

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/19/2026

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SUPERVISOR NAME:		Deborah Graham Geghen			SEASON:	Fall 2011			
<u>PROGRAM NAME</u> <u>(Alpha Order)</u>	<u>NEW</u> <u>(X)</u>	<u>AGE</u> <u>GROUP</u>	<u>OVER</u> <u>NIGHT</u> <u>TRAVEL?</u>	<u>NO. OF</u> <u>SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &</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>
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Chair Workouts	x	55 and up	n	F, W, Sp, Su					
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	18	1	\$138	\$81	
Fitness and More		4 to 7	n	F, W, Sp, Su	6	0	\$480	0	
Fitness Assesments		14 and up	n	F, W, Sp, Su	80		Free w/ membership		
Fitness Orientations		14 and up	n	F, W, Sp, Su	80		Free w/ membership		
Hot Yoga/ Bikram yoga	x								
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies for each		Free w/ membership		
Kids Incorporated		7 to 14	n	F, W, Sp, Su					
Kids Turkey Trot		3 to 8	n	F	73	16	\$826	\$240	
Kids Turkey Trot- Diaper Dash	x	Crawlers- New walkers		F					
Mommy/ Tummy Class		14 and up	n	F, W, Sp, Su	11	4	\$985	\$490	
Morning Workout Mix		14 and up	n	F, W, Sp, Su	26	1	\$1,281	\$99	
Parent/Child Hula-Yoga	x	all ages	n	F, W, Sp	No #'s- First offered Spring 2011				
Personal Training		15 and up	n	F, W, Sp, Su	62	13	\$15,950	\$3,713	
Personal Training- youth		7 to 14	n	F, W, Sp, Su	Included above				
Personal Training- Pilates		All ages	n	F, W, Sp, Su	9	0	\$2,295	\$0	
Pilates Mat		14 and up	n	F, W, Sp, Su	7	1	\$566	\$125	
Pilates Reformer- all levels		14 and up	n	F, W, Sp, Su	64	5	\$5,644.00	\$542	
Pilates Circuit		14 and up	n	F, W, Sp, Su	Included Above				
Jumpboard Class	x	14 and up	n	F, W, Sp, Su					
Pilates Jump Reformer	x	11 to 14	n	F, W, Sp, Su					
Run/ Bike/ Run Bootcamp	x	14 and up	n	F, Sp					
Runner's Club	x	All ages	n	F, Sp					
Self Defense for Women	x	12 and up	n	F, W, Sp, S					

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PROGRAM NAME <u>(Alpha Order)</u>	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)
					F/fall, W/winter, Sp/spring, Su/summer	RES	NR	
			Y/N					
Senior Week		Seniors	n	F				
Senior Clubs		Seniors	n	F, W, Sp, Su	19	0	\$370	0
Sport-boxing	x	14 and up	n	F, W, Sp, S				
Sports Conditioning	x	10 and up	n	F, Wtr., Sp.				
Stretch & Strength for Seniors		55 and up	n	Sp	3	0	Cancelled	
Suspension Training		14 and up	n	F, W, Sp, Su	8	0	\$325	0
Suspension Training- Pilates Based	x	14 and up		F, W, Sp, Su				
Tai Chi Chuan		18 and up	n	F, W, Sp, Su	7	1	\$392	\$84
Weight Loss Bootcamp		18 and up	n	F, W, Sp	18	5	\$2,540	\$975
Weight Loss Bootcamp-teens		Teens 12-16	n	F, W, Sp	Included Above			
Yoga- Fitness		14 and up	n	F, W, Sp, Su	30	6	\$2,435	\$609
Yoga- Gentle		Seniors	n	F, W, Sp	14	0	\$1,147	\$0
Cholesterol Awareness Month- September	x	14 and up	n	F				
Diabetes Awareness Month- October	x	14 and up	n	F				
Stroke Awareness Month- November	x	14 and up	n	F				
Surviving the Holidays Month- December	x	14 and up	n	F				