

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:	Deborah Graham Geghen				SEASON: Winter/ Spring 2015				
<u>PROGRAM NAME</u> (Alpha Order)	<u>NEW</u> (X)	<u>AGE GROUP</u>	<u>OVER NIGHT TRAVEL?</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #</u>		<u>LAST SEASON'S REVENUE</u>		<u>EST. CONTRACTUAL COSTS</u> (\$5,000 + for the SEASON)
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Aerobic Explosion	x	ages 8-14	N	F, W, Sp					
A team Training	x	14 and up	N	W, sp					
Booty Barre		14 and up	N	F, W, Sp, Su	17	2	\$1,206	\$136	
CPR/AED/ First Aid		14 and up	N	F, W, Sp, Su	4	0	\$300	\$0	
Core, TRX and Weights		14 and up	N	F, W, Sp, Su	11	1	\$620	\$50	
Cross Challenge		all ages	N	F, W, Sp, Su	27	2	\$2,420	\$170	
Duathlon Training Camp		14 and up	N	W	3	1	\$145	\$45	
Duathlon		14 and up	N	W	30	39	\$605	\$1,198	
Family Health Fair		all ages	N	Sp	Non registered- so no numbers				
Fitness and More- Splex Rex Fitness		4 to 7	N	F, W, Sp, Su	20	0	\$800	\$0	
Fitness Assessments		14 and up	N	F, W, Sp, Su	50		Free w/ membership		
Fitness Orientations		14 and up	N	F, W, Sp, Su	50		Free w/ membership		
Fitwise for Kids		7 to 14	N	F, W, Sp, Su	12	0	\$873	\$0	
Fly Yoga		14 and up	N	F, W, Sp, Su	26	19	\$2,300	\$2,123	
Group Exercise Classes		14 and up	N	F, W, Sp, Su	Varies for each		Free w/ membership		
HIT Training	x	14 and up							
Kettlebells and More		14 and up	N	F, W, Sp, Su	11	2	\$793	\$229	
Kids Bootcamp	x	ages 8-14	N	F, W, Sp, Su					
Morning Workout Mix		14 and up	N	F, W,Sp, Su	21	2	\$1,726	\$246	
Personal Training		15 and up	N	F, W,Sp, Su	120	14	\$26,250	\$4,509	
Personal Training- Youth		7 to 14	N	F, W,Sp, Su	Included above				
Personal Training- Pilates		All ages	N	F, W,Sp, Su	37	4	\$8,483	\$732	
Pilates Reformer Group Class		14 and up	N	F,W,Sp,Su	90	20	\$8,142	\$2,589	
Pilates Cardio Reformer		14 and up	N	F, W,Sp, Su	7	1	\$577	\$155	
Pilates Chair- Intro	x	14 and up	N	F,W,Sp,Su					
Pilates Tower- Intro	x	14 and up	N	F,W, Sp, Su					

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					RES	NR	RES	NR	
Pilates Tower/ Chair combo	x	14 and up	N	F, W, Sp, Su					
Pilates Jumpboard Class		14 and up	N	F, W, Sp, Su	16	3	\$1,395.00	\$400	
Rowing to Tone		14 and up	N	F, W, Sp, Su	12	0	\$755.00	\$0	
Running on Fitness	x	8 and up	N	F, W, Sp					
Senior Cardio Circuit	x	Seniors	N						
Senior Clubs		Seniors	N	F, W, Sp, Su	43	1	\$268	30	
Senior Machines	x	Seniors	N						
Senior Spin and Core	x	Seniors	N						
Speed and Agility		14 and up	N	F, W, Sp, Su	14	0	\$1,067	0	
Sunset yoga		all ages	N	F, W, Sp, Su	8	0	\$465	0	
Stretch & Strength for Seniors		55 and up	N	F, W, Sp	13	0	\$682	0	
Stretch from Head to Toe with yoga	x	all ages	N	F, W, Sp, Su					
Target Heart Rate Training	x	14 and up	N	F, W, Sp, Su					
Wattage	x	14 and up	N	F, W, Sp, Su					
Walking and Weights	x	14 and up	N	F, W, Sp, Su					
Weight Loss Boot Camp		18 and up	N	F, W, Sp	41	2	\$5,168	\$240	
Weight Training Men over 50		50 and up	N	F, W, Sp, Su	6	0	\$355	\$0	
Weight Training Women over 50		50 and up	N	F, W, Sp, Su		Included above			
Weight Loss Challenge		all ages	N	W	16	4	\$800	\$200	
Weight Training Fundamentals	x	all ages	N	F, W, Sp, Su					
Yoga- Fitness		14 and up	N	F, W, Sp, Su	55	8	\$4,033	\$838	
Yoga- Gentle		Seniors	N	F, W, Sp	18	1	\$1,227	\$105	
Yoga - Kids		ages 6-12	N	F, W, Sp	14	0	\$430	\$0	
Yogi - Teens	x	ages 11-18	N						