

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/19/2026

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SUPERVISOR NAME:		Deborah Graham			SEASON:	Winter 2008			
<u>PROGRAM NAME</u> (Alpha Order)	<u>NEW(X)</u>	<u>AGE GROUP</u>	<u>OVER NIGHT TRAVEL?</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #</u>	<u>LAST SEASON'S REVENUE</u>		<u>EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)</u>	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Birthday Parties (Rock/Gym)		Youth		F, W, SP, S	82		\$9,790.00		
Boot Camp for Kids		7 to 14		F, W, SP, S	13	0	\$1,430.00	\$0.00	
Bridal Bootcamp	x	14 and up		F, W, SP, S					
Duathlon		14 and up		W	39	19	\$685.00	\$445.00	
Duathlon Training Camp		14 and up		W	6	0	\$230.00		
Fit Girl	x	12 to 17							
Fit to Deliver- Prenatal Aerobics		18 and up		F, W, SP, S	2	0	\$115.00	\$0.00	
Fitness and More		4 to 7		F, W, SP	9	0	\$675.00	\$0.00	
Fitness Assesments		14 and up		F, W, SP, S	240 members/season		Free with membership		
Fitness Orientations		14 and up		F, W, SP, S	240 members/season		Free with membership		
Free Monthly Wellness Screenings		14 and up		F, W, SP, S	15	8	\$0.00	\$0.00	
Group Exercise Classes		14 and up		F, W, SP, S	Varies for each		\$0.00	\$0.00	
Intro Group Ex- Classes	x	14 and up							
Kid Rock		Youth		F, W, SP, S	22	0	\$638.00	\$0.00	
Kids Fitness Club		7 to 14		F, W, SP, S	222	24	\$1,154.00	\$141.00	
Member Incentive Program		14 and up		W	100	25	Free with membership		
Mommy/ Tummy Class	x	all ages		F, W, SP, S					
Morning Workout Mix		18 and up		F, W, SP, S	21	3	\$880.00	\$204.00	
Personal Training		15 and up		F, W, SP, S	313	92	\$82,750.00	\$24,707.00	
Personal Training- Youth		7 to 14		F, W, SP, S			Included above		
Personal Training- Pilates		All ages		F, W, SP, S	31	11	\$8,500.00	\$2,974.50	
Pilates Mat-2		14 and up		F, W, SP, S	21	6	\$850.00	\$390.00	

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			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Pilates Reformer - Beg- Adv		14 and up		F, W, SP, S	92	7	\$6,514.00	\$662.00	
Pilates Reformer- Seniors	x	Seniors		F, W, SP, S					
Pilates Reformer- Teens	x	12 to 18		F, W, SP, S					
Rock Climbing- Parent / Kid		Youth		F, W, SP, S	7	3	\$268.00	\$152.00	
Rock Climbing Camp		Youth		F, W,SP, S	6	3	\$120.00	\$90.00	
Running Club	x	Jr high							
Senior Weight Circuits		Seniors		F, W, Sp	8	0	\$270.00	\$0.00	
Strength and Conditioning Training	x	All ages		F, W, SP, S					
Tai Chi Chuan		18 and up		F, W, SP, S	5	1	\$450.00	\$135.00	
Teen Pi/ Yo Mix "Getting Centered"	x	Teens		F, W, SP					
Teen Weight Traning- Boys		14-18		F, W, Sp, S	2	2	\$70.00	\$105.00	
Wedding Boot Camp	x	18 and up		F, W, Sp, S					
Weight Loss Coaching		18 and up		F, W, SP, S	5	0	\$365.00	\$0.00	
Yoga- Fitness		14 and up		F, W, SP, S	59	15	\$2,530.00	\$970.00	
Yoga- Gentle		Seniors		F, SP, S	11	4	\$490.00	\$255.00	
Yoga- Parent/ Child		all ages		F, W, SP	11	1	\$460.00	\$40.00	
Yoga- Prenatal/ Postnatal	x	18 and up							
Yoga- Pilates		14 and up		F, W, SP, S	6	0	\$295.00	\$0.00	

<u>PROGRAM NAME</u>	<u>NEW (X)</u>	<u>AGE GROUP</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST SEASON'S ENROLLMENT NO.</u>		<u>LAST ENROLLI RES.</u>
				<u>RES.</u>	<u>NON-RES.</u>	

Example 1		Preschool	2 Spring/Summer	n/a	n/a	15
Example 2		Youth	3 Fall / Winter / Spring	5	5	8
Example 3	X	Adults	4	10	5	n/a

EST.
CONTRACTUAL
YEAR'S COSTS (OVER \$5,000
MENT NO. for the SEASON)
NON-RES.

6

5

n/a