

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

8/16/2017  
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<b>SUPERVISOR NAME:</b>	Deborah Graham Geghen			<b>SEASON:</b>	Winter/ Spring 2018		
<u>PROGRAM NAME</u> (Alpha Order)	<u>NEW</u> (X)	<u>AGE</u> <u>GROUP</u>	<u>NO. OF</u> <u>SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &amp;</u> <u>COMPLETED</u> <u>SEASON'S</u> <u>ENROLLMENT #</u>	<u>LAST SEASON'S</u> <u>REVENUE</u>		<u>EST.</u> <u>CONTRACTUAL</u> <u>COSTS ( \$5,000 +</u> <u>for the SEASON)</u>
			F/fall, W/winter, Sp/spring, Su/summer	<b>RES</b>	<b>NR</b>	<b>RES</b>	<b>NR</b>
Aerial Play Workshops		12 and up	F, W, Sp, Su	14	20	\$280	\$700
Body Sculpting	X	14 & up	F, W, Sp, Su				
Booty Barre		14 & up	F, W, Sp, Su	6	5	\$438	\$550
Bootcamp for Kids/ Teens		14 & up	F, W, Sp, Su	25	6		
Bounce Fitness	X						
Core, TRX & Weights		14 & up	F, W, Sp, Su	11	0	\$660	\$0
Drums Alive		14 and up	F, W, Sp, Su	11	4	\$495	\$272
Drums Alive for kids		ages 5-11	F, W, Sp, Su	7	0	\$315	\$0
Fitness Fusion		ages 7-12	F, W, Sp, Su	10	1	\$445	\$68
Family Health Fair		all ages	W	non registered program			
Fitness Boot Camp		12 and up	F, W, Sp, Su	16	1	\$960	\$75
Fitness Assessments		12 & up	F, W, Sp, Su	40		Free w/ membership	
Fitness Orientations		14 & up	F, W, Sp, Su	40		Free w/ membership	
Fly Yoga		7 to 14	F, W, Sp, Su	3	4	\$270	\$540
Group Exercise Classes		14 & up	F, W, Sp, Su	Free with membership			
Kettlebells & More		14 & up	F, W, Sp, Su	6	0	\$300	\$0
Ladder Agility Fitness		14 and up	F, W, Sp, Su	6	0	\$360	\$0
Meditation 101	X	14 and up	F, W, Sp, Su				
Morning Workout Mix		ages 8-14	F, W, Sp, Su	11	0	\$902	\$0
Obstacle Fitness Ninja style	X	12 and up	F, W, Sp, Su				
Parkinsons Exercise Class		all ages	F, W, Sp, Su	2	2	\$198	\$300
Rolling with the Peanut for Kids		ages 6-12	F, W, Sp, Su	9	0	\$540	\$0

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			F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR
Personal Training		14 & up	F, W, Sp, Su			\$16,485	\$2,365
Personal Training - Youth		15 & up	F, W, Sp, Su	Included above			
Personal Training - Pilates		7 to 14	F, W, Sp, Su			\$5,844	\$703
Pilates Reformer Group Class		All ages	F, W, Sp, Su	47	13	\$3,760	\$1,664
Pilates Cardio Reformer		14 & up	F, W, Sp, Su	17	1	\$1,360	\$128
Pilates Chair, Tower, Combo		14 & up	F, W, Sp, Su	14	4	\$1,120	\$512
Pilates Jumpboard Class		14 & up	F, W, Sp, Su	22	4	\$1,760	\$512
Restorative Yoga	X	12 and up	F, W, Sp, Su				
Rowing to Tone		14 & up	F, W, Sp, Su	20	7	\$1,620	\$630
Senior Clubs		Seniors	F, W, Sp, Su	10	0	\$250	\$0
Senior Cardio and Strength and Flex	X	Seniors	F, W, Sp				
Senior Triathlon Training	X	Seniors	F, W, Sp, Su				
Sports Conditioning for Kids	X	ages 6-12	F, W, Sp, Su				
Sunset Yoga		Seniors	F, W, Sp, Su	11	1	\$1,415	\$160
Triathlon Training	X	14 & up	F, W, Sp, Su				
Ugi Ball, Row, TRX		all ages	F, W, Sp, Su	4	0	\$240	0
Weight Training Men over 50		all ages	F, W, Sp, Su	8	2	\$520	\$196
Weight Training Women over 50		14 & up	F, W, Sp, Su	5	1	\$325	\$98
Weight Loss Challenge - Colors		14 & up	F, W, Sp, Su	33		\$495 members only	
Yoga - Fitness		18 & up	F, W, Sp, Su	24	4	\$1,752	\$440
Yoga- Vinyasa	X	12 and up	F, W, Sp, Su				
Yoga - Gentle		50 & up	F, W, Sp, Su	9	0	\$630	\$0
Yoga and Fitness for Kids		50 & up	F, W, Sp, Su	8	0	\$564	\$0