

VILLAGE OF ORLAND PARK RECREATION DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME:	Deborah Geghen					SEASON:	Winter/Spring 2021
PROGRAM NAME (Alpha)	NEW (X)	AGE GROUP	NO. OF SEASON'S OFFERED	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT NUMBERS		LAST SEASON'S REVENUE- Numbers are from season during COVID19	EST. CONTRACTUAL COSTS (OVER \$20,000 for the SEASON)
			F/fall, W/winter, Sp/spring, Su/summer	RES.	NON-RES.		
20/20		14 and up	F, W, Sp,S	3	0	\$200	
60 day Shape up		14 and up	F, S, Sp, S	8	1	\$635	
Active Aging Pilates	X	50 plus	F, W, Sp, S				
Aerial Yoga Play Workshop		12 and up	F,W, Sp, S	3	4	\$200.00	
Barre Fusion Pilates		14 and up	F, W, Sp, S	12	2	\$714.00	
Barre/ Pilates	X	14 and up	F, W, Sp, S				
Body Sculpting		14 and up	F, W, Sp, S	7	1	\$475.00	
Boot Camp for Kids/ Teens		8 to 17	F, W, Sp, S	13	0	\$879.00	
BOSU Body	X	14 and up	F, W, Sp, S				
Cardio Reformer Pilates		12 and up	F, W, Sp, S	9	2	\$920.00	
Core, TRX, & Weights		14 and up	F, W, Sp, S	7	4	\$512.00	
Drop Set Express	X	all ages	F, W, Sp, S				
Employee 1/2 hour Workout		14 and up	F, W, Sp, S	6	4	\$285.00	
Fit to Core		14 and up	F,W, Sp, S	3	1	\$230.00	
Fitness Fusion		7 to 12	F, W, Sp	13	0	\$460.00	
Fitness Bootcamp		14 and up	F, W, Sp, S	8	2	\$1,182.00	
Girls Night Out		14 and up	F, W, Sp, S	17	10	\$800.00	
HITT training		14 and up	F, W, Sp, S	4	0	\$260.00	
Inspiring Bootcamp (F. I. T- rename)		14 and up	F, W, Sp, S	3	1	\$381.00	
Kettlebells and More		14 and up	F, W, Sp, S	3	1	\$197.00	
Lose it Now	X	14 and up					
Meditation 101		14 and up	F, W, Sp, S	4	0	\$79.00	
Mom and Me Fitness	X	all ages	F, W, Sp, S				
Morning Workout Mix		14 and up	F, W, Sp,S	14	0	\$740.00	

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Parkinson's Exercise		14 and up	F, W, Sp, S	8	3	\$1,184.00	
Parkinson's on Zoom	X	14 and up	W, Sp				
Pilates MVE Chair		14 and up	F, W, Sp, S	12	5	\$1,342.00	
Pilates Reformer- Chair/ Tower		12 and up	F, W, Sp, S	11	1	\$916.00	
Pilates Jump Reformer		14 and up	F, W, Sp, S	7	3	\$616.00	
Pilates Reformer		14 and up	F, W, Sp, S	45	4	\$4,116.00	
PIYO		14 and up	F, W, Sp, S	4	0	\$225.00	
POD Express	X	14 and up	F, W, Sp, S				
Pumping Iron and Cardio		14 and up	F, S, Sp, S	7	1	\$476.00	
Resistance Bands		14 and up	F,W, Sp, S	8	1	\$185.00	
Rowing to Tone		14 and up	F, W, Sp, S	19	3	\$1,496.00	
Senior Bootcamp		55 and up	F, W, Sp	5	2	\$408.00	
Winter/Spring Challenge		14 and up	W	0	0	Covid-\$0	
Sports Conditioning for Kids		all ages	F, W, Sp, S	7	0	\$314.00	
Sunset Yoga		12 and up	F, W, Sp, S	11	2	\$1,551.00	
Thyroid Action Plan		all ages	F, W, Sp, S	0	0	\$0.00	
Weight Training for Men/ Women over 50		50 and up	F, W, Sp, S	16	4	\$870.00	
Yoga- Fitness		12 and up	F, W, Sp, S	24	5	\$1,513.00	
Yoga- Fly		12 and up	F, W, Sp, S	11	0	\$810.00	
Yoga- Gentle		all ages	F, W, Sp, S	11	0	\$633.00	
Yoga-Vinyasa		12 and up	F, W, Sp, S	8	0	\$400	
Yoga and Fitness for Kids		6 to 14	F, W, Sp, S	7	0	\$400.00	