

VILLAGE OF ORLAND PARK RECREATION DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:	Deborah Geghen					SEASON:	Winter/Spring 2019
<u>PROGRAM NAME (Alpha)</u>	<u>NEW (X)</u>	<u>AGE GROUP</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED & COMPLETED SEASON'S ENROLLMENT NUMBERS</u>		<u>LAST SEASON'S REVENUE</u>	<u>EST. CONTRACTUAL COSTS (OVER \$5,000 for the SEASON)</u>
			F/fall, W/winter, Sp/spring, Su/summer	RES.	NON-RES.		
Aerial Yoga Play Workshop		12 and up	F, W, Sp, S	8	3	\$255.00	
Body Sculpting		14 and up	F, W, Sp, S	4	0	\$220.00	
Boot Camp for Kids/ Teens		8 to 17	F, W, Sp, S	22	5	\$1,772.00	
Booty Barre		12 and up	F, W, Sp, S	11	0	\$750.00	
Cardio Reformer Pilates		12 and up	F, W, Sp, S	12	0	\$975.00	
Cardio Shred Bootcamp	x	14 and up	F, W, Sp				
Core, TRX, & Weights		14 and up	F, W, Sp, S	17	0	\$905.00	
Employee Lunchtime Yoga		16 and up	F, W, Sp, S	11	1	\$612.00	
Employee 1/2 hour Workout		14 and up	F, W, Sp, S	11	0	\$240.00	
Fitness Fusion		7 to 12	F, W, Sp	11	0	\$424.00	
Fitness Bootcamp		14 and up	F, W, Sp, S	16	5	\$2,555.00	
Kettlebells and More		14 and up	F, W, Sp, S	7	2	\$515.00	
Meditation 101		14 and up	F, W, Sp, S	9	1	\$736.00	
Morning Workout Mix		14 and up	F, W, Sp, S	16	0	\$1,242.00	
Parkinson's Exercise		14 and up	F, W, Sp, S	13	4	\$1,720.00	
Pilates Reformer- Chair/ Tower		12 and up	F, W, Sp, S	20	6	\$2,306.00	
Pilates Jump Reformer		14 and up	F, W, Sp, S	40	4	\$3,770.00	
Pilates Reformer		14 and up	F, W, Sp, S	98	15	\$9,788.00	
Pound		14 and up	F, W, Sp, S	17	8	\$1,122.00	
Queenax		14 and up	F, W, Sp, S	9	0	\$440.00	
Rope Course	x	12 and up	F				
Rowing to Tone		14 and up	F, W, Sp, S	46	6	\$3,190.00	

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				RES.	NON-RES.		
			F/fall, W/winter, Sp/spring, Su/summer				
Senior Bootcamp		55 and up	F, W, Sp	7	4	\$960.00	
Spring Challenge	x	14 and up	W				
Sports and Fitness Rx	x	14 and up	F, W, Sp, S				
Sports Conditioning for Kids		all ages	F, W, Sp, S	4	0	\$235.00	
Sunset Yoga		12 and up	F, W, Sp, S	16	0	\$1,685.00	
Thyroid Action Plan	x	all ages	F, W, Sp, S				
Ugi Ball Bootcamp		14 and up	F, W, Sp, S				
Weight Training for Men/ Women over 50		50 and up	F, W, Sp, S	26	7	\$1,930.00	
Yoga- Fitness		12 and up	F, W, Sp, S	33	5	\$2,484.00	
Yoga- Fly		12 and up	F, W, Sp, S	14	2	\$1,405.00	
Yoga- Gentle		all ages	F, W, Sp, S	11	1	\$890.00	
Yoga-Vinyasa		12 and up	F, W, Sp, S	16	0	\$2,764	
Yoga and Fitness for Kids		6 to 14	F, W, Sp, S	11		\$392.00	