

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

5/1/2013
Page 1

SUPERVISOR NAME:		Deborah Graham Geghen			SEASON:	Fall 2013			
PROGRAM NAME (Alpha Order)	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)
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR	
Bootcamp- Teens	x	ages 11-18							
Booty Barre		14 and up	n	F, W, Sp, Su	29	4	\$1,351	\$294	
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	2	0	\$140	\$0	
Core, TRX and Weights		14 and up	n	F, W, Sp, Su	24	2	\$1,184	\$88	
Crossfit	x	all ages							
Fitness and More		4 to 7	n	F, W, Sp, Su	5	0	\$275	\$0	
Fitness Assesments		14 and up	n	F, W, Sp, Su	50		Free w/ membership		
Fitness Orientations		14 and up	n	F, W, Sp, Su	50		Free w/ membership		
Fitwise for Kids		7 to 14	n	F, W, Sp, Su	3	3	\$225	\$339	
Fly Yoga		14 and up	n	F, W, Sp, Su	25	4	\$2,201	\$525	
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies for each		Free w/ membership		
Kettlebells and More		14 and up	n	F, W, Sp, Su	11	1	\$509	\$118	
Kettleworks- 30 min series	x	14 and up							
Kids Turkey Trot & Diaper Dash		3 to 8 Trot Crawlers/New walkers-Dash	n	F	62	25	\$744	\$378	
Kids Care	x	ages 3-8							
Morning Workout Mix		14 and up	n	F, W,Sp, Su	12	1	\$980	\$120	
Personal Training		15 and up	n	F, W,Sp, Su	144	20	\$32,214	\$6,494	
Personal Training- Youth		7 to 14	n	F, W,Sp, Su	3	0	290	0	
Personal Training- Pilates		All ages	n	F, W,Sp, Su	32	2	\$7,585	\$386	
Personal Training- Group	x	12 and up							
Pilates Circuit		14 and up	n	F, W,Sp, Su	12	0	\$1,020	\$0	
Pilates Jumpboard Class		14 and up	n	F, W,Sp, Su	11	1	\$900.00	\$80	
Pilates Reformer/ Cardio Combo	x	14 and up							

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RBC=Running, biking & cardio conditioning	x	14 and up							
Rough and Tough Fitness - The Ultimate Challenge	x	14 and up							
Santa's Pit Stop		all ages	n	F	100	FREE - Not a registered program so can't tell if R or NR			
Senior Clubs		Seniors	n	F, W,Sp, Su	7	3	\$80	90	
Senior Week		Seniors	n	F			Free		
Speed and Agility	x	14 and up							
Small Group Free Weights		14 and up	n	F, W, Sp, S	4	0	\$245	0	
Splex Rex Bootcamp for Tots	x	ages 4-6							
Splex Rex Little Tykes	x	3 year olds							
Stretch & Strength for Seniors		55 and up	n	Sp	9	0	\$487	0	
Strength Training Basics	x	14 and up							
Stroller Fitness	x	18 and up		F, Sp, S					
Tai Chi Chuan		18 and up	n	F, W,Sp, Su	9	1	\$800	\$135	
Team Makers		10 and up	n	F, Wtr., Sp.	3	1	\$280	150	
Triple Play	x	16 and up							
Weight Loss Bootcamp		18 and up	n	F, W,Sp	28	2	\$2,800	\$270	
Weight Training Men over 50		50 and up	n	F, W, Sp, Su	17	5	\$842	\$324	
Weight Training Women over 50		50 and up		F, W, Sp, Su		Included above			
Women and Weights	x	16 and up							
Yoga- Children	x	12 and up	n	F, W, Sp, Su					
Yoga- Fitness		14 and up	n	F, W,Sp, Su	30	5	\$2,241	\$343	
Yoga- Gentle		Seniors	n	F,W, Sp	7	0	\$461	\$0	
Yoga - Kids	x	ages 6-12							