

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

11/2/2011  
Page 1

<b>SUPERVISOR NAME:</b>		Deborah Geghen			<b>SEASON:</b> Spring / Summer 2012				
<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 &amp; COMPLETED SEASON'S ENROLLMENT #</u>		<u>LAST SEASON'S REVENUE</u>		EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)
					<b>RES</b>	<b>NR</b>	<b>RES</b>	<b>NR</b>	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer					
Booty Barre	x	14 and up		F, W, Sp, S					
Chair Yoga		14 and up			0	0	Cancelled		
Circuit Training- TRX, Kettleballs	x	14 and up							
CPR/ AED / 1st Aid Classes		14 and up		F, W, SP, S	0	0	\$0.00	\$0.00	
Fitness Camp		7 to 13		S	15	1	\$750.00	\$75.00	
Fitness and More		4 to 7		F,W, SP	7	0	\$480.00	\$0.00	
Kids Incorporated		7 to 13		F, W, SP, S	5	0	\$365.00	\$0.00	
Mommy/ Tummy Class		all ages		F, W, SP,S	2	4	\$140.00	\$585.90	
Morning Workout Mix		18 and up		F, W, SP, S	6	0	\$551.00	\$0.00	
Personal Training		15 and up		F, W, SP, S	8	0	\$2,005.00	\$0.00	
Personal Training- Youth		7 to 14		F, W, SP, S			Included above		
Personal Training- Pilates		All ages		F, W, SP, S			Included above		
Pilates Mat		14 and up		F, W, SP, S	2	5	\$111.00	\$426.00	
Pilates Reformer Specialty- Jump		14 and up		F, W, SP, S	7	0	\$565.00	\$0.00	
Pilates Reformer - Beg- Adv		14 and up		F, W, SP, S	68	10	\$5,778.00	\$1,259.00	
Pilates Reformer Circuit		14 and up		F, W, Sp, S	7	0	\$585.00	\$0.00	
Pilates Reformer- Seniors	x	Seniors		F, W, SP, S					
Stretch and Strength for Seniors		Seniors		SP, S, F	15	0	\$589	\$0	
Tai Chi Chuan		18 and up		F, W, SP, S	5	1	\$512.00	\$150.00	
Weight Loss Bootcamp		14 and up		F,Sp, W	14	3	\$1,426.00	\$390.00	

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Yoga- Fitness		14 and up		F, W, SP, S	28	2	\$2,310.00	\$281.00	
Yoga- Gentle		Seniors		F, SP, S	14	1	\$969.00	\$105.00	
Yoga- Prenatal/ Postnatal	x	18 and up		SP, S, F					
Yoga- Pilates (Yogalates)	x	14 and up		F, W, SP, S					
Yoga Workshops	x	14 and up		F, W, SP, S					
Yoga Wings (Antigravity)	x	14 and up		F, W, SP, S					
Zumbatomic		ages 4-12		F, W, SP, S	9	0	\$405	\$0	
<b><u>MEMBERSHIP AMENITIES</u></b>									
Fitness Assessments		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 class		Included with membership		
Sportsplex Family Health Fair		all ages		SP	Varies				





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