

VILLAGE OF ORLAND PARK RECREATION DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:	Deborah Geghen					SEASON:	Winter/Spring 2021
PROGRAM NAME (Alpha)	<u>NEW</u> (X)	<u>AGE</u> <u>GROUP</u>	<u>NO. OF</u> <u>SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &</u> <u>COMPLETED SEASON'S</u> <u>ENROLLMENT NUMBERS</u>		<u>LAST SEASON'S</u> <u>REVENUE-</u> <u>Numbers are</u> <u>from season</u> <u>during COVID19</u>	EST. CONTRACTUAL COSTS (OVER \$20,000 for the SEASON)
			F/fall, W/winter, Sp/spring, Su/summer	RES.	NON-RES.		
20/20		14 and up	F, W, Sp,S	3	0	\$200	
60 day Shape up		14 and up	F, S, Sp, S	8	1	\$635	
Active Aging Pilates	X	50 plus	F, W, Sp, S				
Aerial Yoga Play Workshop		12 and up	F,W, Sp, S	3	4	\$200.00	
Barre Fusion Pilates		14 and up	F, W, Sp, S	12	2	\$714.00	
Barre/ Pilates	X	14 and up	F, W, Sp, S				
Body Sculpting		14 and up	F, W, Sp, S	7	1	\$475.00	
Boot Camp for Kids/ Teens		8 to 17	F, W, Sp, S	13	0	\$879.00	
BOSU Body	X	14 and up	F, W, Sp, S				
Cardio Reformer Pilates		12 and up	F, W, Sp, S	9	2	\$920.00	
Core, TRX, & Weights		14 and up	F, W, Sp, S	7	4	\$512.00	
Drop Set Express	X	all ages	F, W, Sp, S				
Employee 1/2 hour Workout		14 and up	F, W, Sp, S	6	4	\$285.00	
Fit to Core		14 and up	F,W, Sp, S	3	1	\$230.00	
Fitness Fusion		7 to 12	F, W, Sp	13	0	\$460.00	
Fitness Bootcamp		14 and up	F, W, Sp, S	8	2	\$1,182.00	
Girls Night Out		14 and up	F, W, Sp, S	17	10	\$800.00	
HITT training		14 and up	F, W, Sp, S	4	0	\$260.00	
Inspiring Bootcamp (F. I. T- rename)		14 and up	F, W, Sp, S	3	1	\$381.00	
Kettlebells and More		14 and up	F, W, Sp, S	3	1	\$197.00	
Lose it Now	X	14 and up					
Meditation 101		14 and up	F, W, Sp, S	4	0	\$79.00	
Mom and Me Fitness	X	all ages	F, W, Sp, S				
Morning Workout Mix		14 and up	F, W, Sp,S	14	0	\$740.00	

