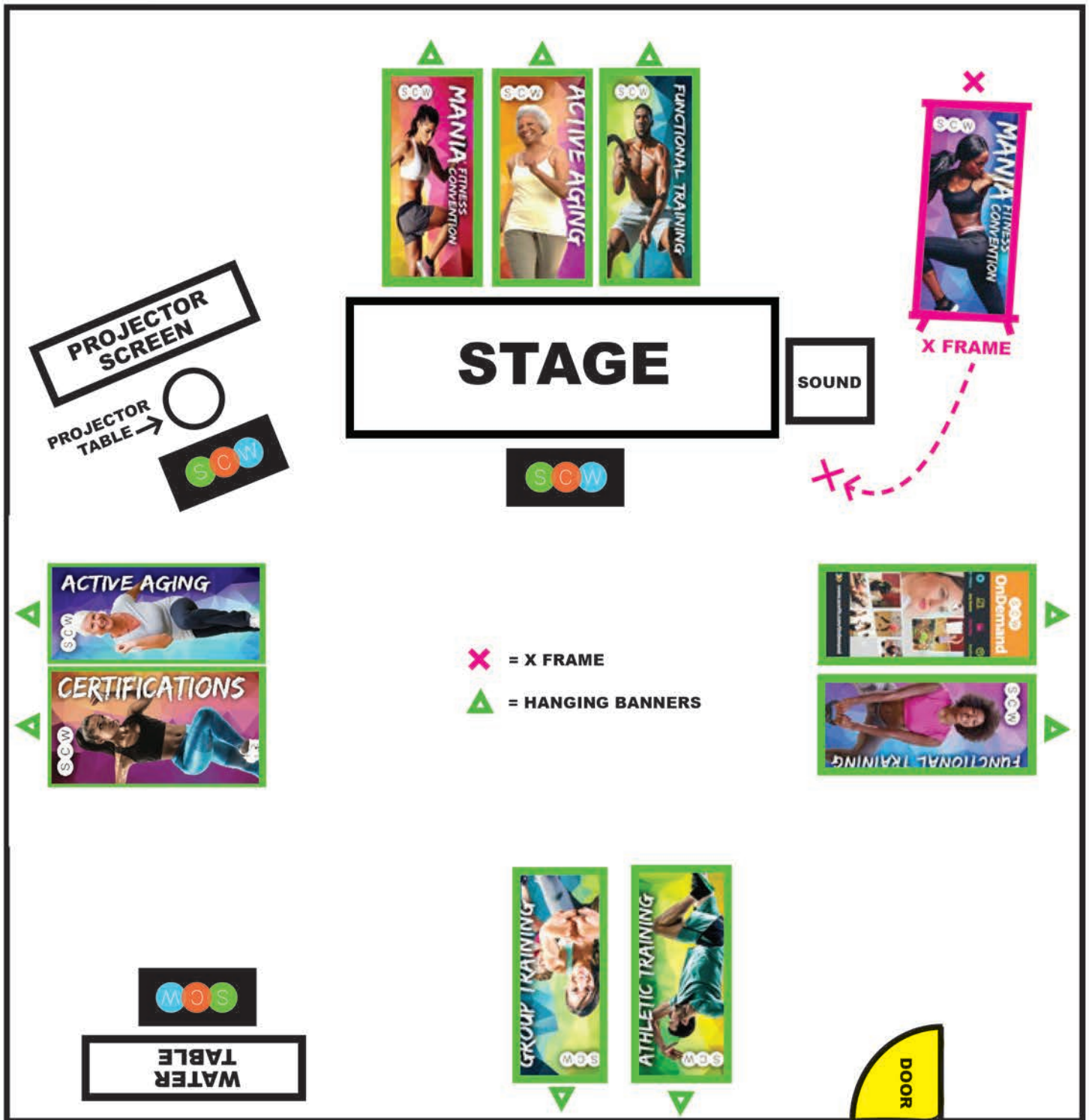


ROOM A - ACTIVE, AGING & FUNCTIONAL



X
ACTIVE AGING
X FRAME
(PLACE OUTSIDE THE DOOR)

Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM C - MIND, BODY & RECOVERY



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

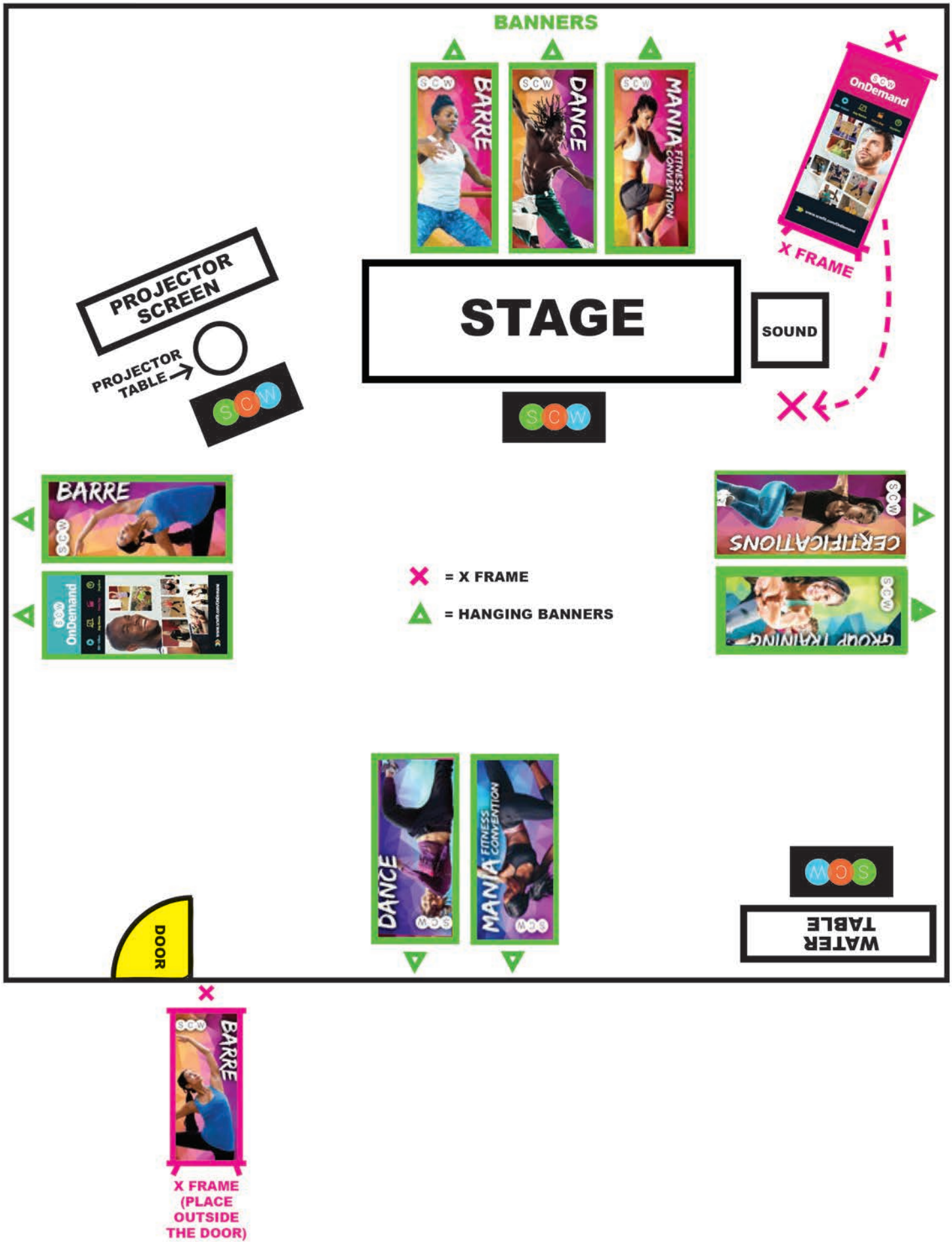
Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM D - BARRE, GX, DANCE



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM E - BOXING, ROWING & SMALL GROUP



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

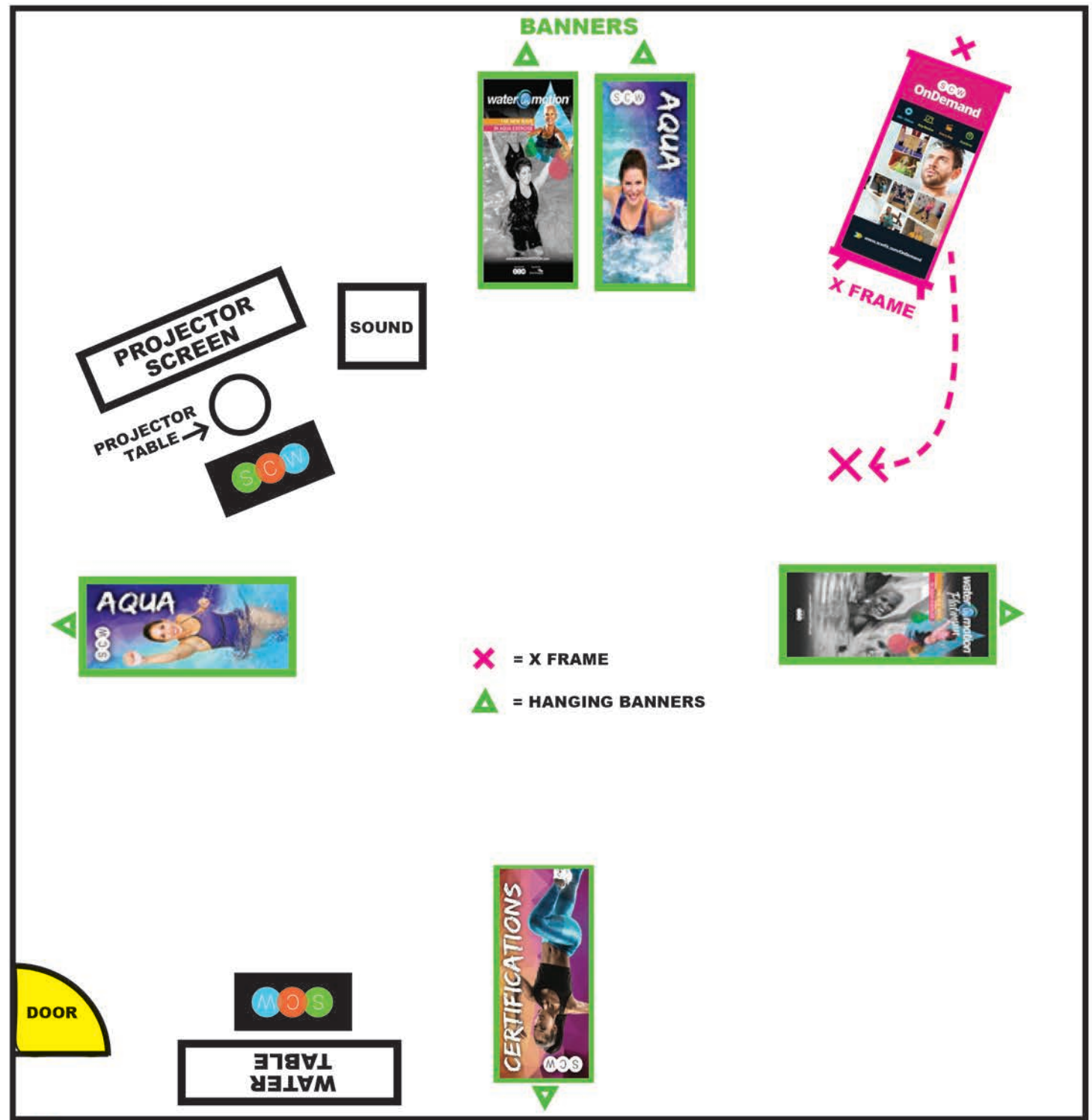
Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM F - AQUA



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

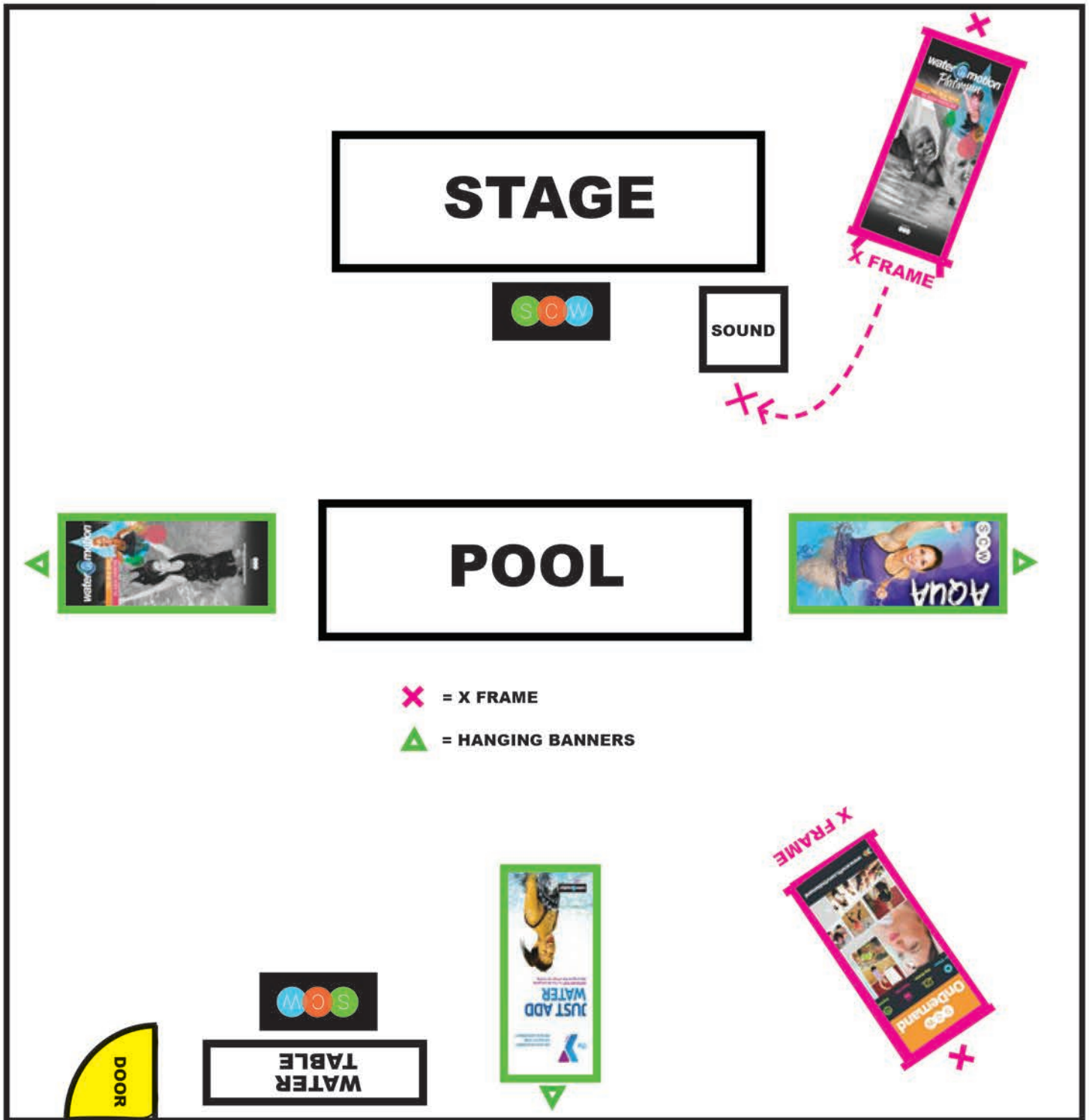
Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM F - POOL



✕ = X FRAME

▲ = HANGING BANNERS



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

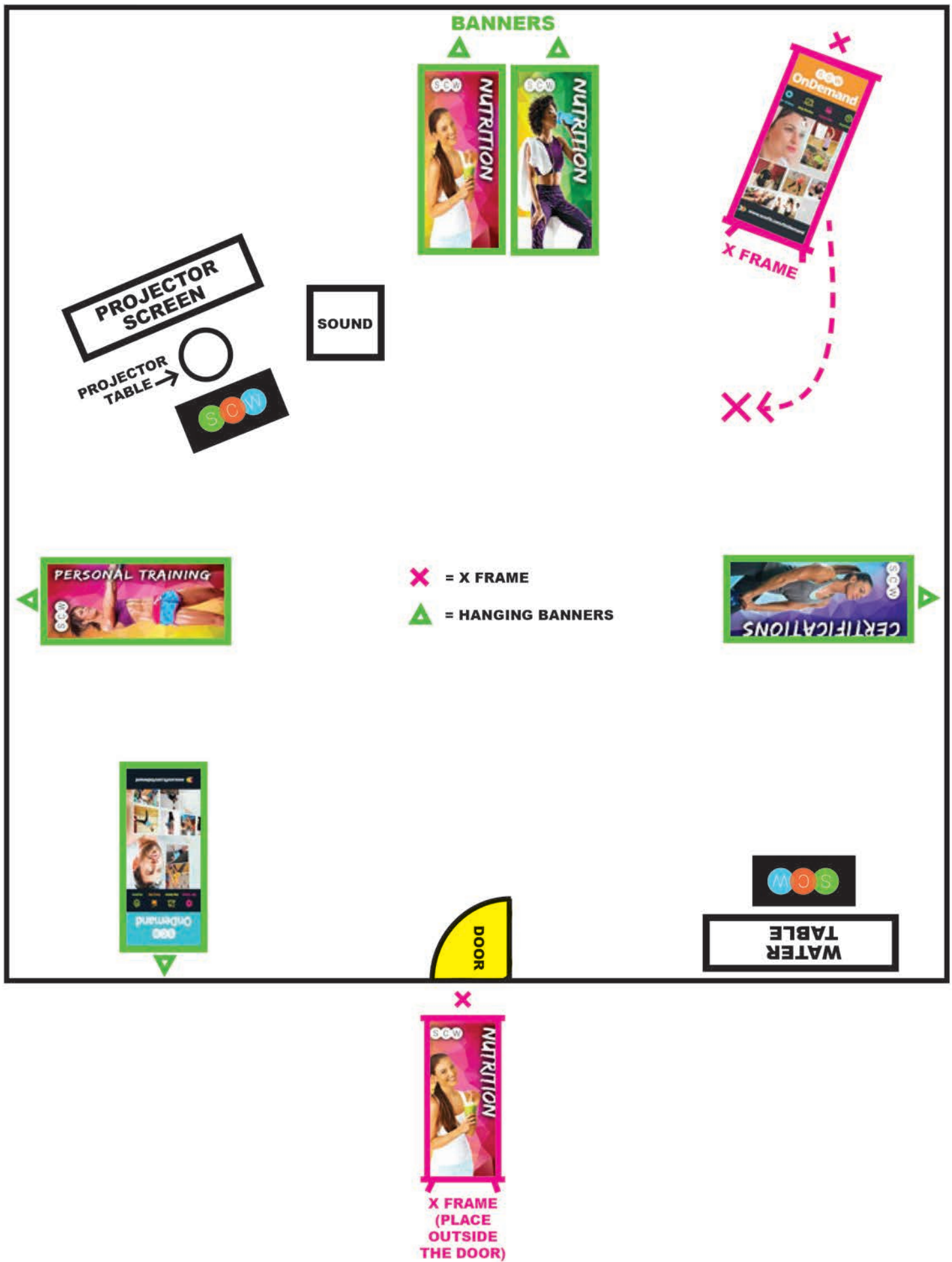
Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM G - NUTRITION & EXERCISE SCIENCE



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

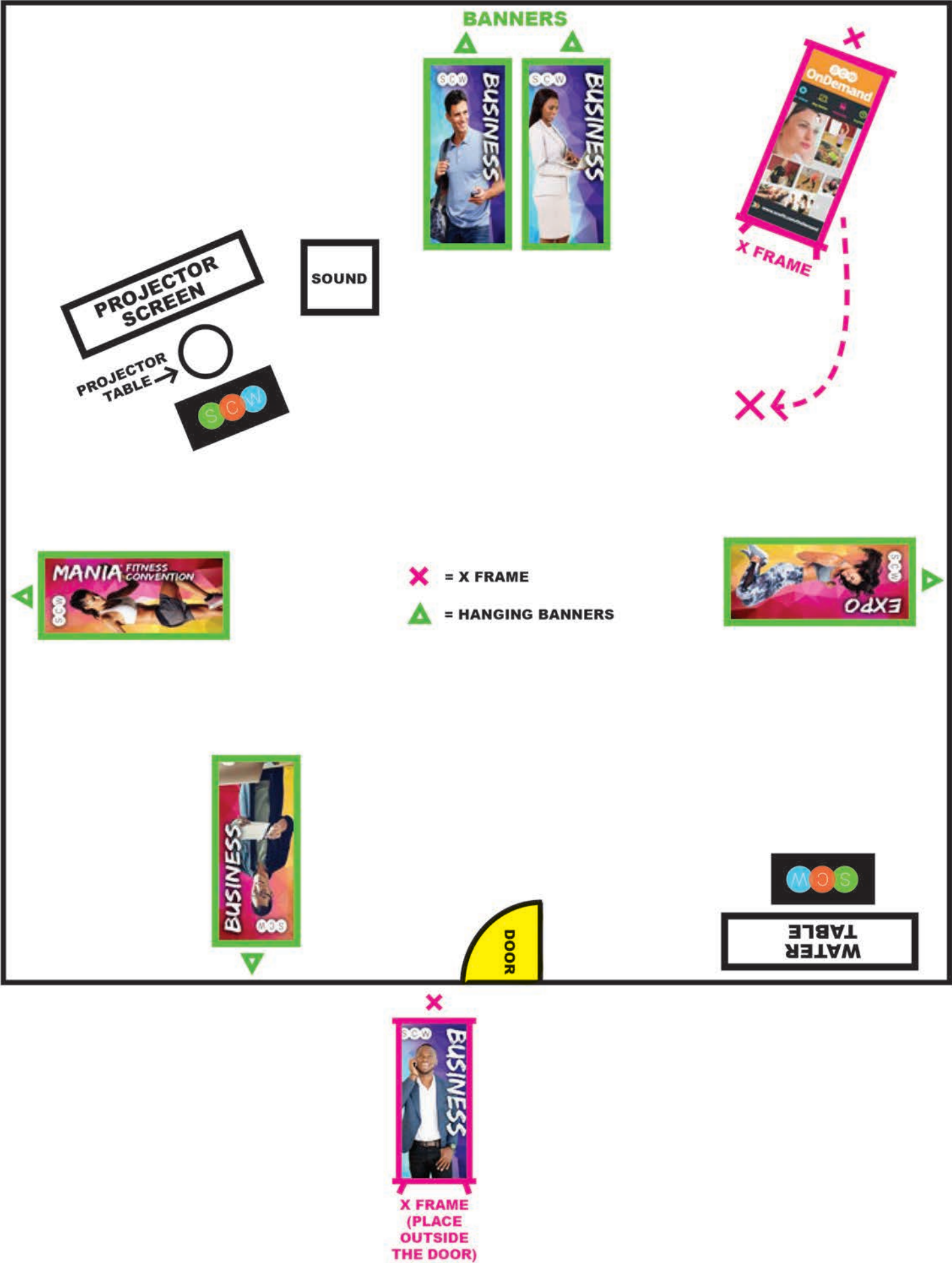
Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat

ROOM H - BUSINESS



Equipment

- | | |
|--|----------------------|
| 1) Gray Tote | 4) Command Strips |
| 2) Banners | 5) S-Hooks |
| 3) Command Hooks - 2 parts
(hook & backing) | 6) T-Pins |
| | 7) Chair to stand on |

Banner Instructions for WALL Hanging

- 1) Review the map to determine banner placement
- 2) Take banners out of the gray tote
- 3) Place banners on the floor below where they are to be hung
- 4) Take a command hook out from inside the zip lock bag in the gray tote
- 5) Take a command strip out from inside the other zip lock bag in the gray tote
- 6) Peel off the red label/liner from the back of the command strip and stick it on the back of the command hook
- 7) Safely pull up a chair directly underneath where you are going to place the banner
- 8) Peel off the black label/liner from the back of the command strip
- 9) Safely stand on the chair (with support from another person)
- 10) Reach as high up as possible to affix the command hook (try to make sure all the banners are at the same height in the room)
- 11) Firmly press the command hook on the wall & hold for 30 seconds
- 12) Let the command hook sit for 5-10 minutes before you hang the banner
- 13) Hang the banner on the hook making sure the banner is straight & neat

Banner Instruction for AIR WALL Hanging (air wall divides ballroom spaces)

- 1) Use the same instructions as above
- 2) Use T-Pins from inside the gray tote sticking them on the wall from top to bottom without damaging the wall

Banner Instructions for STAGE Hanging

- 1) Review the map to determine banner placement for the back of the stage
- 2) Take banners out of the gray tote
- 3) Place banners on the stage below where they are to be hung
- 4) Take an S-Hook out from inside the zip lock bag in the gray tote
- 5) Safely pull up a chair directly underneath where you are going to place the banner
- 6) Safely stand on the chair (with support from another person)
- 7) Hook the S-hook onto the banner string
- 8) Hang S-hook on the pipe & drape making sure the banner is straight & neat