

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
PROGRAM JUSTIFICATION LIST

Program Supervisor: Deborah Geghen			Season: Fall 2026
Program Name:	Seasons Offered	Number Enrolled	Justification to Continue Offering with Low Enrollment
Program Name:	Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
Glutes + Abs X30	3	0	Space and time for studio don't line up with member interest.
Youth Injury Prevention	2	0	Not enough interest for this program.
Pilates Max	8	4	Participants travel for winter so will bring back in summer
Women's World	4	0	No enrollment.
Yoga Vinyasa Flow	2	0	Not enough interest in fast paced yoga.
Yin Yoga	2	0	Class wasn't popular.
Program Name:	Seasons Offered	Number Enrolled	Brief Description of New Program
Beat Box Burn	0	N/A	A high-energy boxing fitness class where music drives every punch. You'll combine real boxing technique with fast-paced cardio rounds, rhythmic combos, and power drills that sync to the beat. Expect sweat, speed, and serious stamina.
Gentle Yoga	0	N/A	Gentle Yoga is a slow, supportive practice that focuses on easy movement, mindful breathing, and stress-relieving stretches.
Party in the Park- Hawaiian Zumba Lua @ CPW			Escape to the islands with our Hawaiian Zumba Day! Join us for a tropical-themed dance fitness party filled with upbeat Latin and island-inspired rhythms that will keep you moving and smiling. Wear your favorite Hawaiian shirt, floral prints, or leis, and get ready to shake, sweat, and celebrate summer vibes. This fun, all-levels event is the perfect way to boost your energy, burn calories, and enjoy a workout that feels like a vacation. Bring your friends and let's dance our way to paradise!
Just Lift	0	N/A	A class designed for teenagers who are unsure of technique and the programming required to get the best gains to meet the goals that they are looking to meet. This class will be held in the weight room and is for serious participants only.
Mother's Day Yoga Escape- CPW	0	n/a	Take time to recharge your mind and body during our special Yoga Day Event. This all-levels class will guide you through gentle movement, mindful breathing, and relaxing stretches designed to improve flexibility, balance, and overall well-being. Whether you're new to yoga or have an established practice, you'll leave feeling refreshed, centered, and renewed. Bring a yoga mat, wear comfortable clothing, and join us for an uplifting experience focused on movement, mindfulness, and self-care
Speed Performance Training	0	N/A	Speed performance training is a structured athletic program designed to improve acceleration, top-end speed, agility, and overall movement efficiency.
Storybook Yoga Adventure	0	N/A	Children will explore magical stories and beloved characters through creative yoga poses, movement, and play.
Two Left Feet	0	N/A	A class designed for beginners that have never exercised before and are looking to get involved but are hesitant and intimidated by the gym.