

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:		Deborah Geghen		SEASON		Fall 2026		ESTIMATED CONTRACTUAL COSTS
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	NO. OF SEASON'S OFFERED F=fall, W=winter, Sp=spring, Su=summer	& COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE	TOTAL REVENUE	
				RES	NR			
								Leave blank if not a contractual program
Baseball Rotational Power		8 to 14	F, W	2	3	\$411.00		
Barre Revitalized		14 and up	F, W, Sp, S	3	0	\$309.00		
Body Sculpting Workout		14 and up	F, W, Sp, S	9	0	\$671.00		
Bootcamp Challenge		14 and up	F, W, Sp, S	9	0	\$671.00		
Chair Yoga		14 and up	F, W, Sp, S	9	2	\$983.00		
Youth Yoga		7 to 14	F, W, Sp, S	3	0	\$200.00		
Pilates Mat		14 and up	F, W, Sp, S	12	4	\$1,349.00		
Core, Glutes and Weights		14 and up	F, W, Sp, S	3	0	\$187.00		
Fitness Weight loss Bootcamp		14 and up	F, W, Sp, S	5	2	\$1,432.00		
Fly Yoga, Booty Barre and Zumba Parties		all ages	F, W, Sp, S	2	0	\$300.00		
Foam Roll and Trigger Release		14 and up	F, W, Sp, S	8	0	\$484.00		
Golf Conditioning		14 and up	F, W, Sp, S	2	0	\$230.00		
Glutes +Abs x 30		14 and up	F, W, Sp, S			See justifications		
HIIT it Hard	x	14 and up	F, W, Sp, S	New	New			
Just Lift	x	13-16	F, W, Sp, S	New	New			
Kids Turkey Trot		ages 1-10	F	77	34	\$1,638.00		
Men's &Women's Senior Club		55 and up	F, W, Sp, S			Membership		
Muscle Mindfulness	x	14 and up	F, W, Sp, S	New	New			
Parkinson's and Neuromuscular Exercise		14 and up	F, W, Sp, S	8	1	\$744.00		
Pelvic Floor/ Low Ab Toning and Recovery		14 and up	F, W, Sp, S			See justifications		
Personal Training		14 and up	F, W, Sp, S	131 package		\$63,458		
Pilates Personal Training		14 and up	F, W, Sp, S	5 packages		\$1,064.00		
Pilates / Yoga Fusion		14 and up	F, W, Sp, S	3	0	\$211.00		
Pilates Max		14 and up	F, W, Sp, S	9	2	\$1,610.00		

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Pilates Reformer		14 and up	F, W, Sp, S	130	4	\$15,303.00		
Qigong Class		14 and up	F, W, Sp, S	1	1	\$211		
Rowing to Tone		14 and up	F, W, Sp, S	17	0	\$1,640.00		
Senior Fitness Bootcamp		50 and up	F, W, Sp, S	16	0	\$2,646.00		
Senior Stretch		50 and up	F, W, Sp, S	14	2	\$1,362.00		
Senior Balance and More		50 and up	F, W, Sp, S	7	2	\$923.00		
Senior Week		55 and up	F			Free Event		
Sit and Fit		14 and up	F, W, Sp, S	18	4	\$1,802.00		
Sports Conditioning for Kids		7 to 14	F, W, Sp, S	6	0	\$504.00		
Strong Beyond the Gym		14 and up	F, W, Sp, S	8	0	\$551.00		
Strong Her (Fit Girls)		14 and up	F, W, Sp, S	6	2	\$564.00		
Tai Chi class		18 and up	F, W, Sp, S	4	1	\$535.00		
TRX Blast		14 and up	F, W, Sp, S	4	0	\$578.00		
Two Left Feet	x	14 and up	F, W, Sp, S	New	New			
Weight Training for Men over 50		50 and up	F, W, Sp, S	13	0	\$1,100.00		
Women's World		14 and up	F, W, Sp, S	3	0	\$254.00		
Youth Injury Prevention		14 and up	F, W, Sp, S			See justifications		
Yoga for Beginners		14 and up	F, W, Sp, S	26	3	\$2,609.00		
Yoga Stretch	x	14 and up	F, W, Sp, S	New	New			
Yin Yoga		14 and up	F, W, Sp, S			See justifications		
Yoga Vinyasa flow		14 and up	F, W, Sp, S			See justifications		
Yoga- Gentle- combined with Yoga for Beginners		14 and up	F, W, Sp, S	10	1	\$793.00		