

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
PROGRAM JUSTIFICATION LIST

Program Supervisor: D Geghen		Season: Fall 2025	
Program Name:	Seasons Offered	Number Enrolled	Justification to Continue Offering with Low Enrollment
Sunset Yoga	All	0	Program hasn't been successful recently.
Restorative Yoga	All	0	Program hasn't been successful. Offering some new types of yoga.
Aerial Yoga/ Teen Yoga	All	7	Instructor is not able to teach in the fall due to full time job.
Program Name:	Seasons Offered	Number Enrolled	Brief Description of New Program
Barre Revitalized Glutes + Abs x 30	All	n/a	This ballet inspired class will tone hips, thighs, and glutes. Pilates toning will be incorporated.
Intervals and Core	All	n/a	Tone and train the glutes and abs in the new 30 minute class. Exercises will be taught to target these areas.
Kickboxing	All	n/a	Alternating between cardio and weights along with isolated core movements to help increase conditioning and end.
Mobility and Recovery	All	n/a	Practice and learn the techniques of kickboxing with and without punching bags. Safely get some aggression out in.
Pelvic Floor/ Low Ab Toning and Recovery	All	n/a	Focusing on exercises that help get you moving with ease and no pain.
Proprioceptive Neuromuscular Facilitation Stretch	All	n/a	Whether you're hoping to tone your lower abs, recover from past pregnancies, or gain better pelvic control, you'll find
Stroller Strides	All	n/a	Improve range of motion and flexibility with a series of active stretches.
Strength and Conditioning	All	n/a	Parents will workout while interacting with their children in the stroller.
Strong Beyond the Gym	All	n/a	This program is designed to improve physical performance and build endurance, strength and functionality.
Qigong Class	All	n/a	Learn to workout on your own. This will teach you how to get the most out of your workouts and continue healthy habits.
Vinyasa Yoga Flow	All	n/a	Chinese system of physical exercises and breathing control. Learn baseline qigong routines. Breathing techniques
Yin Yoga	All	n/a	This yoga class is fast paced for the fitness-enthusiast yogi.
Women's World	All	n/a	Gentle and relaxing all-level class that works deeply into the connective tissue.
Tai Chi	All	n/a	A workout made to tone and strengthen your inner Superwoman. Proper lifting technique will be taught.
Weight Circuits	All	n/a	Chinese martial arts learned to maintain strength, flexibility and balance. Participants will learn the beginnings of the world.