

THE GREAT OUTDOORS: MAKING FUN MATTER MORE AT Q CENTER

Q Center isn't your average conference and training center - we make fun just as important for our guests and open our 95 acres to the beauty of St. Charles. The large variety of indoor and outdoor seasonal recreational activities are at your fingertips for fun and excitement.



ON-SITE RECREATION ACTIVITIES

- Game Room
- Bicycle Rentals
- 24-hour Fitness Center
- 40-mile Fox River Trail
- Outdoor Sand Volleyball Courts
- Outdoor Basketball Courts
- Outdoor Putting Green
- Outdoor Soccer, Rugby and Flag Football Field
- Outdoor Softball and Baseball Field
- Disc Golf
- Bean Bag Toss

ON-SITE ORGANIZED ACTIVITIES

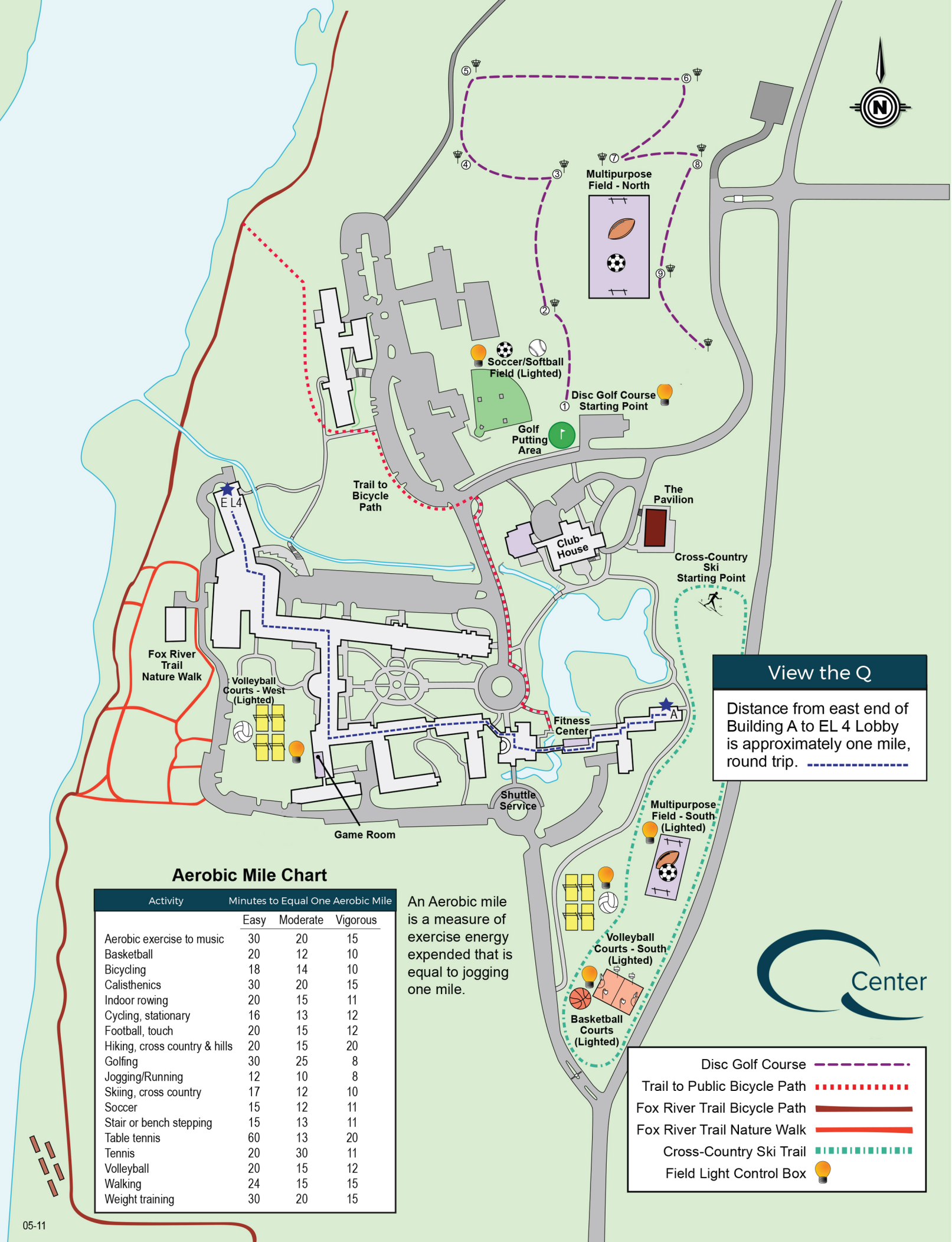
(Some activities available for an additional fee)

- Dynamic Circuit Training Class
- Yoga and Meditation Classes
- Billiards Tournament
- Fun Run and Walk
- Closest to the Pin Competition
- Cross-Country Skiing

OFF-SITE EXCURSIONS

- Shuttle Trips to Downtown St. Charles
- Premium Outlet Mall Shopping Trip
- Topgolf Trip
- Canoe and Kayak on the Fox River

Some events, excursions and activities are seasonal.
Activities are subject to cancellation or removal without notice.



View the Q

Distance from east end of Building A to EL 4 Lobby is approximately one mile, round trip.

Aerobic Mile Chart

| Activity | Minutes to Equal One Aerobic Mile | | |
|-------------------------------|-----------------------------------|----------|----------|
| | Easy | Moderate | Vigorous |
| Aerobic exercise to music | 30 | 20 | 15 |
| Basketball | 20 | 12 | 10 |
| Bicycling | 18 | 14 | 10 |
| Calisthenics | 30 | 20 | 15 |
| Indoor rowing | 20 | 15 | 11 |
| Cycling, stationary | 16 | 13 | 12 |
| Football, touch | 20 | 15 | 12 |
| Hiking, cross country & hills | 20 | 15 | 20 |
| Golfing | 30 | 25 | 8 |
| Jogging/Running | 12 | 10 | 8 |
| Skiing, cross country | 17 | 12 | 10 |
| Soccer | 15 | 12 | 11 |
| Stair or bench stepping | 15 | 13 | 11 |
| Table tennis | 60 | 13 | 20 |
| Tennis | 20 | 30 | 11 |
| Volleyball | 20 | 15 | 12 |
| Walking | 24 | 15 | 15 |
| Weight training | 30 | 20 | 15 |

An Aerobic mile is a measure of exercise energy expended that is equal to jogging one mile.



- Disc Golf Course
- Trail to Public Bicycle Path
- Fox River Trail Bicycle Path
- Fox River Trail Nature Walk
- Cross-Country Ski Trail
- Field Light Control Box