

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/2/2019
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SUPERVISOR NAME:		Deborah Geghen		SEASON:		Summer 2019		EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL?	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE	
			Y/N	F/fall, W/winter, Sp/spring, S/summer	RES	NR		
Aerial Yoga Play Workshops		12 and up		F, W, Sp,S	4	1	\$110	
Body Sculpting		14 and up		F, W, Sp, S	10	0	\$805	
Booty Barre		14 and up		F, W, Sp, S	17	3	\$1,283	
Cardio Reformer Pilates		14 and up		F, W, Sp, S	9	0	\$725	
Core, TRX and Weights		14 and up		F, W, SP, S	15	2	\$965	
Fitness Camp		7 to 13		S	21	6	\$2,679	
Fitness in the Park		18 and up		Sp, S	11	3	\$1,229	
Fly Yoga/ Aerial Yoga/ Restorative/ Teen		14 and up		F, W, SP, S	13	4	\$1,460	
Kettlebells and More		All ages		F, W, Sp, S	5	1	\$350	
Meditation 101		14 and up		F, W, Sp, S	4	0	\$464	
Morning Workout Mix		18 and up		F, W, SP, S	7	0	\$652	
Parkinsons Exercise Class		All ages		F, W, SP, S	4	4	\$1,045	
Personal Training		15 and up		F, W, SP, S	428	0	\$21,521	
Personal Training- Youth		7 to 14		F, W, SP, S	Included above			
Pilates Personal Training		All ages		F, W, SP, S	96	0	\$6,698	
Pilates - Chair, Tower, Combo		14 and up		F, W, Sp, S	6	0	\$490	
Pilates Jump Reformer		14 and up		F, W, SP, S	24	4	\$2,300	
Pilates Reformer - Group Training		14 and up		F, W, SP, S	92	13	\$7,969	
PIYO		12 and up		F, W, Sp, S	3	0	\$340	
Pound		14 and up		F, W, Sp, S	8	0	\$380	
Row to Tone		14 and up		F, W, Sp, S	21	4	\$1,450	

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Senior Fitness Bootcamp		55 and up		F, W, Sp, S	6	4	\$1,085	
Sports and Conditioning		7 to 14		F, W, Sp, S	3	0	\$180	
Summer Challenge Camp	x	All ages						
Summertime		14 and up		S	29	10	\$1,958	
Fitness Bootcamp - Weight loss?		14 and up		F, W, Sp	14	4	\$1,614	
Weight Training over 50		50 and up		F, W, Sp, S	14	4	\$1,445	
Yoga - Fitness		14 and up		F, W, SP, S	15	2	\$1,840	
Yoga - Gentle		All ages		F, W, Sp, S	6	0	\$770	
Yoga- Restorative		12 and up		F, W, Sp, S	6	1	\$413	
Yoga- Vinyasa		12 and up		F, W, Sp, S	8	0	\$870	
Yoga - Sunset		14 and up		F, W, Sp, S	9	0	\$1,310	
<u>MEMBERSHIP AMENITIES</u>								
Fitness Assessments		14 and up		F, W, SP, S	50		Free with membership	
Fitness Orientations		14 and up		F, W, SP, S	50		Free with membership	
Group Exercise Classes		14 and up		F, W, SP, S	Varies for each class		Included with membership	