

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen				SEASON: Summer 2025			
<u>PROGRAM NAME</u> <u>(Alpha Order)</u>	<u>NEW</u> <u>(X)</u>	<u>AGE GROUP</u>	<u>NO. OF SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &</u> <u>COMPLETED</u> <u>SEASON'S</u> <u>ENROLLMENT #</u>		<u>LAST SEASON'S</u> <u>REVENUE</u>	<u>EST.</u> <u>CONTRACTUAL</u> <u>COSTS</u>
			F/fall, W/winter, Sp/spring, S/summer	RES	NR	Total Revenue	
Aerial Yoga Play Workshops		14 and up	F, W, Sp, S	5	1	\$163	
Aerial Yoga- teen/ pre teen		8 to 17	F, W, Sp, S	12	1	\$1,760	
Aerial Yoga- adult		18 and up	F, W, Sp, S	4	0	\$536	
Barre Revitalized	x	14 and up	S				
Body Sculpting		14 and up	F, W, Sp, S	9	0	\$607	
Bootcamp Challenge		14 and up	F, W, Sp, S	3	0	\$183	
Core on the Mat		14 and up	F, W, Sp, S	19	6	\$1,784	
Core, Glutes and Weights (Glutes, Core and Weights)		14 and up	F, W, Sp, S	7	0	\$491	
Children's Zumba	x	ages 8 and up	S				
Cheer, Dance Gymnastics Camp	x	ages 6-12	S				
Fitness Camp- The New Generation	x	ages 8-13	S				
Fit Girls		14 and up	F, W, Sp, S	8	0	\$564	
Fit4Mom Stroller Strides		all ages	W, Sp, S	0	0		
Fitness in the Park		14 and up	S	10	2	\$1,559	
Fitness Weight Loss Bootcamp		14 and up	F, W, Sp, S	6	0	\$830	
Foam Roll and Trigger Release		14 and up	F, W, Sp, S	6	0	\$270	
Full Body Strength	x	14 and up	F, W, Sp, S				
Intervals and Core	x	14 and up	F, W, Sp, S				
Kids Yoga	x	7 to 14	F, W, Sp, S				
Mobility and Recovery	x	14 and up	F, W, Sp, S				
Neuromuscular and Parkinson's Exercise		all ages	F, W, Sp, S	12	1	\$1,479	
Personal Training		14 and up	F, W, Sp, S	122		\$44,786	
Pilates Personal Training		14 and up	F, W, Sp, S	18		\$4,371	
Pilates Max		14 and up	F, W, SP, S	20	4	\$2,979	
Pilates Reformer - Group Training		14 and up	F, W, SP, S	125	16	\$15,822	
Pilates/ Yoga Fusion	x	14 and up,	F, W, Sp, S				

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			F/fall, W/winter, Sp/spring, S/summer	RES	NR	Total Revenue	
PNF Stretch for Athletes	x	12 and up	F, W, Sp,S				
Pump		14 and up	F, W, Sp, S	8	0	\$544	
Row to Tone		14 and up	F, W, Sp, S	11	0	\$737	
Sit and Fit		all ages	F, W, Sp, S	15	1	\$1,120	
Senior Balance and More		50 plus	F, W, Sp, S	3	1	\$395	
Senior Stretch		55 and up	F, W, Sp, S	7	3	\$549	
Senior Fitness Bootcamp		55 and up	F, W, Sp, S	15	0	\$2,110	
Sports and Conditioning		10 and up	F, W, Sp, S	16	0	\$1,193	
TRX Blast		14 and up	F, W, Sp, S	8	3	\$834	
Weight Training over 50- Men		50 and up	F, W, Sp, S	9	0	\$627	
Weight Circuits	x	14 and up	F, W, Sp, S				
Women's World	x	14 and up	F, W, Sp,S				
Yoga - Chair		all ages	F, W, Sp, s	14	4	\$1,294	
Yoga - Fitness		14 and up	F, W, Sp, S	11	3	\$959	
Yoga - Gentle		14 and up	F, W, Sp, S	8	3	\$793	
Yoga- Restorative		14 and up	F. W. Sp, S	2	1	\$218	
Yoga - Sunset		14 and up	F, W, Sp, S	5	0	\$363	
Yoga Beginners		14 and up	F, W, Sp,S	12	6	\$1,562	
<u>MEMBERSHIP AMENITIES</u>							
Fitness Assessments		14 and up	F, W, SP, S	30		Free with membership	
Fitness Orientations		14 and up	F, W, SP, S	30		Free with membership	
Group Exercise Classes		14 and up	F, W, SP, S	Varies for each class		Included with membership	