

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

1/19/2026  
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SUPERVISOR NAME:	Deborah Graham Geghen				SEASON:	Fall 2012				
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		
Booty Barre	X	14 and up								
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	29	1	\$105	\$0		
Core, TRX and Weights		14 and up	n	F, W, Sp, Su	8	0	\$830	\$0		
Fitness and More		4 to 7	n	F, W, Sp, Su	9	3	\$769	\$324		
Fitness Assessments		14 and up	n	F, W, Sp, Su	50		Free w/ membership			
Fitness Orientations		14 and up	n	F, W, Sp, Su	50		Free w/ membership			
Fly Yoga	X	14 and up								
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies for each		Free w/ membership			
Kettlebells and more	X	14 and up	n	F, W, Sp, Su						
Kids Incorporated- Fitwise		7 to 14	n	F, W, Sp, Su	6	0	\$440	\$0		
Kids Turkey Trot		3 to 8	n	F	15	64	\$743	\$219		
Kids Turkey Trot- Diaper Dash		Crawlers- New walkers		F	15	12	\$90	\$105		
Mommy/ Tummy Class		14 and up	n	F, W,Sp, Su	6	1	\$558	\$140		
Morning Workout Mix		14 and up	n	F, W,Sp, Su	7	0	\$486	\$0		
Osteoporosis- Bone Strengthening	X	all ages								
Personal Training		15 and up	n	F, W,Sp, Su	89	23	\$37,205	\$9,990		
Personal Training- youth		7 to 14	n	F, W,Sp, Su	0	0	0	0		
Personal Training- Pilates		All ages	n	F, W,Sp, Su	35	1	\$7,060	\$45		
Personal Training- Group	X	12 and up								
Pilates Reformer- all levels		14 and up	n	F, W,Sp, Su	92	9	\$7,285.50	\$1,259		
Pilates Circuit		14 and up	n	F, W,Sp, Su	7	0	\$585	\$0		
Pilates Jumpboard Class		14 and up	n	F, W,Sp, Su	7	0	\$565.00	\$0		
Santa's Pit Stop		all ages	n	F	100	Not a registered program so can't tell if R or NR				

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					RES	NR	RES	NR		
Senior Clubs		Seniors	n	F, W, Sp, Su	15	1	\$240	30		
Senior Week		Seniors	n	F	125	25	Free			
Small Group Free Weights	X	14 and up	n	F, W, Sp, S						
Stretch & Strength for Seniors		55 and up	n	Sp	11	0	\$589	0		
Suspension Training TRX		14 and up	n	F, W, Sp, Su	16	0	\$690	0		
Tai Chi Chuan		18 and up	n	F, W, Sp, Su	6	1	\$512	\$150		
Team Makers	x	10 and up	n	F, Wtr., Sp.						
Weight Training Men over 50		50 and up	n	F, W, Sp, Su	7	1	\$450	\$98		
Weight Training Women over 50	x	50 and up		F, W, Sp, Su						
Weight Loss Bootcamp		18 and up	n	F, W, Sp	31	3	\$2,303	\$380		
Yoga- Fitness		14 and up	n	F, W, Sp, Su	30	2	\$2,388	\$203		
Yoga- Gentle		Seniors	n	F, W, Sp	14	1	\$960	\$105		
Yoga- Happy Hour	X	14 and up								
Zumbatomic		ages 5 to 12	n	F, W, Sp, Su	9	0	\$ 405	\$0		