



1

"HILL TRAINING" PARKING GARAGE - (no stairs)

DESCRIPTION: Please walk with caution.

- Start at the MOB 3 entrance, cross over to the parking garage, and walk up each floor in a loop, following the arrows.
- Go to the 5th floor and loop back down to the 1st floor.
- Exit the parking garage, and return to MOB 3 entrance.

DISTANCE: .8 miles

TIME: 20 minutes

2

"NP CIRCUIT"- (inside path option)

DESCRIPTION:

- Start at the EKG department, room 117, MOB 1, 1st Floor.
- Walk towards the South Tower. At the South Tower Lobby, make a right and go to Outpatient Surgery Services Building (OSS).
- When you reach the Outpatient Surgery Department go down the stairs to the ground floor of OSS.
- Walk pass the conference rooms and make a left onto the ground floor of the hospital.
- At the end of that hallway make a right, walk toward the Admiration offices, loop back and return to the employee entrance of OSS. **Repeat 4 times.**
- When you complete the "circuit" go back up the stairs to the Outpatient Surgery Department, and walk back to the EKG department.

DISTANCE: 1.6 miles

TIME: 30 minutes