

Aurora Health Care-Lake Geneva 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 (.5 miles)

- 1) Start at Main Entrance for Rehab and turn left. Stay in the parking lot.
- 2) Turn left and continue in front of Aurora building and the other stores.
- 3) Turn left at the end of Pick N' Save and head towards the back of the strip mall. Continue behind the strip mall.
- 4) At stop sign behind strip mall by the corner of Aurora and next to the pine trees turn right and head towards the little parking lot.
- 5) Continue to around the parking lot loop and head back towards the Rehab Entrance where you first started.
- 6) End at Rehab Doors (Do the course twice for a mile)

Total time: 15-20 minutes

Route 2 (.8 miles)

- 1) Start at Main Entrance for Rehab and turn left. Stay in the parking lot.
- 2) Turn Right at stop sign and follow parking lot in front of Lake Geneva Pie Co. and Time Warner Cable.
- 3) Follow Parking lot around the outside of the grounds.
- 4) Continue on outside parking lot in front of CLAWS and Us Cellular.
- 5) Exit Parking Lot and Turn Left at stop sign heading towards the front of the strip mall.
- 6) Continue in front of strip mall til you see the DO NOT ENTER sign and turn right and head to the Rehab Doors where you started.

Total time: 18-22 minutes

Route 3 (1.1 miles)

- 1) Start at Main Entrance for Rehab and turn left. Stay in the parking lot.
- 2) Turn Right at stop sign and follow parking lot in front of Lake Geneva Pie Co. and Time Warner Cable.
- 3) Follow Parking lot around the outside of the grounds.
- 4) Continue on outside parking lot in front of CLAWS and Us Cellular.
- 5) Exit Parking Lot and Turn Left at stop sign heading towards the back of the strip mall. Continue behind the strip mall.
- 6) At stop sign behind strip mall by the corner of Aurora and next to the pine trees turn right and head towards the little parking lot.
- 7) Continue to around the parking lot loop and head back towards the Rehab Entrance where you first started.
- 8) End at Rehab Doors

Total time: 20-25 minutes