

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen			SEASON:		Fall 2024		
<u>PROGRAM NAME</u> <u>(Alpha Order)</u>	<u>NEW</u> <u>(X)</u>	<u>AGE</u> <u>GROUP</u>	<u>NO. OF</u> <u>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>
				RES	NR		
			F/fall, W/winter, Sp/spring, S/summer	RES	NR		
Aerial Yoga Play Workshops		14 and up	F, W, Sp, S	0	3	\$110	
Aerial yoga- teen/ pre teen		8 to 17	F, W, Sp, S	6	1	\$1,585	
Baseball Rotational Power Training	x	8 and up	F, W, Sp, S	N/A	N/A		
Body Sculpting		14 and up	F, W, Sp, S	6	2	\$760	
Barre Fusion		14 and up	F, W, Sp,S	9	3	\$1,215	
Cardio and Core		14 and up	F, W, Spr, S	1	1	\$190	
Core on the Mat		14 and up	F, W. Sp, S	14	6	\$2,155	
Core, TRX and Weights		14 and up	F,W,Sp,S	9	0	\$865	
Dropset Express		14 and up	F, W, Sp, S	4	2	\$280	
Fit Girls		14 and up	F, W, Sp, S	7	0	\$675	
Fitness Weight Loss Bootcamp		14 and up	F, W, SP, S	8	0	\$1,520	
Full Body + Core	x	14 and up	F, W, Sp, S				
Foam Roll and Trigger Release	x	14 and up	F, W, Sp, S				
Girls Night Out		14 and up	F, W, Sp, S	4	0	\$143	
Kid's Circuit Training	x	11 to 15	F, W, Sp, S				
Slow Flow Yoga		4 and up	F, W,Sp, S	10	3	\$1,385	
HIIT		14 and up	F, W, Sp, S	4	0	\$390	
Joe's Gym		14 and up	F, W, SP, S	2	0	\$30	
Muscle and Tone Express	x	14 and up	F, W, Sp, S				
Neuromuscular and Parkinson's Exercise		all ages	F, W, Sp, S	14	3	\$2,449	
Personal Training		14 and up	F, W, Sp, S	118		\$24,598	
Pilates Personal Training		14 and up	F, W, Sp,S	19		\$3,073	

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				<u>SEASON'S</u> <u>ENROLLMENT #</u>			
Pilates Jump and Sculpt Reformer		14 and up	F, W, SP, S	6	0	\$975	
Pilates Max		14 and up	F, W, SP, S	19	4	\$4,075	
Pilates Reformer - Group Training		14 and up	F, W, SP, S	136	23	\$23,010	
Pump	x	14 and up	F, W, Sp, S				
Resistance Band- Big Bands		14 and up	F, W, SP, S	7	0	\$335	
Row to Tone		14 and up	F, W, Sp, S	7	0	\$775	
Sit and Fit		all ages	F, W, Sp, S	15	2	\$1,755	
Senior Stretch	x	55 and up	F, W, Sp, S				
Senior Tri-Bike, Run and Row	x	55 and up	F, W, Sp,S				
Senior Fitness Bootcamp		55 and up	F, W, Sp, S	12	0	\$2,260	
Sports and Conditioning		10 and up	F, W, Sp, S	8	0	\$800	
TRX Blast		14 and up	F, W, Sp, S	5	2	\$743	
Weight Training over 50- Men		50 and up	F, W, Sp, S	9	1	\$955	
Yoga - Chair		all ages	F, W, Sp, s	7	4	\$1,399	
Yoga - Fitness		14 and up	F, W, Sp, S	24	4	\$2,490	
Yoga - Gentle		14 and up	F, W, Sp, S	8	6	\$1,332	
Yoga - Sunset		14 and up	F, W, Sp, S	16	0	\$1,475	
Yoga Beginners	x	14 and up	F, W, Sp,S				
<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	