

WALKING TRACK POLICIES

NO RUNNING, JOGGING,
OR WALKING BACKWARDS

SILENT WALKING ONLY
WHEN CLASSES ARE HAPPENING BELOW

PLEASE BE MINDFUL OF
VARYING MOBILITY LEVELS

INSIDE LANE FOR SLOWER WALKERS &
THOSE USING MOBILITY AIDS

OUTSIDE LANE FOR PASSING
& FASTER WALKERS

STEP OFF THE TRACK IF YOU NEED TO REST

DO NOT PHOTOGRAPH OR FILM ANYONE
WITHOUT CONSENT

19 LAPS = A MILE