

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen			SEASON:		Winter Spring 2025		
<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				
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	5	1	\$944	
Aerial Yoga- adult	x	18 and up	F, W, Sp, S				
Baseball Rotational Power Training		8 and up	F, W, Sp, S				
Body Sculpting		14 and up	F, W, Sp, S	10	0	\$955	
Barre Fusion		14 and up	F, W, Sp, S	8	2	\$1,015	
Cardio and Core		14 and up	F, W, Sp, S	1	1	\$190	
Core on the Mat		14 and up	F, W, Sp, S	19	7	\$2,393	
Core, TRX and Weights (Glutes, Core and Weights)		14 and up	F, W, Sp, S	10	0	\$960	
Dropset Express		14 and up	F, W, Sp, S	4	2	\$280	
Fit Girls		14 and up	F, W, Sp, S	8	0	\$770	
Fitness Weight Loss Bootcamp		14 and up	F, W, Sp, S	9	0	\$1,577	
Foam Roll and Trigger Release		14 and up	F, W, Sp, S	5		\$226	
Girls Night Out		14 and up	F, W, Sp, S	4	0	\$143	
Kids' Yoga	x	7 to 14	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	3	0	\$90	
Neuromuscular and Parkinson's Exercise		all ages	F, W, Sp, S	13	3	\$2,317	
Personal Training		14 and up	F, W, Sp, S	1081		\$49,899	
Pilates Personal Training		14 and up	F, W, Sp, S	228		\$7,080	
Pilates Jump and Sculpt Reformer		14 and up	F, W, SP, S	7	0	\$1,135	

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				<u>SEASON'S</u> <u>ENROLLMENT #</u>			
Pilates Max		14 and up	F, W, SP, S	19	4	\$4,075	
Pilates Reformer - Group Training		14 and up	F, W, SP, S	135	25	\$23,119	
Pilates/ Yoga Fusion	x	14 and up,	F, W, Sp, S				
Resistance Band- Big Bands		14 and up	F, W, SP, S	7	0	\$470	
Row to Tone		14 and up	F, W, Sp, S	7	0	\$675	
Sit and Fit		all ages	F, W, Sp, S	15	2	\$1,691	
Senior Balance and More		50 plus	F, W, Sp, S	3	1	\$395	
Senior Stretch		55 and up	F, W, Sp, S	3	0	\$153	
Senior Tri- Bike, Run and Row	X	55 and up	F, W, Sp,S				
Senior Fitness Bootcamp		55 and up	F, W, Sp, S	11	0	\$2,102	
Sports and Conditioning		10 and up	F, W, Sp, S	8	0	\$800	
Total Body Training		14 and up	F, W, Sp, S				
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	
Women's World	x	14 and up	F, W, Sp,S				
Yoga - Chair		all ages	F, W, Sp, s	7	4	\$1,179	
Yoga - Fitness		14 and up	F, W, Sp, S	22	6	\$2,477	
Yoga - Gentle		14 and up	F, W, Sp, S	10	1	\$1,180	
Yoga- Restorative		14 and up	F. W. Sp, S				
Yoga - Sunset		14 and up	F, W, Sp, S	15	0	\$1,579	
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	