

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

8/31/2011
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SUPERVISOR NAME:	Deborah Graham Geghen				SEASON:	Winter 2012				
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL? Y/N	NO. OF SEASON'S OFFERED F/fall, W/winter, Sp/spring, Su/summer	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE		EST. CONTRACTUAL COSTS (\$5,000 + for the SEASON)	
					RES	NR	RES	NR		
Antigravity Yoga Wings	x	14 and up	N	F, W, Sp, Su						
Barre- Yoga, Pilates, Weights, ballet	x	14 and up	N	F, W, Sp, Su						
Circuits- TRX, BOSU, and Weights	x	14 and up	N	F,W, Sp, Su						
CPR/AED and First Aid		14 and up	N	F,W,Sp, Su	2	0	\$140.00	\$0.00		
Duathlon		14 and up	N	W	27	30	\$675	\$931		
Duathlon Training Camp		14 and up	N	W	5	2	\$245	\$150		
Employee Lunchtime Yoga		any	N	F, W, Sp	8	0	\$160	\$0		
Fitness and More		4 to 7	N	F,W, Sp	9	3	\$769	\$324		
Kids Incorporated		7 to 13	N	F, W, Sp, Su	6	0	\$440	\$0		
Mommy Tummy		14 & up	N	F,W, Sp, Su	5	3	\$465	\$420		
Morning Workout Mix		14 and up	N	F, W,Sp, Su	13	1	\$791	\$81		
Jump Pilates	x	14 and up	N	F, W, Sp, Su						
Personal Training		14 and up	N	F, W,Sp, Su	12	2	\$3,585	\$470		
Personal Training-youth		7 to 13	N	F, W,Sp, Su	Included above					
Personal Training-Pilates		14 and up	N	F,W,Sp, Su	2	0	\$240	\$0		
Pilates Mat and Props		14 and up	N	F,W,Sp, Su	6	1	\$426	\$111		
Pilates Reformer		14 and up	N	F,W,Sp, Su	59	3	\$5,008	\$353		
Pilates Equipment Circuit		14 and up	N	F,W,Sp, Su	5	1	\$425.00	\$128		
Pilates for High School Athletes	x	12 to 17	N	F, W, Sp, Su						
Small Group Free Weight Training	x	14 and up	N	F, W, Sp, Su						
Suspension Training		14 and up	N	F, W, Sp, Su	12	0	\$545.00	\$0.00		
Suspension Training- Children	x	8 to 12	N	F, W, Sp, Su						
Sports Performance Training	x	8 and up	N	F, W, Sp						

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					RES	NR	RES	NR		
Tai Chi Chuan		14 and up	N	F,W,Sp, Su	5	1	\$513	\$150		
Weight Loss Challenge Contest		12 and up	N	W	30	1	1500	50		
Weight Loss Bootcamp		16 and up	N	F, W, Sp	14	2	\$1,373	\$300		
Yoga- Fitness		14 and up	N	F, W, Sp,Su	21	5	\$1,526	\$466		
Yoga-Gentle		55 and up	N	F, W, Sp,Su	10	0	\$675	\$0		
Yoga- Parent/Child		5 and up	N	F, W,Sp	4	0	\$217	\$0		
Fitness Assesments		14 and up	N	F, W, Sp, Su	Varies		Included in Membership			
Fitness Orientations		14 and up	N	F,W, Sp, Su	Varies		Included in Membership			
Group Exercise Classes		14 and up	N	F,W, Sp, Su	Varies		Included in Membership			
Wellness Workshop- Jan-National Eye Care Month	x	14 and up	N	W						
Wellness Workshop- Feb- American Heart Month	x	14 and up	N	W						
Wellness Workshop- March- National Nutriton Month	x	14 and up	N	W						
Senior Clubs		55 and up	N	W	11	0	\$200	0		
Zumbatonic	x	4 to 12	N	F,W						
55 and alive- Free Weight Training	x	55 and up	N	F, W, Sp, Su						