

VILLAGE OF ORLAND PARK RECREATION DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:				Deborah Geghen				SEASON:	Winter/Spring 2019
PROGRAM NAME (Alpha)	NEW (X)	AGE GROUP	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT NUMBERS		LAST SEASON'S REVENUE	EST. CONTRACTUAL COSTS (OVER \$5,000 for the SEASON)		
				RES.	NON-RES.				
			F/fall, W/winter, Sp/spring, Su/summer						
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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			F/fall, W/winter, Sp/spring, Su/summer	RES.	NON-RES.		
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	