

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
PROGRAM JUSTIFICATION LIST

Program Supervisor: D Geghen			Season: Winter Spring 2026
Program Name:	Seasons Offered	Number Enrolled	Justification to Continue Offering with Low Enrollment
Program Name:	Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
Aerial Workshops	16	0	This hasn't received enough sign ups in the last couple years to run program.
Program Name:	Seasons Offered	Number Enrolled	Brief Description of New Program
Circuit Bootcamp	All	n/a	Full body workouts geared to improving overall strength, endurance and cardiovascular health.
Glutes +Abs x 30	All	n/a	Tone and train the glutes and abs in this new 30 minute class.
Golden Moves	All	n/a	Individuals can get their heart rate up and meet new friends. This class will keep you moving throughout the fitness center.
Golf Conditioning	All	n/a	Boost your golf game with targeted exercises for strength, flexibility and power. Designed for all skill levels.
Intervals and Core	All	n/a	Alternating between cardio and weights along with isolated core movements to help increase conditioning, endurance and overall strength.
Kickboxing	All	n/a	Practice and learn the techniques of kickboxing with and without punching bags. Safely get some aggression out in a fun and energetic setting.
Pelvic Floor/ Low Ab Toning and Recovery	All	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 helpful.
Proprioceptive Neuromuscular Facilitation Stretch	All	n/a	Improve range of motion and flexibility with a series of active stretches.
Sculpt Fusion	All	n/a	Workouts focused on toning, strengthening, and sculpting muscles, using light bands and body weight.
Stroller Strides	All	n/a	Parents will workout while interacting with their children in the stroller.
Strong and Active	All	n/a	This class will be a combination of strength and cardio. Class will incorporate 10 minutes of nutrition Q and A.
Strong Beyond the Gym	All	n/a	Learn to workout on your own. This will teach you how to get the most out of your workouts and continue healthy habits outside the gym.
Qigong Class	All	n/a	Chinese system of physical exercises and breathing control. Learn baseline qigong routines. Breathing techniques will be taught for relaxation
Vinyasa Yoga Flow	All	n/a	This yoga class is fast paced for the fitness-enthused yogi.
Yin Yoga	All	n/a	Gentle and relaxing all-level class that works deeply into the connective tissue.
Youth Injury Prevention for Sports	All	n/a	Engaging and interactive class designed to teach youth essential skills to prevent common injuries.
Women's World	All	n/a	A workout made to tone and strengthen your inner Superwoman. Proper lifting technique will be taught.
Tai Chi	All	n/a	Chinese martial arts learned to maintain strength, flexibility and balance. Participants will learn the beginnings of the Yang 24 form, by far the most popular form in the world.