

**VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
PROGRAM JUSTIFICATION LIST**

<b>Program Supervisor:</b> Deborah Geghen		<b>Season:</b> Summer 2026	
<b>Program Name:</b>	<b>Seasons Offered</b>	<b>Number Enrolled</b>	<b>Justification to Continue Offering with Low Enrollment</b>
Parent/Child Yoga	2	3	New instructor with better class alignment hopes to bring new interest to the program.
Qigong Class	1	2	Newly launched program with promise, working on promotion for its second season.
<b>Program Name:</b>	<b>Seasons Offered</b>	<b>Number Enrolled</b>	<b>Brief Explanation for Discontinuing Program</b>
Circuit Bootcamp	2	0	No enrollment.
Stroller Strides	4	0	No enrollment.
Sculpt Fusion	1	0	No enrollment.
Yin Yoga	2	0	No enrollment.
Glutes+ Abs x 30	2	0	No enrollment.
Proprioceptive Neuromuscular Stretch	2	0	No enrollment.
<b>Program Name:</b>	<b>Seasons Offered</b>	<b>Number Enrolled</b>	<b>Brief Description of New Program</b>
Golden Moves	0	N/A	Cardio class for seniors who want to move and dance and get their heart in shape.
Golf Conditioning	0	N/A	Boost your golf game with targeted exercise for strength, flexibility, and power.
HITT it Hard	0	N/A	This is a fast paced, high intensity interval training session that combines cardio and strength.
Muscle Mindfulness	0	N/A	Class will focus on how to activate the right muscles, improve form and enhance strength through intentional controlled reps.
Pelvic Floor and Low Ab Toning and Recovery	0	N/A	Whether you're hoping to tone your lower abs, recover from past pregnancies or gain better pelvic control, you'll find this class a good fit.
Strong and Active	0	N/A	This class will have a nutritional component to help guide those to good nutrition and eating habits with working out.
Yoga Aerial Camp	0	N/A	Class will run in short increments to teach children aerial yoga. Children will use the hammocks to stretch and learn different aspects to yoga.
Tai Chi	0	N/A	Through a series of slow, gentle movements and physical postures, you will achieve controlled breathing.
Youth Injury Prevention	0	N/A	Children will focus on body positions and conditioning for proper sports performance.
Yoga Stretch	0	N/A	Class that combines basic yoga moves with a sprinkle of stretching.
Vinyasa Yoga Flow	0	N/A	Fast paced flowing yoga class.