



Q4 Active Circuit and Class Descriptions

The Q4 Active Circuit involves performing exercise activities in six (6) different circuit stations. Those stations are: (1) Strength and Power; (2) Core, Balance, and Stability; (3) Heart Rate Training; (4) Speed, Agility, and Quickness; (5) Mobility and Flexibility, and (6) Brain Training. All stations are visited in every circuit class, each class begins with a warm-up of the body and brain, and each class ends with a cooldown. The circuit portion of class involves performing movement or exercise for a specific amount of time (e.g., 60s), resting for a specific amount of time (e.g., 30s), and repeating, or rotating to a new station to perform a new activity. Class participants typically assign themselves to a small subgroup (i.e., 4 persons max per station), and that subgroup completes the circuit together. There is no waiting for a group in front of you, and there is no pressure from a group behind you. Below are the various classes presently being offered:

Agile Not Fragile

Agility and fragility are terms that can apply to both the body and the mind. Agility is the ability to move and change direction quickly, and easily. It can be used to describe someone who is able to think and react quickly, also known as being, “quick on one’s feet.” In contrast, fragility can be defined as being delicate, brittle, easily broken, shattered, or frail. We want the former, not the latter. Speaking of ladders, you’ll perform a series of agility ladder drills to improve your footwork. You’ll be asked to go down to the ground and perform spinal mobility through flexion and extension exercises done on your hands and knees, and you’ll perform bridges to strengthen your posterior (e.g., glutes, erector spinae). For your brain, you’ll seek out matched pairs of dice on the SMARTFit® Pro Trainer Wall, and when not successful, must turn around, walk or quickly step away, and then return to take another shot at finding a match.

Over The Rainbow

Coming soon . . .

Re-Action Potential

This class primarily focuses on improving your reaction time, overall movement speed, and power (i.e., the ability to move or lift weights at fast speeds), all of which are important in reducing your risk of falling. Class always begins with a warm-up for both the body and the brain. You will cycle through all six circuit stations, including the use of battle ropes, performing incline planks, and getting your feet to move quickly with control, all while systematically elevating and lowering your heart rate (i.e., interval training) for a terrific heart rate training experience. Class concludes with a cool-down and some light flexibility training.

Thanks for the Memories

You may recall that a legendary entertainer chose the song, “Thanks for the Memories” as his anthem during the Q4 of his life. That entertainer was Bob Hope, and speaking of *hope*, you don’t want to rely on hope in order to remember the important sign posts, both large and small, on the road that is your life. You must continually challenge and develop your memory skills just as you must continually challenge your muscles and bones to stay strong and nimble. In this class, we will play fun memory games, trivia, and more while we simultaneously physically challenge our bodies. Dynamic variable resistance training (DVRT), and low hurdles are also introduced to replicate obstacles you frequently encounter on a daily basis.



Ten HUT!

“Ten HUT!” (or "Huh-Tennn-HUT!"), is a command that means, "Come to attention." Not just a cue to pay attention with your brain, but it's also a cue to adopt a certain physical posture. This class focuses on the cognitive domain of attention, and also emphasizes a certain attentive physical posture (i.e., body position) while performing the activities of the circuit. This is not a boot camp, but you should be prepared to stand (or sit) up at attention, lifting your chest, and tucking your chin while chasing targets around the SMARTFit® Pro Trainer Wall, putting together combinations of boxing-related punches, and more.

Three's Company

Jack, Chrissy, and Janet always had fun together, and so will you and your fellow Q4 Active "roommates." The theme of this class is the number three (3). You'll chase multiples of "3" around the SmartFit Pro Trainer Wall, and generally perform three repetitions of a specific activity before switching to another activity. We'll use the Flexline cable station, dumbbells, Y-bells, sand bells, slam balls, weighted balls, and more. Mostly, we'll have fun (which just happens to be a three-letter word).

Walking the Plank

Argh! Jack Sparrow, pirate captain of the Black Pearl, understood the importance of balance, lest he should peril. With his excellent footwork, and trusty cutlass, he stayed aboard his ship and avoided peril. Balance is key to not falling, and it involves three primary systems of your body: Visual, Vestibular, and Proprioceptive. In *Walking the Plank*, you'll work on foot and ankle mobility and sensibility which will help you to perform amazing acts of balance, traversing a narrow beam while doing your best not to fall into the abyss (Note: actual beam is just 1" off the ground). You won't swing a cutlass, but you will use a Bodyblade® to harness the power of vibration and inertia and create rapid muscular contractions. Trust us, you need this. At the SmartFit wall, you will knock out the lights as if you were battling other buccaneers. What's the booty of this class? Balance and stability, upper body and core strength, and mental quickness.

ZUMBA Gold®

This class is for older active adults, beginners, and people with limited movement capabilities. It is considered low impact, and low-to-moderate intensity. All elements of fitness are addressed including cardiovascular conditioning, strength training, balance, flexibility, and more!

****Sandbox***

The sandbox is a metaphor for a place where one plays without consequence, and where one rebuilds successive imperfect attempts at creating something fabulous and new. It is an environment where one can experiment and bring visions to life. This class has no formal description, as it will always be something different. A surprise to the senses. Experience the creativity of our Q4 Active circuit coaches as we build new classes right before your very eyes. Welcome to Q4 Active's sandbox. *Note: This class is scheduled on an irregular basis.



Q4 Active Circuit Coaches and Personal Trainers

Ana Jara

Ana is a certified personal trainer through the International Sport Sciences Association (ISSA), has been a group fitness professional and personal trainer for more than two years, and has worked as a Physical Therapist Aide where she worked with clients having a variety of musculoskeletal conditions. She's also earned a degree in Social and Behavioral Sciences, the knowledge from which she directly applies to her the classes she coaches. Ana keeps active by participating in tennis, swimming, kickboxing, and of course, resistance training. Ana has some nursing background, and is also a Certified Dental Assistant which may explain her terrific smile. Ana is bilingual, being fluent in both English and Spanish. Ana most recently renewed her CPR and AED certifications in July 2023.

Rick Feldman

Rick earned his BS in Sport Sciences from Ohio University, and has 33 years of experience. Rick maintains academic credentials as a Certified Personal Trainer (CPT) from the National Academy of Sports Medicine (NASM), is a Registered Yoga Teacher (RYT) with the Yoga Alliance, and is a Certified Wellness Professional (CWP). Rick most recently renewed his CPR and AED certifications in July 2023.

Liz Schmoll

Coming soon . . .

Patricia Soley

Pat Soley has over 30 years of experience as a fitness professional in the fitness industry. She has held a variety of management positions for the likes of Equinox, the Sports Club/LA, and the Bay Club Company. Pat has instructed all sorts of group exercise classes including Spinning® and pilates mat, and she has done so in a variety of settings, such as in-home, large health and country clubs, boutique fitness studios, and more. Pat most recently renewed her CPR and AED certifications in July 2023.