



Aurora Health Care Twin Lakes Walking Paths

Do the hours in your day seem to be more and more scarce? How's the weather outside? Would you much rather be outside? If you looking for time to get some exercise in when the weather is good or if you just do not have time to go to the gym, here is your solution. The Aurora staff has walked out a few outdoor routes for our employees to get a quick walk during your lunch break. We put together 3 routes will easily fit into your daily schedules.

Route 1 (1/4 mile)

- 1) Start at the Main Entrance and turn Right
- 2) Follow sidewalk until it stops, turn right by the side of the building
- 3) Turn Right, Making your way behind building
- 4) Continue around the back of Sentry's building
- 5) Turn Right onto sidewalk, continue walking toward the front of Sentry
- 6) Turn Right on the sidewalk in front of Sentry
- 7) Continue onto Aurora Health Center sidewalk
- 8) Finish at the Main Entrance = ¼ mile

Total time: 5 - 7 minutes

Route 2 (.5 miles)

- 1) Start at Main Entrance and turn Right
- 2) Follow sidewalk until it stops, then continue onto until you get to the street
- 3) Turn Right at Roosevelt Road
- 4) Continue on Roosevelt Rd around the curve
- 5) Turn Right on Kennedy Drive, Follow Kennedy to Sentry Parking lot.
- 6) Turn Right on the sidewalk in front of Sentry
- 7) Continue onto Aurora Health Center sidewalk
- 8) Finish at Main doors = little more then ½ mile

Total time 10 – 15 minute

Route 3 (1 mile)

1. Start at Main Entrance and turn Right
2. Follow sidewalk until it stops, then continue onto until you get to the street
3. Turn Right at Roosevelt Road
4. Continue on Roosevelt Rd around the curve
5. Turn Right on Kennedy Drive
6. Turn Right on Lincoln Rd. You might be able to see Aurora Health Center from road
7. Turn Left at Roosevelt
8. Cross Lake Street into church Parking lot
9. Turn Right and follow the Permitter of the Parking lot
10. Continue around lot and head under the overhang by main entrance.
11. Turn by the driveway between light post that leads into lower parking lot.
12. Continue through the parking lot until you get to Holy Hill Rd.
13. Turn Left at sidewalk and continue to Lake st.
14. Cross street and finish at the Main Entrance = 1 mile

Total time 15-20 minutes