

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen				SEASON:	Summer 2026		
<u>PROGRAM NAME</u> (Alpha Order)	NEW (X)	<u>AGE GROUP</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED &amp; COMPLETED SEASON'S ENROLLMENT #</u>		<u>LAST SEASON'S REVENUE</u>	<u>ESTIMATED CONTRACTUAL COSTS</u>
			F=fall, W=winter, Sp=spring, Su=summer	RES	NR	<u>TOTAL REVENUE</u>	Leave blank if not a contractual program
Aerial Yoga Camp	X	6 to 12	S				
Golden Moves	X	50 and up	F, W, Sp, S				
Golf Conditioning	X	14 and up	F, W, Sp, S				
HITT it Hard	X	14 and up	F, W, Sp, S				
Muscle Mindfulness	X	14 and up	F, W, Sp, S				
Pelvic Floor/ Low Ab Toning and Recovery	X	14 and up	F, W, Sp, S				
Strong and Active	X	14 and up	F, W, Sp, S				
Tai Chi	X	14 and up	F, W, Sp, S				\$200
Youth Injury Prevention	X	ages 7-16	F, W, Sp, S				
Yoga- Parent / Child		5 to 10	F, W, Sp, S	0	3	\$283	
Yoga- Stretch	X	14 and up	F, W, Sp, S				
Yoga- Vinyasa Flow	X	14 and up	F, W, Sp, S				
Aerial Yoga Play Workshop		14 and up	F, W, Sp, S	4	1	\$ 160	
Aerial Yoga		ages 8-15	F, W, Sp, S	17	0	\$1,232	
Barre Revitalized		14 and up	F, W, Sp, S	1	3	\$244	
Body Sculpting		14 and up	F, W, Sp, S	9	0	\$753	
Bootcamp Challenge		14 and up	F, W, Sp, S	9	0	\$671	
Pilates Mat		14 and up	F, W, Sp, S	12	4	\$1,349	
Core Glute and Weights		14 and up	F, W, Sp, S	3	0	\$187	
Fitness Camp- The New Generation		ages 8-13	S	32	1	\$4,060	
Fitness in the Park		14 and up	S	9	2	\$1,468	
Fitness Weight Loss Bootcamp		14 and up	F, W, Sp, S	10	4	\$2,492	
Foam Roller and Trigger Release		14 and up	F, W, Sp, S	8	0	\$484	
Kickboxing		14 and up	F, W, Sp, S	7	0	\$721	
Neuromuscular and Parkinson's Exercise		14 and up	F, W, Sp, S	8	1	\$744	
Personal Training		14 and up	F, W, Sp, S	124		\$40,294	

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Pilates Personal Training		14 and up	F, W, Sp, S		5	\$1,158	
Pilates Max		14 and up	F, W, Sp, S	9	2	\$2,225	
Pilates Reformer- Group Training		14 and up	F, W, Sp, S	128	7	\$17,529	
Pilates/ Yoga Fusion		14 and up	F, W, Sp, S	3	0	\$211	
Qigong Class		14 and up	F, W, Sp, S	2	0		\$200
Row to Tone		14 and up	F, W, Sp, S	17	0	\$1,585	
Sit and Fit		14 and up	F, W, Sp, S	18	4	\$1,802	
Senior Balance and More		50 and up	F, W, Sp, S	7	2	\$923	
Senior Stretch		50 and up	F, W, Sp, S	14	2	\$1,362	
Senior Fitness Bootcamp		50 and up	F, W, Sp, S	16	0	\$2,872	
Sports and Conditioning		14 and up	F, W, Sp, S	6	0	\$576	
Strong Beyond the Gym		14 andd up	F, W, Sp, S	8	0	\$551	
TRX Blast		14 and up	F, W, Sp, S	4	2	\$576	
Weight Training for Men over 50		50 and up	F, W, Sp, S	13	0	\$989	
Yoga- Chair		14 and up	F, W, Sp, S	9	2	\$983	
Yoga-Beginners		14 and up	F, W, Sp, S	26	3	\$2,609	
Yoga- Gentle		14 and up	F, W, Sp, S	7	3	\$645	
Yoga- Youth		6 to 12	F, W, Sp, S	3	0	\$132	
Zumba Kids		6 to 12	S	3	1	\$259	