

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

8/10/2016
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SUPERVISOR NAME:	Deborah Graham Geghen				SEASON:		Winter/ Spring 2017		
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		EST. CONTRACTUAL COSTS (\$5,000 + for the SEASON)
					RES	NR	RES	NR	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer					
Active Stretch	X	14 & up		W, Sp					
Aerobic Explosion		ages 8-14	N	F, W, Sp	18	3	\$679	\$171	
Bike, Run & Row	X	14 & up							
Booty Barre		14 & up	N	F, W, Sp, Su	13	8	\$693	\$648	
Core, TRX & Weights		14 & up	N	F, W, Sp, Su	11	0	\$630	\$0	
Cross Challenge		14 & up	N	F, W, Sp, Su	4	0	\$425	\$0	
Family Health Fair		all ages	N	W	non registered program				
Fitness & More - Splex Rex Fitness		4 to 7	N	Sp	14	1	\$615	68	
Fitness Assessments		12 & up	N	F, W, Sp, Su	40		Free w/ membership		
Fitness Orientations		14 & up	N	F, W, Sp, Su	40		Free w/ membership		
Fly Yoga		7 to 14	N	F, W, Sp, Su	4	5	\$270	\$540	
Group Exercise Classes		14 & up	N	F, W, Sp, Su	Free with membership				
Kettlebells & More		14 & up	N	F, W, Sp, Su	2	1	\$144	\$108	
Kids Bootcamp		14 & up	N	F, W, Sp, Su	25	4	\$2,115	\$512	
Morning Workout Mix		ages 8-14	N	F, W, Sp, Su	15	0	\$1,045	\$0	
Rolling with the Peanut for Kids		ages 6-12	n	F, W, Sp, Su	3	0	\$180	\$0	
Personal Training		14 & up	N	F, W, Sp, Su	36	5	\$13,249	\$1,655	
Personal Training - Youth		15 & up	N	F, W, Sp, Su	Included above				
Personal Training - Pilates		7 to 14	N	F, W, Sp, Su	18	2	\$4,724	\$592	
Pilates Reformer Group Class		All ages	N	F, W, Sp, Su	43	4	\$3,628	\$491	
Pilates Cardio Reformer		14 & up	N	F, W, Sp, Su	19	1	\$1,637	\$80	
Pilates Chair, Tower, Combo		14 & up	N	F, W, Sp, Su	4	0	\$330	\$0	
Pilates Jumpboard Class		14 & up	N	F, W, Sp, Su	19	0	\$1,585	\$0	

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					RES	NR	RES	NR	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer					
Rowing to Tone		14 & up	N	F, W, Sp, Su	21	3	\$1,240	\$290	
Senior Clubs		Seniors	n	F, W, Sp, Su	23	4	\$320	\$120	
Senior Weight Loss Boot camp	X	Seniors							
Spin into Strength & Abs	X	14 & up							
Sunset Yoga		Seniors	N	F, W, Sp, Su	6	1	\$655	\$105	
Stretch & Strength for Seniors		14 & up	N	F, W, Sp, Su	5	0	\$360	0	
Ugi Ball		all ages	N	F, W, Sp, Su	9	0	\$285	0	
Weight Loss Boot Camp		55 & up	N	F, W, Sp	3	0	\$375	0	
Weight Training Men over 50		all ages	N	F, W, Sp, Su	9	0	\$475	\$0	
Weight Training Women over 50		14 & up	N	F, W, Sp, Su	19	0	\$1,035	\$0	
Weight Loss Challenge - Colors		14 & up	N	F, W, Sp, Su	33		\$495 members only		
Yoga - Fitness		18 & up	N	F, W, Sp, Su	26	0	\$1,123	0	
Yoga - Gentle		50 & up	N	F, W, Sp, Su	9	0	\$325	\$0	
Yoga - Kids		50 & up	N	F, W, Sp, Su	4	0	\$188	\$0	
5K Prep course	X	all ages		W					