

Health *Mind & Spirit*

CHIROPRACTIC

Rosser Chiropractic
705 4th Ave E 754-6499

Sloan Family Chiropractic
911 5th Ave SE 956-3900

ACUPUNCTURE

**Enjoy Acupuncture/
Dennis Clarin**
524 Jefferson St SE, Ste 201
. 402-6583

Patty Kovacs
203 4th Ave E #508 . . . 754-1476

Peter White
113 5th Ave SE 867-9906

PHYSICAL THERAPY

Fran Kersch
302 Columbia St NW
. 870-3981

Lisa Hardin, MPT
302 Columbia St NW
. 596-9696

**South Sound Physical
& Hand Therapy**
111 Market St NE 754-7085

COUNSELING

David Reynolds, PhD
501 Columbia St NW, #E
. 754-5354

Jill Jonas, Counseling
120 State Ave SE, Ste A .339-2253

Ronnie Hacken, Counselor
209 4th Ave E, #211. . . 786-8879

Sigafoos & Witcher
114 1/2 Capitol Way N. . 943-5430

Whitman Counseling
203 4th Ave E #209 . . . 943-7726

TATTOOS

Altered States
307 4th Ave E 754-6623

Electric Rose Tattoo
115 Capitol Way N. . . . 786-8282

Sacred Tattoo
504 Franklin St SE 357-8181

Spider Monkey Tattoos
217 4th Ave E 709-9650

MASSAGE & HEALING ARTS

Artesian Wellness*
524 Jefferson St SE . . . 705-0799

Dorbe Holden LMP
. 280-2666

Jennifer Shafer LMP
. 789-7313

Jin Shin Jyutsu of Olympia
. 357-3070

Meryon Nudelman LMP
. 259-6121

Rebecca Combs, LMP
. 918-2450

Resonance Repatterning
. 705-3009

Sarah Jean Tubbs LMP
. 402-8799

Tani Biale LMP
. 870-4684

Carol Trasatto, Herbalist
. 705-1430

Catherine Dawdy LMP
1725 Legion Way SE . . 943-2590

Copper Moon Massage Therapy
312 Columbia St NW . . 357-1390

Heartspeak Massage by Trish
209 4th Ave E #214. . . . 507-0524

Jamie Lee & Company
309 4th Ave E 786-6027

Marybeth Berney LMP
209 4th Ave E #210 . . . 754-3336

Radiance*
113 5th Ave SE 867-9906

Ria Kaelin LMP
302 Columbia St NW . . 561-6450

Serendipity*
610 4th Ave E

Joanne Rikimaru LMP
. 705-0490

Beth Whitney LMP
. 789-0491

Rylee Landwehrle LMP
. 789-0654

Samantha Smith LMP
. 580-1805

Rebekah Englishbee LMP
. 339-5323

* This business has several services within the space



Visit Olympia

www.downtownolympia.com
www.ci.olympia.wa.us.com
www.visitolympia.com



Downtown Olympia is nestled at the southern-most tip of Puget Sound, beneath Mt. Rainier and within sight of the majestic Olympic mountains.

Parks, marinas, fountains, and a popular public boardwalk await you in the waterfront area. An easy stroll up Capitol Way takes you to downtown's southern neighbor, the State Capitol Campus. Downtown Olympia's blend of historic buildings, beautiful scenery and eclectic retail and dining experiences offer an undeniable appeal to visitors and residents alike.

PARKING AROUND TOWN

There are 350 stalls in the core of the downtown that provide free 90-minute parking. There are 600 three-hour meters and 1,300 nine-hour meters in the downtown for those needing longer-term parking. The 90-minute stalls are intended for customers.

Meter Rates

Three-hour meters charge 50¢ per hour. It costs \$1.50 to park for three hours. Nine-hour meters charge 35¢ for one hour. It costs \$3.00 to park for nine hours. 15-minute meters are also available and cost a dime, nickel or penny.

Tips to Remember

Three- and nine-hour meters provide 16 minutes of free time (if meter is at zero). Just press the button on the meter before inserting coins.

Meter time limits and fees are effective Monday-Friday, 8am to 5pm. All meters and City of Olympia owned lots are free evenings, weekends, and holidays. (Please note: Columbus Day is not considered a holiday.)



Health & Beauty

DANCE, YOGA & FITNESS

5th Avenue Fitness
505 Plum St SE 352-2533

Akido of Olympia
506 Columbia St SW . . . 701-9798

Downtown YMCA
510 Franklin St SE 357-6609

Fusion*
302 Columbia St NW
. 596-9696

Johansen School of Ballet
412 Jefferson St SE . . . 943-8011

Living Spirit Yoga
911 5th Ave SE 2nd Floor
. 432-3635

Liz Packard - Pilates
302 Columbia St NW . . 259-1607

Motion in Balance Studio
219 Legion Way SW, Ste 203A
. 556-2619

Pilates Center of Olympia
515 State Ave NE 352-3444

Santee Brewster, Pilates & Nutrition
302 Columbia St NW . . 402-4273

The Warehouse Rock Gym
315 Jefferson St NE . . . 596-9255

Waves Studio
302 Columbia St NW . . 705-9100

Wild Grace Center for Yoga & Dance
507 Cherry St 754-3983

BARBERS, SALONS & SPAS

Angelo Mendi Salon & Day Spa
116 Legion Way SE . . . 352-7247

Bryce's Barber
118 4th Ave NE

Envy Hair Studio
511 Washington St SE . . 705-3111

Frida
405 Franklin St SE . . . 956-3600

Fosbre Academy of Hair Design
305 4th Ave E 481-6816

Gary Lee Thornton for Hair
412 4th Ave E 753-8988

Home Body Eco-Luxe Living
416 1/2 Washington St SE
. 943-5810

Hotel Olympian Barber & Styling
521 Washington St SE . . 754-3940

Jamie Lee & Company
309 4th Ave E 786-6027

Marie Alice Salon
109 5th Ave SW 943-0159

Midtown Salon
917 Capitol Way S 956-0841

Premiere Salon & Day Spa
111 Market St NE #101
. 753-3299

Sage Wellness & Beauty
209 4th Ave E #202 . . . 481-5825

Reflections Salon
324 4th Ave E 352-3274

Salon 5th Avenue
111 Capitol Way N 943-8916

Salon Modelle & Spa
410 Washington St SE
. 534-9494

Sharp Design Hair Studio
410 1/2 Franklin St SE . . 786-6797

Spa Aneity
313 5th Ave SE Ste B . . 357-6953

Local Area Code is 360

Note: Every effort was made to present the most current information for these listings. In some cases, changes occurred too late to be omitted or added. We apologize for any inconvenience. These listings are provided as a service and do not imply endorsement or approval.

BUDD
INLET

PERCIVAL LANDING WATERFRONT

CAPITOL
LAKE

To Deschutes Parkway
and Evergreen Park Drive

N



Dash

The Dash Shuttle is a circulator route

WEEKDAY
6:45am - 7:15pm
Shuttle departs
EVERY 12 MINUTES
on weekdays

SATURDAY
9:00am - 5:00pm
Shuttle departs
EVERY 12 MINUTES
on Saturdays

**INTERcity
TRANSIT**

