## VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT BROCHURE PROGRAM LIST

SUPERVISOR NAME:		Deborah Geghen		SEASON: Summer 20		Summer 2018	er 2018	
PROGRAM NAME	NEW	AGE	<u>OVER</u> NIGHT	NO. OF SEASON'S	LAST OFFERED & COMPLETED SEASON'S		LAST SEASON'S	EST. CONTRACTUAL COSTS (\$5,000+
(Alpha Order)	<u>(X)</u>	GROUP	TRAVEL?	<b>OFFERED</b>	ENROLLMENT #		REVENUE	for the SEASON)
			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)	Х	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	Х	14 and up						

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	
MEMBERSHIP AMENITIES						
Fitness Assesments	14 and up	F, W, SP, S	50		Free with membership	
	·				Free with	
Fitness Orientations	14 and up	F, W, SP, S	50	)	membership	
			Varies for each		Included with	
Group Exercise Classes	14 and up	F, W,SP, S	cla	ss	membership	