

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen				SEASON: Summer 2025			
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE	EST. CONTRACTUAL COSTS
				RES	NR		
Aerial Yoga Play Workshops		14 and up	F, W, Sp, S	5	1	\$163	
Aerial Yoga- teen/ pre teen		8 to 17	F, W, Sp, S	12	1	\$1,760	
Aerial Yoga- adult		18 and up	F, W, Sp, S	4	0	\$536	
Barre Revitalized	x	14 and up	S				
Body Sculpting		14 and up	F, W, Sp, S	9	0	\$607	
Bootcamp Challenge		14 and up	F, W, Sp, S	3	0	\$183	
Core on the Mat		14 and up	F, W, Sp, S	19	6	\$1,784	
Core, Glutes and Weights (Glutes, Core and Weights)		14 and up	F, W, Sp, S	7	0	\$491	
Children's Zumba	x	ages 8 and up	S				
Cheer, Dance Gymnastics Camp	x	ages 6-12	S				
Fitness Camp- The New Generation	x	ages 8-13	S				
Fit Girls		14 and up	F, W, Sp, S	8	0	\$564	
Fit4Mom Stroller Strides		all ages	W, Sp, S	0	0		
Fitness in the Park		14 and up	S	10	2	\$1,559	
Fitness Weight Loss Bootcamp		14 and up	F, W, Sp, S	6	0	\$830	
Foam Roll and Trigger Release		14 and up	F, W, Sp, S	6	0	\$270	
Full Body Strength	x	14 and up	F, W, Sp, S				
Intervals and Core	x	14 and up	F, W, Sp, S				
Kids Yoga	x	7 to 14	F, W, Sp, S				
Mobility and Recovery	x	14 and up	F, W, Sp, S				
Neuromuscular and Parkinson's Exercise		all ages	F, W, Sp, S	12	1	\$1,479	
Personal Training		14 and up	F, W, Sp, S	122		\$44,786	
Pilates Personal Training		14 and up	F, W, Sp, S	18		\$4,371	
Pilates Max		14 and up	F, W, SP, S	20	4	\$2,979	
Pilates Reformer - Group Training		14 and up	F, W, SP, S	125	16	\$15,822	
Pilates/ Yoga Fusion	x	14 and up,	F, W, Sp, S				

