

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen				SEASON: Fall 2019			
PROGRAM NAME (Alpha)	NEW (X)	AGE GROUP	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT NUMBERS		LAST SEASON'S REVENUE	EST. CONTRACTUAL COSTS (OVER \$5,000 for the SEASON)
			F/fall, W/winter, Sp/spring, Su/summer	RES.	NON-RES.		
20/20	x	14 and up	F, W, Sp, Su				
60 Day Shape up	x	14 and up	F				
Aerial Play Yoga Workshops		14 and up	F, W, Sp, Su	11	4	\$235	
Aerial/Fly Yoga- Including teen		14 and up	F, W, Sp, Su	25	1	\$2,153	
Active Aging Pilates	x	50 and up	F,W, Sp, Su				
Body Sculpting		14 and up	F, W, Sp, Su	38	0	\$2,120	
Booty Barre		14 and up	F, W, Sp, Su	18	2	\$1,385	
Bootcamp for Kids/Teens		14 and up	F, W, Sp, Su	15	8	\$2,183	
Core, TRX, and Weights		14 and up	F, W, Sp, Su	21	4	\$1,395	
Employee Private Classes		14 and up	F, W, Sp, Su	8	2	\$270	
Employee Lunch Yoga		14 and up	F, W, Sp, Su	7	0	\$480	
Extended PE Class and Fitness for kids	x	8 and up	F				
Fall Fit		14 and up	F	29	10	\$1,958	
Fall Challenge Bootcamp	x	14 and up	F				
Fitness Boot camp		14 and up	F, W, Sp, Su	23	1	\$2,904	
Fitness Assesments		14 and up	F, W, Sp, Su	Varies per season			
Fitness Fusion		age 7-12	F, W, Sp, Su	17	7	1296	
Group Exercise Classes		14 and up	F, W, Sp, Su	Varies per class			
Hockey Off Ice Training	x	ages 7 to 14	F				
Inspiring Bootcamp	x	14 and up	F, W, Sp, Su				
Kettlebells and more		14 and up	F, W, Sp, Su	6	3	\$515	
Kids Turkey Trot/ Diaper Dash		age 1-9	F, W, Sp, Su	93	25	\$1,356	
Mobility Basics	x	any age	F, W, Sp, Su				

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				<u>RES.</u>	<u>NON-RES.</u>		
			F/fall, W/winter, Sp/spring, Su/summer				
Mom and Me Fitness	x	all ages	F, W, Sp, Su				
Mom and Tot Yoga Story Time	x	all ages	F				
Parent /Tot Yoga	x	3 and up	F				
Parent's Day Out	x	3 and up	F				
Parkinson's Exercise Class		14 and up	F, W, Sp, Su	3	4	\$935	
Personal Training		14 and up	F,W, Sp, Su	112 packages		\$25,349	
Pilates Personal Training		14 and up	F, W, Sp, Su	36 packages		\$7,074	
Pilates Chair / Tower		14 and up	F, W, Sp, Su	11	1	\$917	
Pilates MVE Chair	x	14 and up	F, W, Sp, Su	22	8	\$2,677	
Pilates Reformer - Cardio		14 and up	F, W, Sp, Su	11	0	\$850	
Pilates Reformer - Jump		14 and up	F, W, Sp, Su	35	6	\$3,301	
Pilates Reformer		14and up	F, W, Sp, Su	90	19	\$9,670	
PIYO	x	12 and up	F, W, Sp, Su	10	0	\$575	
POD Weight Lifting	x	14 and up	F, W, Sp, Su				
Power, Fit, Strength	x	14 and up	F, W, Sp, Su				
Power Training	x	14 and up	F, W, Sp, Su				
Pranayama for Mama	x	18 and up	F				
Pumping Iron & Cardio	x	14 and up	F, W, Sp, Su				
Row to Tone		14 and up	F, W, Sp, Su	25	5	\$1,830	
Santa's Pit Stop		14 and up	F, W, Sp, Su	120		0	
Senior "Bike, Walk and Row"	x	55 and up	F, W, Sp, Su				
Sports Conditioning for Kids		14 and up	F, W, Sp, Su	8	0	\$475	
Senior Week		14 and up	F, W, Sp, Su	Varies per event		0	

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			F/fall, W/winter, Sp/spring, Su/summer				
Senior (Golden Year) Fitness Bootcamp		55 and up	F, W, Sp, Su	6	4	\$1,091	
Sportsplex Ed	x	14 and up					
Sportsplex Open House		14 and up	F, W, Sp, Su				
Thyroid Action Class	x	14 and up	F, W, Sp, Su				
Ultimate MOM Workout	x	14 and up	F, W, Sp, Su				
Weight Training Men/ Women over 50		14 and up	F, W, Sp, Su	18	9	\$1,760	
Workout Morning Mix		14 and up	F, W, Sp, Su	10	2	\$886	
Yoga and Fitness for Kids		14 and up	F, W, Sp, Su	13	0	\$517	
Yoga - Fitness		14 and up	F, W, Sp, Su	18	1	\$2,527	
Yoga- Family	x	4 and up	F				
Yoga - Gentle		14 and up	F, W, Sp, Su	4	0	\$315	
Yoga Meditation 101		14 and up	F, W, Sp, Su	8	0	\$630	
Yoga - Restorative - hammocks		14 and up	F, W, Sp, Su	4	0	\$215	
Yoga - Sunset		14 and up	F, W, Sp, Su	9	0	\$1,074	
Yoga - Vinyasa		14 and up	F, W, Sp, Su	11	0	\$848	