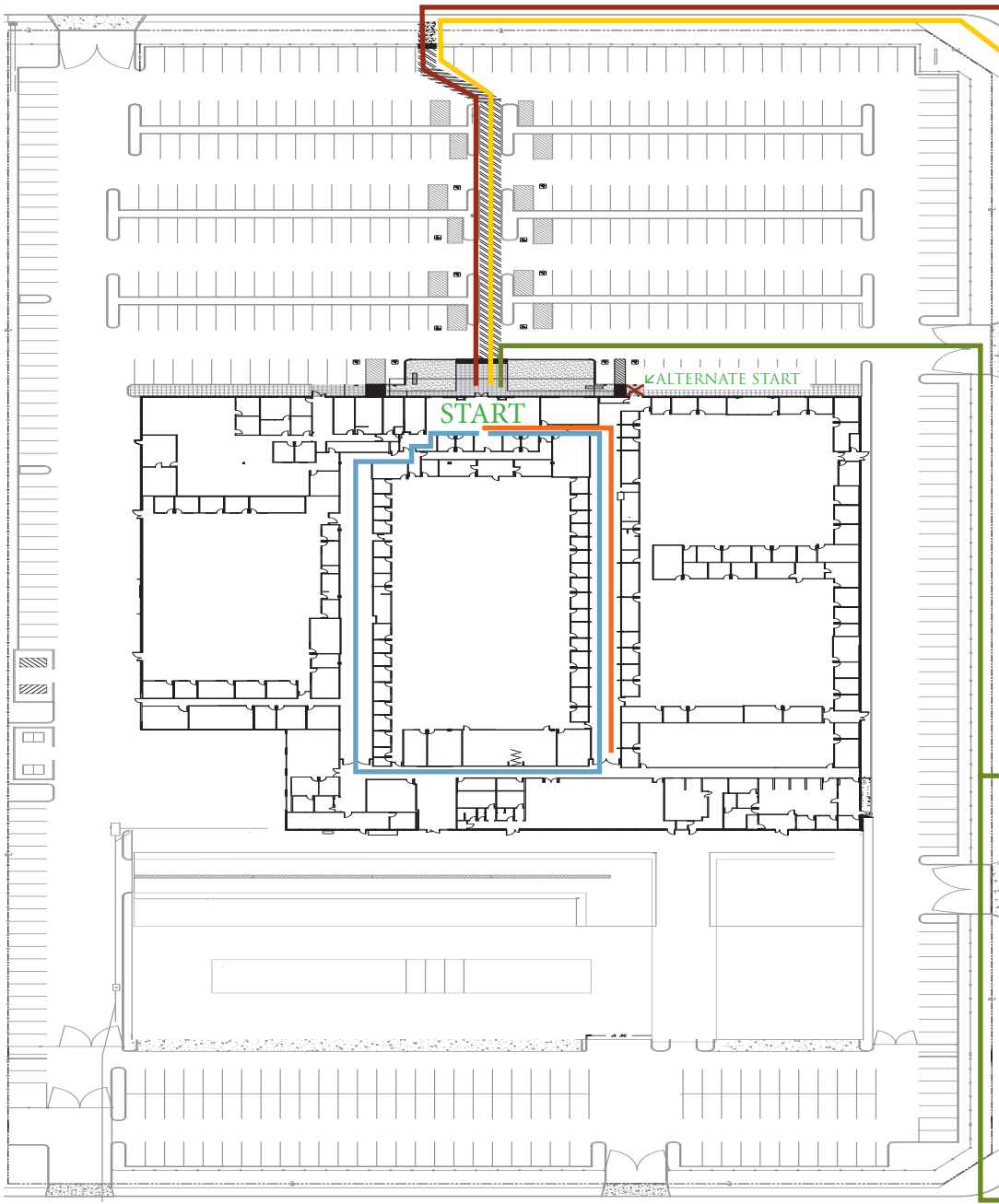


E. Redlands Blvd.

E. Redlands Blvd.

Club Center Dr.



- Loop-D-Loop
- T-rrific
- Happy Feet
- Too Hip to Be Square
- Quick-Step

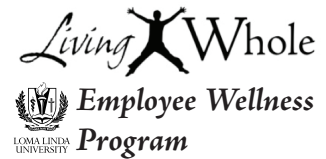


E. Caroline St.

Club Way

Club Way

Club Center Dr.



W. Club Center Dr.

Map not to Scale

W. Club Center Dr.

# LIVING WHOLE WALKING TRAILS

## QUICK-STEP

- Start out at lobby
- Face receptionist desk, turn left towards East doorway
- Begin in the East Main Hallway
- Walk down Hallway once facing South and back facing North, ending in lobby

214 Steps  
0.1 miles  
6 calories burned  
3 min. walk  
3x = 9 min. walk

## TOO HIP TO BE SQUARE

- Start out at lobby
- Face receptionist desk, turn left towards East Doorway
- Turn right, walk down East Main Hallway
- Go through double doors, turn right down south hallway
- Go to end of hall, turn right through double doors to West main hallway
- Go down West Main Hallway
- Go through last door to the right
- Ending in the Lobby

334 Steps  
0.1 Miles  
9 Calories burned  
5 Min. walk  
2x = 10 Min. walk

## T-RRIFIC

- Start at lobby facing North or door just East of Lobby Entrance
- Go out through parking lot using blue crosswalk
- Walk through pedestrian gate, turn right along Redlands Blvd.
- Turn right on Club Way walking along east side of 101 Building to end of Club Way
- Turn right on West Club Center Dr. and walk to the end of street
- Turn around and walk to opposite end of West Club Center Dr. and back to Club Way
- Follow trail back to lobby

650 Steps  
0.2 Miles  
20 Calories burned  
10 Min. walk

## LOOP-D-LOOP

- Start out at lobby or door just East of Lobby Entrance
- Facing North, walk through parking lot using blue crosswalk
- Walk through pedestrian gate and make a right on Redlands Blvd.
- Turn right on Club Center Dr.
- Make a right on East Caroline St.
- Right on Club Way, back to Redlands Blvd., turn left
- Follow Trail back to Lobby

938 Steps  
0.4 Miles  
28 Calories burned  
17 Min. walk

## HAPPY FEET

- Start out at lobby or door just East of Lobby Entrance
- Face North and exit Lobby turning right
- Walk out East Driveway
- Turn Right on Club Way
- Make a Left at the end of Club Way onto W. Club Center Dr.
- Follow around onto Club Center Dr.
- Turn Left on E. Caroline St.
- Right on Club Way
- Follow trail back to Lobby

1576 Steps  
0.6 Miles  
38 Calories burned  
15 Min. walk