

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/19/2026

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SUPERVISOR NAME:		Deborah Graham		SEASON:		Spring / Summer 2010			
<u>PROGRAM NAME</u> <u>(Alpha Order)</u>	<u>NEW(X)</u>	<u>AGE GROUP</u>	<u>OVER NIGHT TRAVEL?</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #</u>		<u>LAST SEASON'S REVENUE</u>		<u>EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)</u>
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
CPR/ AED Classes				F, W, SP, S	9	5	\$427.00	\$283.00	
Fitness Camp		7 to13		S	23	13	\$837.00	\$80.00	
Fitness and More		4 to 7		F,W, SP	10	1	\$720.00	\$80.00	
Kids Fitness Club		7 to 14		F, W, SP, S	3	0	\$198.00	\$0.00	
Mommy/ Tummy Class		all ages		F, W, SP,S	23	15	\$1,016.00	\$324.00	
Morning Workout Mix		18 and up		F, W, SP, S	32	27	\$1,015.00	\$393.00	
Personal Training		15 and up		F, W, SP, S	84	3	\$21,245.00	\$415.00	
Personal Training- Youth		7 to 14		F, W, SP, S	Included above				
Personal Training- Pilates		All ages		F, W, SP, S	24	0	\$4,341.00	\$0.00	
Pilates Mat		14 and up		F, W, SP, S	36	8	\$1,320.00	\$540.00	
Pilates Reformer - Beg- Adv		14 and up		F, W, SP, S	128	50	\$8,734.00	\$1,094.00	
Pilates Reformer- Seniors	x	Seniors		F, W, SP, S					
Strength and Conditioning Training		All ages		F, W, SP, S	13	2	\$2,220.00	\$235.00	
Tai Chi Chuan		18 and up		F, W, SP, S	6	3	\$360.00	\$270.00	
Teen Pi/ Yo Mix "Getting Centered"	x	Teens		F, W, SP					
Kickin in Boot Camp		18 and up		F, W, Sp, S	12	2	\$1,465.00	\$240.00	
Yoga- Fitness		14 and up		F, W, SP, S	87	80	\$3,304.00	\$1,335.00	
Yoga- Gentle		Seniors		F, SP, S	8	1	\$770.00	\$90.00	
Yoga- Parent/ Child		all ages		F, W, SP	11	1	\$545.00	\$40.00	
Yoga- Prenatal/ Postnatal	x	18 and up							
Yoga- Pilates		14 and up		F, W, SP, S	4	0	\$230.00	\$0.00	

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			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Fitness Assesments		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		Included with membership		




