## VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT BROCHURE PROGRAM LIST

SUPERVISOR NAME:	Deborah Graham Geghen			hen	SEASON:	I: Fall 2016			
					LAST OF	FERED &			EST.
			<u>OVER</u>	NO. OF	COMPL	ETED			CONTRACTUAL
PROGRAM NAME (Alpha	<u>NEW</u>	<u>AGE</u>	<u>NIGHT</u>	SEASON'S	SEAS	ON'S	LAST SI	EASON'S	COSTS (\$5,000 +
<u>Order)</u>	<u>(X)</u>	<u>GROUP</u>	TRAVEL?	<u>OFFERED</u>	ENROLLMENT #		<u>REVENUE</u>		for the SEASON)
				F/fall,					
				W/winter,					
				Sp/spring,					
			Y/N	Su/summer	RES	NR	RES	NR	
Aerobic Explosion		7 to 13	n	F, W, Sp	18	3	\$679.00	\$171.00	
Arthritis in Motion		All ages	n	F, W, Sp	5	0	\$330.00	\$0.00	
Beach BOD	Х								
Bike, Run, Row	Х	All ages	n	F					
Booty Barre		14 and up	n	F, W, Sp, Su	24	5	\$1,847	\$471	
Bootcamp for Kids/ Teens		8 to 14	n	F, W, Sp	25	4	\$2,115.00	\$512.00	
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	78	0	\$0	\$0	
Core, TRX and Weights		14 and up	n	F, W, Sp, Su	11	1	\$630	\$55	
Cross Challenge		14 and up	n	F, W, Sp, Su	5	0	\$425	\$0	
Drums Alive	X	12 and up	n	F, W, Sp, Su					
Employee Private Classes		All ages	n	F, W, Sp, Su	15	0	\$740	\$0	
Employee Lunchtime		All ages	n	F, W, Sp, Su	11	0	\$564	\$0	
Fitness and More - Splex Rex Fitness	3	4 to 6	n	F, W, Sp, Su	14	1	\$615	\$68	
Fitness Assesments		14 and up	n	F, W, Sp, Su	5	0	Free w/ membership		
Fitness Orientations		14 and up	n	F, W, Sp, Su	5	0	Free w/ membership		
Fly Yoga		14 and up	n	F, W, Sp, Su	3	2	\$345	\$255	
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies f	or each	Free w/ m	embership	
Kettlebells and More		14 and up	n	F, W, Sp, Su	8	4	\$530	\$380	
Kids Turkey Trot Prep		4 to 9	n	F	8	0	\$210	\$0	
		3 to 8 Trot							
		Crawlers/New		_	70	00	<b>#</b> 007	<b>#</b> 000	
Kids Turkey Trot & Diaper Dash		walkers-Dash	n	F	79	30	\$867	\$366	
Morning Workout Mix		14 and up	n	F, W, Sp, Su	21	2	\$1,687	\$246	
Parkinson's Disease Class	Χ								

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			OVER	NO. OF	LAST OFF				EST. CONTRACTUAL
PROGRAM NAME (Alpha	NEW	<u>AGE</u>	<u>NIGHT</u>	SEASON'S	SEAS	ON'S	LAST SI	EASON'S	COSTS (\$5,000 +
<u>Order)</u>	<u>(X)</u>	<u>GROUP</u>	TRAVEL?	<u>OFFERED</u>	ENROLL	MENT #	REV	<u>ENUE</u>	for the SEASON)
				F/fall,					
				W/winter,					
				Sp/spring,					
			Y/N	Su/summer	RES	NR	RES	NR	
Personal Training - Youth		7 to 14	n	F, W, Sp, Su			Included below		
Personal Training - Pilates		All ages	n	F, W, Sp, Su	15	2	\$3,525	\$310	
Personal Training - Regular		12 and up	n	F,W, Sp, Su	22	7	\$12,382	\$1,667	
Pilates Jumpboard Class		14 and up	n	F, W, Sp, Su	26	1	\$2,235.00	\$80	
Pilates Reformer/ Cardio		14 and up	n	F, W, Sp, Su	14	3	\$1,180.00	\$320	
Pilates Equipment Combo		14 and up	n	F, W, Sp, Su	22	6	\$1,810.00	\$650	
Pilates Reformer		14 and up	n	F, W, Sp, Su	75	9	\$6,318.00	\$954	
Rolling with the Peanut - Kids		14 and up	n	F, W, Sp, Su	8	0	\$480.00	\$0	
Row to Tone		14 and up	n	F, W, SP, Su	44	7	\$2,615.00	\$600	
Santa's Pit Stop		All ages	n	F	125	FREE - Not a registered program			
Senior Fitness Bootcamp	Х	55 and up	n	F					
Senior Clubs		Seniors	n	F, W, Sp, Su	44	2	\$600	60	
Senior Week		Seniors	n	F			Free		
Stretch & Strength for Seniors		55 and up	n	F, W, Sp, Su	5	0	\$360	0	
Ugi Ball		All ages	n	F, W, Sp, Su	25	1	\$740	\$50	
Weight Loss Bootcamp		16 and up	n	F, W, Sp, Su	28	3	\$3,475	\$525	
Weight Training Men over 50		50 and up	n	F, W, Sp, Su	20	3	\$1,320	\$294	
Weight Training Women over 50		50 and up	n	F, W, Sp, Su	49	3	\$1,585	\$294	
Yoga - Gentle		14 and up	n	F, W, Sp, Su	21	1	\$1,500	\$65	
Yoga - Fitness		Seniors	n	F, W, Sp	65	10	\$4,710	\$1,123	
Yoga - Candlelight/ Sunset		All ages	n	F, W,Sp	21	4	\$1,833	\$480	
Yoga and Fitness for Kids		Ages 5-12	n	F, W, Sp	4	0	\$188	\$0	