

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/19/2026
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SUPERVISOR NAME:	Deborah Graham Geghen				SEASON:	Winter 2013			
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL?	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE		
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Antigravity Yogawings	x	14 and up	N	F, W, Sp, Su					
Booty Barre		14 and up	N	F, W, Sp, Su	14	0	\$1,004	\$0	
Core, TRX and Weights		14 and up	N	F,W, Sp, Su	5	0	\$320	\$0	
CPR/AED and First Aid		14 and up	N	F,W,Sp, Su	0	1	\$0	\$70	
Duathlon		14 and up	N	W	45	24	\$928	\$723	
Duathlon Training Camp		14 and up	N	W	5	2	\$245	\$150	
Employee Lunchtime Yoga		any	N	F, W, Sp	16	0	\$406	\$0	
Fitness and More		4 to 7	N	F,W, Sp	10	3	\$769	\$324	
Kettlebells and More	x	14 and up	N	F, W, Sp, Su					
Mommy/ Tummy- Tupler Technique		14 and up	N	W, Sp	20	4	\$1,334	\$384	
Morning Workout Mix		14 and up	N	F, W,Sp, Su	12	1	\$960	\$120	
Jump Pilates		14 and up	N	F, W, Sp, Su	9	0	\$743	\$0	
Over 50, Men's Weight Training		50 and up	N	F, W,Sp, Su	11	1	\$710	\$98	
Personal Training		14 and up	N	F, W,Sp, Su	131	24	\$29,405	\$5,670	
Personal Training-youth		7 to 13	N	F, W,Sp, Su	Included above				
Personal Training-Pilates		14 and up	N	F,W,Sp, Su	9	1	\$3,096	\$320	
Pilates Reformer		14 and up	N	F,W,Sp, Su	54	8	\$4,550	\$1,004	
Pilates Circuit		14 and up	N	F,W,Sp, Su	9	0	\$825	\$0	
Strength and Stretch for Seniors		14 and up	N	F, W, Sp	5	1	\$270	\$49	
Suspension Training		14 and up	N	F, W, Sp, Su	17	3	\$780	\$180	
Suspension Training- Children	x	8 to 12	N	Winter					
Team Makers	x	8 and up	N	F, W, Sp					

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Tai Chi Chuan		14 and up	N	F,W,Sp, Su	5	1	\$512	\$150	
Weight Loss Challenge Contest		12 and up	N	W	12	4	\$600	\$200	
Weight Loss Bootcamp		16 and up	N	F, W, Sp	22	2	\$2,193	\$180	
Yoga- Fitness		14 and up	N	F, W, Sp,Su	38	2	\$2,869	\$258	
Yoga-Gentle		55 and up	N	F, W, Sp,Su	8	1	\$539	\$126	
Fitness Assesments		14 and up	N	F, W, Sp, Su	Varies		Included in Membership		
Fitness Orientations		14 and up	N	F,W, Sp, Su	Varies		Included in Membership		
Group Exercise Classes		14 and up	N	F,W, Sp, Su	Varies		Included in Membership		
Senior Clubs		55 and up	N	W	11	0	\$200	\$0	
Zumbatonic		4 to 12	N	F,W	9	0	\$405	\$0	

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