

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

8/16/2017
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SUPERVISOR NAME:		Deborah Graham Geghen		SEASON:		Winter/ Spring 2018		
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	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	
			F/fall, W/winter, Sp/spring, Su/summer					
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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				RES	NR	RES	NR	
			F/fall, W/winter, Sp/spring, Su/summer					
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	