VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT BROCHURE PROGRAM LIST

SUPERVISOR NAME:		Deborah Geghen			SEASON: Summer 2014				
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL?	NO. OF SEASON'S OFFERED F/fall, W/winter, Sp/spring,	LAST OF COMPI SEAS ENROLL	LETED SON'S	LAST SEASON'S REVENUE		EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)
			Y/N	Su/summer	RES	NR	RES	NR	
Booty Barre		14 and up		F, W, Sp, S	12	4	\$761.00	\$357.00	
Cardio Reformer Pilates	х	14 and up		F, W, Sp, S					
Core, TRX and Weights		18 and up		F, W, SP, S	20	3	\$1,170	\$180.00	
CPR/ AED / 1st Aid Classes		14 and up		F, W, SP, S	0	1	\$0.00	\$120.00	
Fitness Camp		7 to 13		S	21	2	\$1,051.00	\$150.00	
Fitness in the Park		18 and up		Sp, S	11	2	\$788.00	\$140.00	
Fitwise for Kids		7 to 13		F, W, SP, S	3	1	\$150.00	\$113.00	
Firefighter Fitness	Х	14 and up		F, W, Sp, S					
Fly Yoga		16 and up		F, W, SP, S	46	3	\$2,755.00	\$162.00	
Kettlebells and More		all ages		F, W, Sp, S	3	4	\$137.00	\$266.00	
Morning Workout Mix		18 and up		F, W, SP, S	10	0	\$770.00	\$0.00	
Personal Training		15 and up		F, W, SP, S	92	6	\$19,484.00	\$1,538.00	
Personal Training- Youth		7 to 14		F, W, SP, S		Includ	ded above		
Pilates Personal Training		All ages		F, W, SP, S	17	9	\$4,518	\$2,011.00	
Pilates Jump Reformer		14 and up		F, W, SP, S	12	1	\$941.00	\$78.00	
Pilates Reformer - Group Training		14 and up		F, W, SP, S	63	13	\$5,627.00	\$1,654.00	
Row and Weights	Х	14 and up			N/A	N/A	N/A	N/A	
Stretch and Strength for Seniors		Seniors		SP, S, F	6	0	\$314	\$0.00	

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Tai Chi Chuan		18 and up	F, W, SP, S	0	0	Cancelled	Cancelled	
Weight Loss Bootcamp		14 and up	F,Sp, W	28	2	\$2,810.00	\$190.00	
Weight Training Classes		14 and up	F, W, SP, S	13	4	\$639.00	\$330.00	
Yoga- Fitness		14 and up	F, W, SP, S	14	7	\$941.00	\$409.00	
Yogalates on Equipment	х	14 and up		N/A	N/A	N/A	N/A	
MEMBERSHIP AMENITIES								
Fitness Assesments		14 and up	F, W, SP, S	5	0	Free with membership		
Fitness Orientations		14 and up	F, W, SP, S	5	0	Free with men		
				Varies for each				
Group Exercise Classes		14 and up	F, W,SP, S	class		Included with membership		