

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:		Deborah Geghen		SEASON:	Fall 2025	
<u>PROGRAM NAME</u> (Alpha Order)	NEW (X)	<u>AGE</u> <u>GROUP</u>	<u>NO. OF</u> <u>SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &</u> <u>COMPLETED</u> <u>SEASON'S</u> <u>ENROLLMENT #</u>		<u>ESTIMATED</u> <u>CONTRACTUAL</u> <u>COSTS</u>
			F=fall, W=winter, Sp=spring, Su=summer	RES	NR	TOTAL REVENUE
Aerial Yoga Play Workshops		14 and up	F, W, Sp, S	5	1	\$193.00
Baseball Rotational Power		8 to 14	F, W	2	3	\$411.00
Barre Revitalized	x	14 and up	F, W, Sp, S			
Body Sculpting Workout		14 and up	F, W, Sp, S	7	2	\$607.00
Bootcamp Challenge		14 and up	F, W, Sp, S	3	0	\$282.00
Chair Yoga		14 and up	F, W, Sp, S	14	4	\$1,294.00
Youth Yoga		7 to 14	F, W, Sp, S	11	0	\$1,089.00
Core on the Mat- Pilates Mat		14 and up	F, W, Sp, S	19	6	\$1,887.00
Core, Glutes and Weights		14 and up	F, W, Sp, S	7	0	\$491.00
Fitness Weightloss Bootcamp		14 and up	F, W, Sp, S	6	0	\$830.00
Foam Roll and Trigger Release		14 and up	F, W, Sp, S	6	0	\$270.00
Glutes + Abs x 30	x	14 and up	F, W, Sp, S			
Intervals and Core	x	14 and up	F, W, Sp, S			
Kickboxing	x	14 and up	F, W, Sp, S			
Mobility and Recovery	x	14 and up	F, W, Sp, S			
Parkinson's and Neuromuscular Exercise		14 and up	F, W, Sp, S	14	2	\$1,811.00
Pelvic Floor/ Low Ab Toning and Recovery	x	14 and up	F, W, Sp, S			
Personal Training		14 and up	F, W, Sp, S	145 packages		\$56,306.00
Pilates Personal Training		14 and up	F, W, Sp, S	18 packages		\$4,371.00
Pilates / Yoga Fusion		14 and up	F, W, Sp, S	3	1	\$441.00
Pilates Max		14 and up	F, W, Sp, S	40	6	\$4,525.00
Pilates Reformer		14 and up	F, W, Sp, S	121	19	\$16,314.00

Leave blank if not a
contractual program

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			F=fall, W=winter, Sp=spring, Su=summer	RES	NR	TOTAL REVENUE
Pump		14 and up	F, W, Sp, S	8	0	\$544.00
Qigong Class	x	14 and up	F, W, Sp, S			
Rowing to Tone		14 and up	F, W, Sp, S	11	0	\$738.00
Senior Fitness Bootcamp		50 and up	F, W, Sp, S	15	0	\$2,110.00
Senior Stretch		50 and up	F, W, Sp, S	7	3	\$549.00
Senior Balance and More		50 and up	F, W, Sp, S	3	1	\$395.00
Sit and Fit		14 and up	F, W, Sp, S	13	3	\$1,120.00
Stroller Strides	x	14 and up	F, W, Sp, S			
Sports Conditioning for Kids		7 to 14	F, W, Sp, S	16	0	\$1,193.00
PNF Stretch	x	14 and up	F, W, Sp, S			
Strength and Conditioning	x	14 and up	F, W, Sp, S			
Strong Beyond the Gym	x	14 and up	F, W, Sp, S			
Strong Her (Fit Girls)		14 and up	F, W, Sp, S	6	2	\$564.00
Tai Chi class	x	18 and up	F, W, Sp, S			
TRX Blast		14 and up	F, W, Sp, S	8	3	\$834.00
Weight Circuits	x	14 and up	F, W, Sp, S			
Weight Training for Men over 50		50 and up	F, W, Sp, S	9	0	\$627.00
Women's World	x	14 and up	F, W, Sp, S			
Yoga for Beginners		14 and up	F, W, Sp, S	12	6	\$1,562.00
Yin Yoga	x	14 and up	F, W, Sp, S			
Yoga Vinyasa flow	x	14 and up	f, W, Sp, S			
Yoga- Fitness		14 and up	F, W, Sp, S	11	2	\$959.00
Yoga- Gentle		14 and up	F, W, Sp, S	10	1	\$793.00

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