

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
Pelvic Floor and Low Ab Toning and Recovery	2	0	Working on advertising and promoting to draw interest for the program.
Glutes + Abs X30	2	0	New instructor and new time
Yoga Vinyasa Flow	1	0	Changed time and day to better attract participants.
Youth Injury Prevention	2	0	Working on promotions for new instructor.
Yin Yoga	1	0	Instructor change we will offer again to see if we can get participants.
Program Name:	Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
Intervals and Core	4	0	No enrollment.
Program Name:	Seasons Offered	Number Enrolled	Brief Description of New Program
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.
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.
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.
Yoga Stretch	0	N/A	Class that combines basic yoga moves with a sprinkle of stretching.