

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/19/2026
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SUPERVISOR NAME:		Deborah Geghen		SEASON: Spring / Summer 2011					
<u>PROGRAM NAME</u> (Alpha Order)	<u>NEW(X)</u>	<u>AGE GROUP</u>	<u>OVER NIGHT TRAVEL?</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #</u>		<u>LAST SEASON'S REVENUE</u>		EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)
					RES	NR	RES	NR	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer					
CPR/ AED Classes		14 and up		F, W, SP, S	18	4	\$138.00	\$81.00	
Fitness Camp		7 to 13		S	4	1	\$200.00	\$75.00	
Fitness and More		4 to 7		F,W, SP	10	1	\$480.00	\$80.00	
Kids Fitness Club		7 to 14		F, W, SP, S	5	0	\$420.00	\$0.00	
Kids Incorporated	x	7 to 13		F, W, SP, S					
Mommy/ Tummy Class		all ages		F, W, SP,S	14	4	\$1,206.00	\$490.00	
Morning Workout Mix		18 and up		F, W, SP, S	23	3	\$1,480.00	\$217.00	
Personal Training		15 and up		F, W, SP, S	119	8	\$21,109.00	\$2,405.00	
Personal Training- Youth		7 to 14		F, W, SP, S			Included above		
Personal Training- Pilates		All ages		F, W, SP, S	11	1	\$3,070.00	\$720.00	
Pilates Mat		14 and up		F, W, SP, S	9	2	\$566.00	\$125.00	
Pilates Reformer - Beg- Adv		14 and up		F, W, SP, S	92	12	\$7,373.00	\$1,442.00	
Pilates Reformer- Seniors	x	Seniors		F, W, SP, S					
Tai Chi Chuan		18 and up		F, W, SP, S	7	1	\$630.00	\$135.00	
Takin it to the Trails	x	14 and up		F,Sp, S					
Weight Loss Bootcamp		14 and up		F,Sp, W	25	7	\$2,597.00	\$975.00	
Weight Training and Stretching	x	Seniors		SP, S, F					
Yoga- Fitness		14 and up		F, W, SP, S	38	6	\$2,348.00	\$615.00	
Yoga- Gentle		Seniors		F, SP, S	17	2	\$1,096.00	\$153.00	
Yoga- Parent/ Child		all ages		F, W, SP	11	1	\$545.00	\$40.00	
Yoga- Prenatal/ Postnatal	x	18 and up							
Yoga- Pilates		14 and up		F, W, SP, S	4	0	\$230.00	\$0.00	
Yoga Workshops	x	14 and up		F, W, SP, S					

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					RES	NR	RES	NR	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer					
Fitness Assesments		14 and up		F, W, SP, S	80		Free with membership		
Fitness Orientations		14 and up		F, W, SP, S	80		Free with membership		
Group Exercise Classes		14 and up		F, W,SP, S	Varies for each		Included with membership		


