

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:		Deborah Geghen		SEASON:	Winter Spring 2026		
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE	ESTIMATED CONTRACTUAL COSTS
			F=fall, W=winter, Sp=spring, Su=summer	RES	NR	TOTAL REVENUE	Leave blank if not a contractual program
Baseball Rotational Power		8 to 14	F,W	2	4	\$411.00	
Barre Revitalized		14 and up	F, W, Sp, S	1	3	\$244.00	
Body Sculpting Workout		14 and up	F, W, Sp, S	7	0	\$668.00	
Bootcamp Challenge		14 and up	F, W, Sp, S	6	0	\$470.00	
Chair Yoga		14 and up	F, W, Sp, S	10	3	\$1,317.00	
Circuit Bootcamp	x	14 and up	F, W, Sp, S				
Youth Yoga		7 to 14	F, W, Sp, S	17	5	\$3,640.00	
Core on the Mat- Pilates Mat		14 and up	F, W, Sp, S	30	4	\$3,219.00	
Core, Glutes and Weights		14 and up	F, W, Sp, S	8	0	\$663.00	
Fitness Weight loss Bootcamp		14 and up	F, W, Sp, S	9	0	\$1,615.00	
Foam Roll and Trigger Release		14 and up	F, W, Sp, S	9	0	\$572.00	
Golden Moves	x	50 and up	F, W, Sp, S				
Golf Conditioning	x	14 and up	F, W, Sp, S				
Glutes + Abs x 30	x	14 and up	F, W, Sp, S				
Intervals and Core	x	14 and up	F, W, Sp, S				
Kickboxing	x	14 and up	F, W, Sp, S				
Parkinson's and Neuromuscular Exercise		14 and up	F, W, Sp, S	8	0	\$1,030.00	
Pelvic Floor/ Low Ab Toning and Recovery	x	14 and up	F, W, Sp, S				
Personal Training		14 and up	F,W, Sp, S	121 packages		\$52,321.00	
Pilates Personal Training		14 and up	F, W, Sp, S	16 packages		\$4,147.00	
Pilates / Yoga Fusion		14 and up	F, W, Sp, S	6	2	\$584.00	
Pilates Max		14 and up	F,W, Sp, S	13	5	\$2,871.00	

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Pilates Reformer		14 and up	F, W, Sp, S	94	11	\$18,506.00	
Pump		14 and up	F, W, Sp, S	6	4	\$1,044.00	
Qigong Class	x	14 and up	F, W, Sp, S				
Rowing to Tone		14 and up	F, W, Sp, S	8	0	\$815.00	
Sculpt Fusion	x	14 and up	F, W, Sp, S				
Senior Fitness Bootcamp		50 and up	F, W, Sp, S	11	0	\$1,975.00	
Senior Stretch		50 and up	F, W, Sp, S	12	3	\$1,866.00	
Senior Balance and More		50 and up	F, W, Sp, S	3	0	\$193.00	
Sit and Fit		14 and up	F, W, Sp, S	16	5	\$1,962.00	
Stroller Strides	x	14 and up	F, W, Sp, S				
Sports Conditioning for Kids		7 to 14	F,W, Sp, S	11	2	\$1,317.00	
PNF Stretch	x	14 and up	F,W, Sp, S				
Strong and Active	x	14 and up	F, W, Sp, S				
Strong Beyond the Gym	x	14 and up	F, W, Sp, S				
Strong Her (Fit Girls)		14 and up	F, W, Sp, S	8	0	\$762.00	
Tai Chi class	x	18 and up	F, W, Sp, S				
TRX Blast		14 and up	F, W, Sp, S	2	2	\$486.00	
Weight Training for Men over 50		50 and up	F, W, Sp, S	12	2	\$1,331.00	
Women's World	x	14 and up	F, W, Sp, S				
Youth Injury Prevention	x	7 to 17					
Yoga for Beginners		14 and up	F, W, Sp, S	26	8	\$3,044.00	
Yin Yoga	x	14 and up	F, W, Sp, S				

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Yoga Vinyasa flow	x	14 and up	f, W, Sp, S				
Fitness Yoga		14 and up	F, W, Sp, S	12	2	\$1,367.00	
Yoga- Parent /Child - Formerly Mommy/ Me		ages 3-7	F, W, Sp, S	7	3	\$1,051.00	
Yoga- Gentle		14 and up	F, W, Sp, S	2	1	\$342.00	
Family Health Fair		14 and up	S				