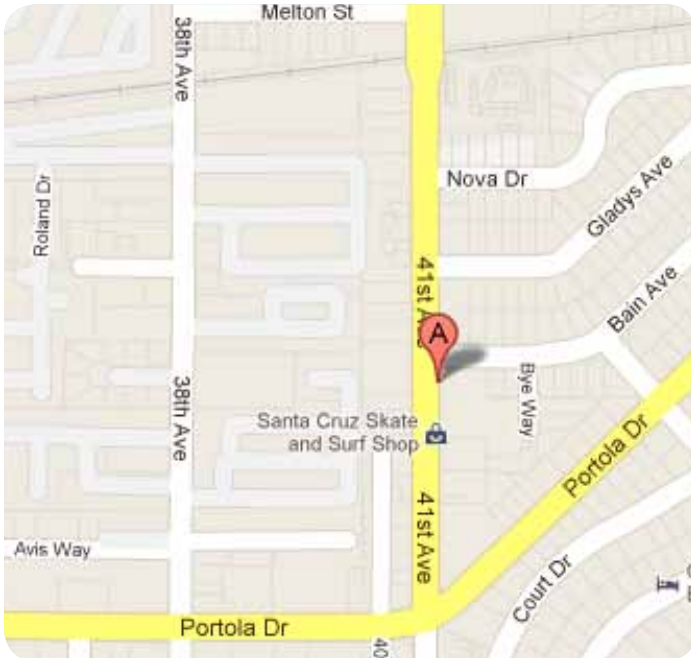
64.1 mi, 1 hr 34 mins

1. Merge onto US-101 S toward SAN JOSE 23.7 mi
2. Merge onto CA-85 S toward
 CUPERTINO / SANTA CRUZ 13.1 mi
3. Merge onto CA-17 S toward SANTA CRUZ 22.1 mi
4. Merge onto CA-1 S toward
 WATSONVILLE / MONTEREY 3.2 mi
5. Take the 41ST AVENUE exit
6. Turn RIGHT onto 41ST AVE
7. TheraPilates® is towards the end of 41st Ave on
 the left, corner of Bain Ave and 41st (past Betty's
 Burgers and across from Taqueria Vallerta) 1.1 mi





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TRANSPORTATION

SANTA CRUZ AIRPORTER

Shuttle Service from Airport (\$45)
 831-423-1214

ECHO'S PASSENGER EXPRESS

Limo service from San Jose (\$65)
www.echosairportexpress.com
 831-464-6774

PARKING

In the back of 920 41st Avenue or on the street.

RESTAURANTS NEARBY:

Verve Coffee	1 Block towards the ocean <i>(Best coffee in town)</i>
Pink Godzilla Sushi	1 Block Away
New Leaf Market & Deli	5 Blocks away
Chill Out Cafe	1/2 Block Away
Whole Foods	41st and Capitola Ave
Starbuck's	41st and Clares <i>(in Capitola Mall Area)</i>
Taqueria Vallerta	Across Street from TheraPilates
Dharma's Vegetarian	Capitola Road & 41st
Shadowbrook	Beautiful view overlooking the river in Capitola
Café Cruz	41st across from Home Depot <i>(Excellent California Cuisine)</i>
La Posta	On Seabright <i>(unique Italian food for the foodie crowd)</i>
Crow's Nest	On Harbor Beach at 7th Ave
Malabar	Front Street <i>(Fabulous Indian Fusion food in Downtown Santa Cruz)</i>
Lillian's	Soquel and Seabright <i>(Excellent hearty Italian food)</i>



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HOTELS

The hotels listed in Capitola are the closest but there are many hotels nearby that are less expensive in Santa Cruz. Aptos and Seascape are also nearby and are great locations in safe, clean areas.

CAPITOLA

FAIRFIELD INN & SUITES

1255 41st Avenue
(Brand new, very nice hotel,
4 blocks walking distance)

<http://www.marriott.com/hotels/travel/sjccp-fairfield-inn-and-suites-santa-cruz-capitola>

BEST WESTERN

1435 41st Avenue
831-477-0607

(Very nice hotel: 5 Blks walking distance)
www.bestwesterncapitola.com

CAPITOLA VENETIAN

1500 Wharf Road
(1 mile away and ocean view right on
the beach)

800-332-2780

www.capitolavenetian.com

CAPITOLA HOTEL

210 Esplanade
888-395-9200

(1 mile away and across the street from
the beach)

www.capitolahotel.com

CAPITOLA INN

720 Hill St.

(Budget hotel about 2.1 miles away
just off the freeway at Bay Ave.)

831-462-3004

www.thecapitolainn.com

SANTA CRUZ

(Near the Santa Cruz Harbor
approximately 2 miles away
and much cheaper)

HARBOR INN

645 Seventh Ave.
831-479-9731

(\$79 Night share bath and ask Claire
for "Pilates Group" discount!)

www.harborinnsantacruz.com

PELICAN POINT INN

21345 E Cliff Dr

831-475-3381

(1.5 miles from the studio. Ask for
Pilates group discount! Very cute and
newly remodeled inn next door to Bella
Notte Inn and close to the Santa Cruz
Harbor near the intersection of 17th
and Portola.)

BELLA NOTTE INN

21305 E Cliff Drive

831-600-0001

(Ask for Pilates discount. They do have
a website but call to book a room.)

www.bellanotteinn.com

SANTA CRUZ

(Right off Rte. 1, approximately
3-4 miles away and cheaper)

CONTINENTAL INN

414 Ocean Street

(888) 685-5759

QUALITY INN

1101 Ocean St

(831) 427-1616

www.qualityinnsantacruz.com

TRAVEL LODGE

525 OCEAN ST

(831) 426-2300

www.travelodge.com

HAMPTON INN

1505 Ocean St

(831) 457-8000

www.hamptoninn.com

COMFORT INN

110 Plymouth St

(831) 426-2664

www.comfortinnsantacruz.com

BEST WESTERN INN

126 Plymouth St

(831)425-4717

www.bestwestern.com

SHOPPING

Capitola Mall
Vintage Clothing

Home Stores
Zen Gallery

Bike Shop
Surf Shops