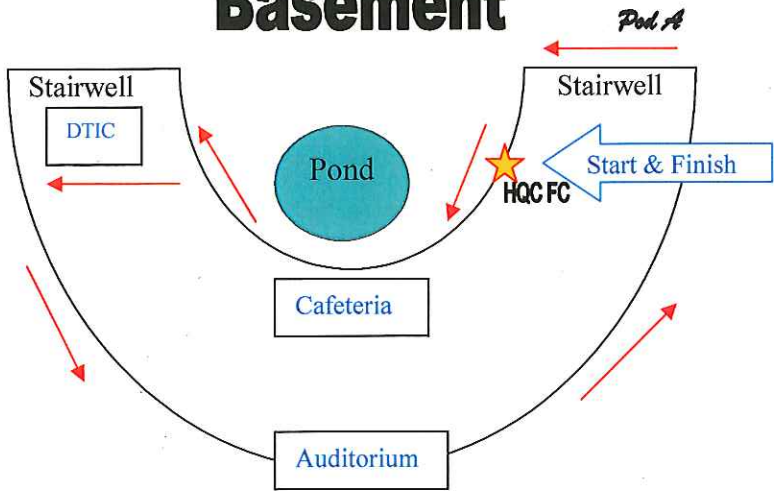
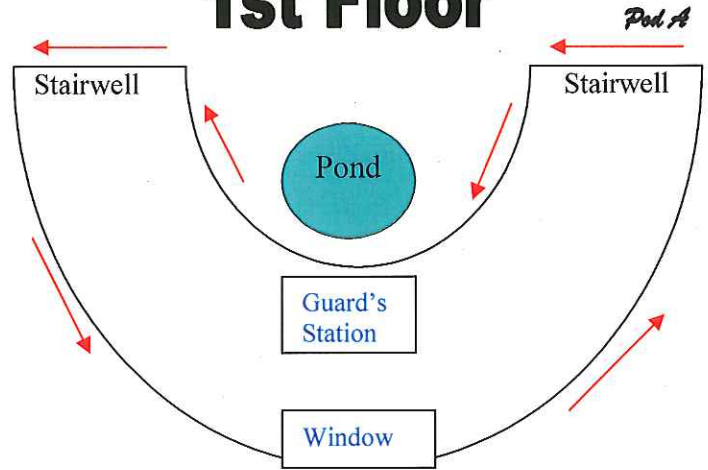


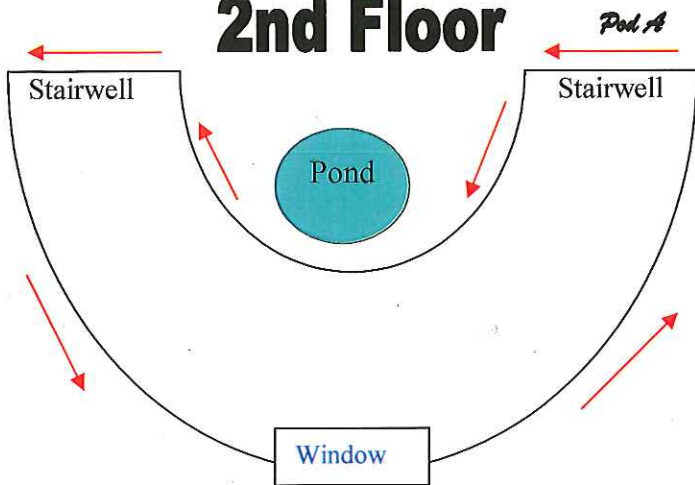
Basement



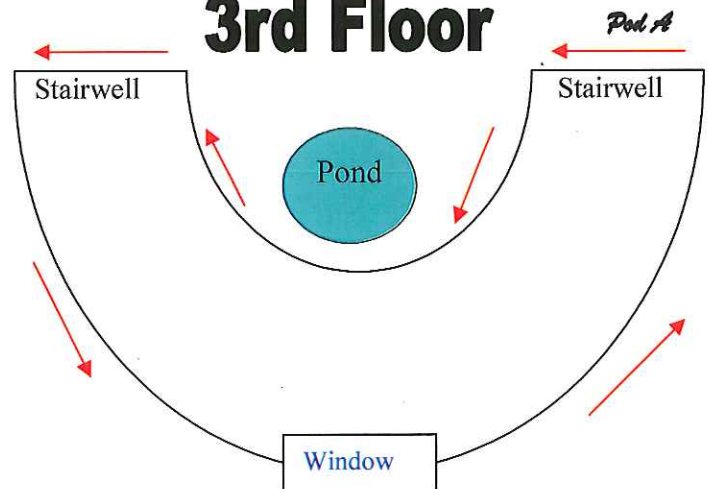
1st Floor



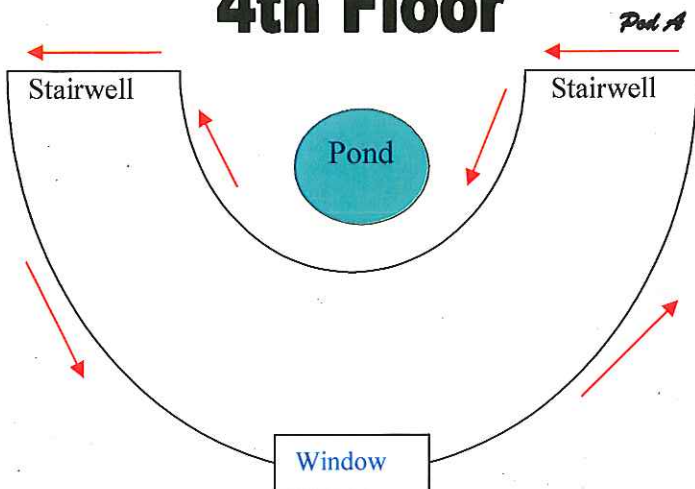
2nd Floor



3rd Floor



4th Floor



HQC INDOOR WALKING COURSE

The starting and finishing point is the HQC Fitness Center (HQC FC). The total course is equal to **2 miles**. The course is as follows:

- From the starting point, follow the arrows.
- Walk each floor and use the "Pod A" stairwells to advance to the next floor.
- Complete the 4th floor pathway, and use the stairwell at the end of pod A to walk back to the finishing point.

You can shorten the walking course to start with a half mile and gradually progress to walking 2 miles. 1¼ trip around each floor (except the basement level) is equal to approximately ½ mile. However, if you walk the suggested marked course from start to finish you will complete 2 miles.