

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:	Deborah Graham Geghen				SEASON:		Fall 2017		
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL? Y/N	NO. OF SEASON'S OFFERED F/fall, W/winter, Sp/spring, Su/summer	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE		EST. CONTRACTUAL COSTS (\$5,000 + for the SEASON)
					RES	NR	RES	NR	
Aerial Play Yoga Workshops		All ages	n	F, W, Sp, Su	9	16	\$180	\$560	
Body Sculpting	x	14 and up	n	F, W, Sp					
Booty Barre		14 and up	n	F, W, Sp, Su	23	4	\$1,679	\$440	
Bootcamp for Kids/ Teens		8 to 14	n	F, W, Sp	27	4	\$2,295	\$512	
Boxing Bootcamp	x	14 and up	n	F, W, Sp, Su					
Cardio Shred Bootcamp	x	14 and up		F, W, Sp, Su					
Core, TRX and Weights		14 and up	n	F, W, Sp, Su	17	2	\$1,020	\$180	
Drums Alive		All ages	n	F, W, Sp, Su	15	0	\$740	\$0	
Employee Private Classes		All ages	n	F, W, Sp, Su	7	0	\$336	\$0	
Employee Lunchtime		all ages	n	F, W, Sp, Su	9		\$432		
Fitness Assesments		14 and up	n	F, W, Sp, Su	50		Free w/ membership		
Fitness Fusion		ages 7-13	n	F, W, Sp	27	1	\$2,538	\$71	
Functional Fitness Training	x	14 and up	n	F, W, Sp, Su					
Fly/ Aerial Yoga		14 and up	n	F, W, Sp, Su	16	9	\$1,360	\$1,215	
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies for each		Free w/ membership		
Kettlebells and more		14 and up	n	F, W, Sp, Su	6	0	\$360	\$0	
Kids Turkey Trot		3 to 8-Trot Crawlers/New walkers-Dash	n	F	67	18	\$804	\$270	
Kids Turkey Trot Prep	x	4 to 9	n	F					
Ladder Agility	x	14 and up							
Obstacle Fitness- Sportsplex Ninjas	x	14 and up	n	F, W, Sp, Su					
Parkinson's Disease Class		7 to 14	n	F, W, Sp, Su	5	4	\$495	\$600	
Personal Training - Youth		All ages	n	F, W, Sp, Su	2	0	\$435	\$0	
Personal Training - Pilates		12 and up	n	F,W, Sp, Su	74 combined Res/N		\$20,110		
Personal Training - Regular		14 and up	n	F, W, Sp, Su	89 combined Res/N		\$16,686		

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			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Pilates Reformer - Jump		14 and up	n	F, W, Sp, Su	36	0	\$3,060	\$0	
Pilates Reformer/ Cardio		14 and up	n	F, W, Sp, Su	40	20	\$3,410	\$2,560	
Pilates Chair /Tower		14 and up	n	F, W, Sp, Su	23	3	\$1,955	\$384	
Pilates Reformer		14 and up	n	F, W, Sp, Su	61	7	\$5,185	\$896	
Restorative Yoga- Aerial	x	14 and up							
Rolling with the Peanut - Kids		14 and up	n	F, W, SP, Su	14	0	\$840	\$0	
Row to Tone		All ages	n	F,W, Sp, Su	41	8	\$2,460	\$720	
Santa's Pit Stop		55 and up	n	F					
Senior Clubs		Seniors	n	F			Free		
Senior Cardio and Strength- Yoga stretch	x	Seniors	n	F, W, Sp					
Senior Fitness Bootcamp		Seniors	n	F, W, Sp	9	0	\$495	\$0	
Senior Triathlete	x	Seniors							
Sports Conditioning for Kids	x	ages 6-12	n	F, W, Sp, S					
Sportsplex Open House	x								
Tri- athlon	x	all ages	n	F					
Trampoline Fitness	x	all ages		F, W, Sp, Su					
Ugi Ball Row	x	14 and up		F, W, Sp, Su					
Weight Loss Bootcamp/Fitness		50 and up	n	F, W, Sp, Su	23	3	\$1,495	\$575	
Weight Training Men/ Women over 50		50 and up	n	F, W, Sp, Su	45	3	\$2,925	\$294	
Workout Morning Mix		all ages	n	F, W, Sp, Su	24	0	\$1,968	\$0	
Yoga and Fitness for Kids		Ages 5-12	n	F, W, SP	8	0	\$376	\$0	
Yoga- Fitness		14 and up	n	F, W, Sp, Su	42	7	\$3,066	\$770	
Yoga - Gentle		Seniors	n	F, W, Sp	20	1	\$1,400	\$105	
Yoga- Meditation 101	x	All ages	n	F, W,Sp	21	4	\$1,833	\$480	
Yoga - Outdoors	x	14 and up	n	F, Sp, Su					
Yoga - Sunset/candlelight		Ages 5-12	n	F, W, Sp	23	2	\$2,530	\$360	
Yoga -Vinyasa	x	14 and up		F, W, Sp, Su					