

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

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SUPERVISOR NAME:		Deborah Geghen		SEASON:		Spring / Summer 2013			
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL?	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE		EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Booty Barre		14 and up		F, W, Sp, S	17	0	\$1,004.00	\$0.00	
Chair Yoga		14 and up		F, W, Sp, S	0	0	Cancelled		
Weight Training-Variety classes		14 and up		F, W, SP, S	29	2	\$1,725.00	\$160.00	
CPR/ AED / 1st Aid Classes		14 and up		F, W, SP, S	19	0	\$240.00	\$0.00	
Fitness Camp		7 to 13		S	10	5	\$500.00	\$375.00	
Fitness in the Park		18 and up		SP	9	5	\$660.00	\$565.00	
Fitness and More		4 to 7		F,W, SP	2	0	Cancelled	Cancelled	
Fly Yoga	X	16 and up		F, W, SP, S	0	0	N/A	N/A	
Fit Kids Incorporated		7 to 13		F, W, SP, S	0	0	Cancelled	Cancelled	
Mommy/ Tummy Class		all ages		F, W, SP,S	21	4	\$1,334.00	\$384.00	
Morning Workout Mix		18 and up		F, W, SP, S	41	1	\$1,992.00	\$98.00	
Osteoporosis	x	18 and up		F, W, SP, S	0	0	N/A	N/A	
Personal Training		15 and up		F, W, SP, S	133	22	\$31,131.00	\$6,495.00	
Personal Training- Youth		7 to 14		F, W, SP, S		Included above			
Personal Training- Pilates		All ages		F, W, SP, S		Included above			
Pilates Personal Training		All ages		F, W, SP, S		Included above			
Pilates Jump Reformer		14 and up		F, W, SP, S	20	3	\$1,630.00	\$288.00	
Pilates Reformer - Group Training		14 and up		F, W, SP, S	118	8	\$9,369.00	\$1,045.00	
Pilates Reformer Circuit		14 and up		F, W, Sp, S	10	0	\$825.00	\$0.00	
Stretch and Strength for Seniors		Seniors		SP, S, F	5	1	\$270	\$49.00	
TRX suspension training		18 and up		F, W, SP, S	19	3	\$1,040	\$218.00	
Tai Chi Chuan		18 and up		F, W, SP, S	0	0	Cancelled	Cancelled	
Team Makers	x	8 & up		F, W, SP, S	0	0	N/A	N/A	

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Weight Loss Bootcamp		14 and up		F,Sp, W	39	11	\$3,496.00	\$1,380.00	
Yoga- Fitness		14 and up		F, W, SP, S	28	7	\$1,891.00	\$607.00	
Yoga- Gentle		Seniors		F, SP, S	11	1	\$662.00	\$57.00	
Yogalates (Pilates/Yoga)		14 and up		F, W, SP, S	6	1	\$381.00	\$99.00	
Yoga Workshops		14 and up		F, W, SP, S	3	2	\$105.00	\$104.00	
Zumbatomic		ages 4-12		F, W, SP, S	0	0	Cancelled	Cancelled	
<u>MEMBERSHIP AMENITIES</u>									
Fitness Assesments		14 and up		F, W, SP, S	80		Free with membership		
Fitness Orientations		14 and up		F, W, SP, S	80		Free with membership		
Group Exercise Classes		14 and up		F, W,SP, S	Varies for each class		Included with membership		
Sportsplex Family Health Fair		all ages		SP	Varies				

[illegible]

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