

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

5/11/2016
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SUPERVISOR NAME:		Deborah Graham Geghen			SEASON:	Fall 2016			
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	
Aerobic Explosion		7 to 13	n	F, W, Sp	18	3	\$679.00	\$171.00	
Arthritis in Motion		All ages	n	F, W, Sp	5	0	\$330.00	\$0.00	
Beach BOD	x								
Bike, Run, Row	x	All ages	n	F					
Booty Barre		14 and up	n	F, W, Sp, Su	24	5	\$1,847	\$471	
Bootcamp for Kids/ Teens		8 to 14	n	F, W, Sp	25	4	\$2,115.00	\$512.00	
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	78	0	\$0	\$0	
Core, TRX and Weights		14 and up	n	F, W, Sp, Su	11	1	\$630	\$55	
Cross Challenge		14 and up	n	F, W, Sp, Su	5	0	\$425	\$0	
Drums Alive	x	12 and up	n	F, W, Sp, Su					
Employee Private Classes		All ages	n	F, W, Sp, Su	15	0	\$740	\$0	
Employee Lunchtime		All ages	n	F, W, Sp, Su	11	0	\$564	\$0	
Fitness and More - Splex Rex Fitness		4 to 6	n	F, W, Sp, Su	14	1	\$615	\$68	
Fitness Assesments		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		14 and up	n	F, W, Sp, Su	3	2	\$345	\$255	
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies for each		Free w/ membership		
Kettlebells and More		14 and up	n	F, W, Sp, Su	8	4	\$530	\$380	
Kids Turkey Trot Prep		4 to 9	n	F	8	0	\$210	\$0	
Kids Turkey Trot & Diaper Dash		3 to 8 Trot Crawlers/New walkers-Dash	n	F	79	30	\$867	\$366	
Morning Workout Mix		14 and up	n	F, W, Sp, Su	21	2	\$1,687	\$246	
Parkinson's Disease Class	x								

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<u>PROGRAM NAME</u> (Alpha Order)	<u>NEW</u> (X)	<u>AGE</u> <u>GROUP</u>	<u>OVER</u> <u>NIGHT</u> <u>TRAVEL?</u>	<u>NO. OF</u> <u>SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &</u> <u>COMPLETED</u> <u>SEASON'S</u> <u>ENROLLMENT #</u>		<u>LAST SEASON'S</u> <u>REVENUE</u>		EST. CONTRACTUAL COSTS (\$5,000 + for the SEASON)
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Personal Training - Youth		7 to 14	n	F, W, Sp, Su			Included below		
Personal Training - Pilates		All ages	n	F, W, Sp, Su	15	2	\$3,525	\$310	
Personal Training - Regular		12 and up	n	F,W, Sp, Su	22	7	\$12,382	\$1,667	
Pilates Jumpboard Class		14 and up	n	F, W, Sp, Su	26	1	\$2,235.00	\$80	
Pilates Reformer/ Cardio		14 and up	n	F, W, Sp, Su	14	3	\$1,180.00	\$320	
Pilates Equipment Combo		14 and up	n	F, W, Sp, Su	22	6	\$1,810.00	\$650	
Pilates Reformer		14 and up	n	F, W, Sp, Su	75	9	\$6,318.00	\$954	
Rolling with the Peanut - Kids		14 and up	n	F, W, Sp, Su	8	0	\$480.00	\$0	
Row to Tone		14 and up	n	F, W, SP, Su	44	7	\$2,615.00	\$600	
Santa's Pit Stop		All ages	n	F	125	FREE - Not a registered program			
Senior Fitness Bootcamp	x	55 and up	n	F					
Senior Clubs		Seniors	n	F, W, Sp, Su	44	2	\$600	60	
Senior Week		Seniors	n	F			Free		
Stretch & Strength for Seniors		55 and up	n	F, W, Sp, Su	5	0	\$360	0	
Ugi Ball		All ages	n	F, W, Sp, Su	25	1	\$740	\$50	
Weight Loss Bootcamp		16 and up	n	F, W, Sp, Su	28	3	\$3,475	\$525	
Weight Training Men over 50		50 and up	n	F, W, Sp, Su	20	3	\$1,320	\$294	
Weight Training Women over 50		50 and up	n	F, W, Sp, Su	49	3	\$1,585	\$294	
Yoga - Gentle		14 and up	n	F, W, Sp, Su	21	1	\$1,500	\$65	
Yoga - Fitness		Seniors	n	F, W, Sp	65	10	\$4,710	\$1,123	
Yoga - Candlelight/ Sunset		All ages	n	F, W, Sp	21	4	\$1,833	\$480	
Yoga and Fitness for Kids		Ages 5-12	n	F, W, Sp	4	0	\$188	\$0	