

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
Program Name:	Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
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	All	n/a	This ballet inspired class will tone hips, thighs, and glutes. Pilates toning will be incorporated.
Glutes +Abs x 30	All	n/a	Tone and train the glutes and abs in the new 30 minute class. Exercises will be taught to target these areas.
Intervals and Core	All	n/a	Alternating between cardio and weights along with isolated core movements to help increase conditioning and endurance and overall strength.
Kickboxing	All	n/a	Practice and learn the techniques of kickboxing with and without punching bags. Safely get some aggression out in a fun and energetic setting.
Mobility and Recovery	All	n/a	Focusing on exercises that help get you moving with ease and no pain.
Pelvic Floor/ Low Ab Toning and Recovery	All	n/a	Whether you're hoping to tone your lower abs, recover from past pregnancies, or gain better pelvic control, you'll find this class helpful.
Proprioceptive Neuromuscular Facilitation Stretch	All	n/a	Improve range of motion and flexibility with a series of active stretches.
Stroller Strides	All	n/a	Parents will workout while interacting with their children in the stroller.
Strength and Conditioning	All	n/a	This program is designed to improve physical performance and build endurance, strength and functionality.
Strong Beyond the Gym	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 outside the gym.
Qigong Class	All	n/a	Chinese system of physical exercises and breathing control. Learn baseline qigong routines. Breathing techniques will be taught for relaxation
Vinyasa Yoga Flow	All	n/a	This yoga class is fast paced for the fitness-enthused yogi.
Yin Yoga	All	n/a	Gentle and relaxing all-level class that works deeply into the connective tissue.
Women's World	All	n/a	A workout made to tone and strengthen your inner Superwoman. Proper lifting technique will be taught.
Tai Chi	All	n/a	Chinese martial arts learned to maintain strength, flexibility and balance. Participants will learn the beginnings of the Yang 24 form, by far the most popular form in the world.
Weight Circuits	All	n/a	Full body strength training in a circuit format to increase muscular endurance.