

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/30/2018
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SUPERVISOR NAME:		Deborah Geghen		SEASON:		Summer 2018		EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL?	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR		
Aerial Yoga Play Workshops		12 and up		F, W, Sp,S	8	2	\$245.00	
Body Sculpting		14 and up		F, W, Sp, S	3	1	\$250.00	
Booty Barre		14 and up		F, W, Sp, S	6	0	\$415.00	
Cardio Reformer Pilates		14 and up		F, W, Sp, S	18	0	\$1,550.00	
Core, TRX and Weights		14 and up		F, W, SP, S	11	0	\$620.00	
Employee Group Ex Classes		14 and up		F, W, Sp, S	employee		\$716.00	
Fitness Camp		7 to 13		S	31	7	\$1,390.00	
Fitness in the Park		18 and up		Sp, S	8	1	\$790.00	
Fly Yoga/ Aerial Yoga		14 and up		F, W, SP, S	4	10	\$853.00	
High Intensity (Cardio Strength)	x	14 and up		S				
Kettlebells and More		All ages		F, W, Sp, S	2	1	\$144.00	
Ladder Agility		14 and up		F, W, Sp, S	6	0	\$360.00	
Meditation 101		14 and up		F, W, Sp, S	10	0	\$1,090.00	
Morning Workout Mix		18 and up		F, W, SP, S	11	0	\$934.00	
Personal Training		15 and up		F, W, SP, S	249	5	\$24,005.00	
Personal Training- Youth		7 to 14		F, W, SP, S	0	0	\$0.00	
Pilates Personal Training		All ages		F, W, SP, S	58	0	\$6,657.00	
Pilates - Chair, Tower, Combo		14 and up		F, W, Sp, S	15	3	\$1,586.00	
Pilates Jump Reformer		14 and up		F, W, SP, S	23	3	\$2,310.00	
Pilates Reformer - Group Training		14 and up		F, W, SP, S	51	8	\$6,305.00	
Pound	x	14 and up						

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Rolling with Peanut for kids		5 to 14		F, W, Sp, S	9	0	\$540.00	
Row to Tone		14 and up		F, W, Sp, S	20	7	\$1,655.00	
Summercize		14 and up		S	67	23	\$4,801.00	
Fitness Bootcamp		14 and up		F, W, Sp	17	2	\$1,290.00	
Weight Training over 50		50 and up		F, W, Sp, S	13	3	\$1,174.00	
Yoga - Fitness		14 and up		F, W, SP, S	23	4	\$2,109.00	
Yoga - Gentle		All ages		F, W, Sp, S	9	0	\$620.00	
Yoga - Sunset		14 and up		F, W, Sp, S	11	1	\$1,575.00	
<u>MEMBERSHIP AMENITIES</u>								
Fitness Assesments		14 and up		F, W, SP, S	50		Free with membership	
Fitness Orientations		14 and up		F, W, SP, S	50		Free with membership	
Group Exercise Classes		14 and up		F, W, SP, S	Varies for each class		Included with membership	