

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
PROGRAM JUSTIFICATION LIST

Program Supervisor:	Deborah Geghen		Season: Summer 2025
Program Name:	Number of Seasons Offered	Number Enrolled	Justification to Continue Offering with Low Enrollment
Program Name:	Number of Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
Girls Night Out	3	6	Instructor has left and numbers were low.
Pilates Jump and Sculpt	3	3	Instructor has left.
New Program Name:	Number of Seasons	Number Enrolled	Brief Description of New Program
Cheer, Dance, Gymnastics conditioning camp	3		Get in great physical shape for your sport. Join us for some fun and stretching and conditioning.
Barre- Revitalized	3		Instructor will take members through a tough glute, hips and thighs workout. Abdominal exercise will be incorporated with our ballet barre too.
Children's Zumba	3		Children ages 8 and up will have fun with latin dance inspired routines.
Fitness Camp - The New Generation	3		Children will experience a camp atmosphere while learning health and fitness. Children will work with a trainer.
Kids yoga	3		Children will be able to work through poses and flows with an instructor focusing on fun. Children will get a chance to learn yoga.
Intervals and Core	3		Alternating between cardio and weights along with isolated core movements to help increase conditioning and endurance.
Mobility and Recovery	3		Focusing on exercising that help mobility and allow daily movements to become easier.
PNF Stretch for Athletes	3		Proprioceptive stretching taught for those who want to relieve tight muscle pain and increase flexibility.
Pilates/ Yoga Fusion	3		A blend of Yoga and Pilates put together for a great strength and stretch workout.
Weight Circuits	3		Circuits and stations with different full body excercises to increase muscular endurance.
Women's World	3		A workout made to tone and strengthen your inner Superwoman.
Full Body Strength	3		A trainer will lead you through a creative full body workout to help build strength and develop positive habits.