

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

SUPERVISOR NAME: Deborah Geghen				SEASON:		Fall 2021		
<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>COMPLETED</u> <u>SEASON'S</u> <u>ENROLLMENT #</u>		<u>LAST SEASON'S</u> <u>REVENUE</u>	<u>EST. CONTRACTUAL</u> <u>COSTS (\$5,000+ for the</u> <u>SEASON)</u>	
			F/fall, W/winter, Sp/spring, S/summer	RES	NR			
1 Step at a Time	x	14 and up	F, W, Sp, S					
60 Day Shape Up		14 and up	F, W, Sp, S	5	0	\$	445.00	
Aerial Yoga Play Workshops		12 and up	F, W, Sp, S	4	10	\$	430.00	
Body Sculpting		14 and up	F, W, Sp, S	5	4	\$	585.00	
BOSU class	x	14 and up						
Ballet Barre Fusion		14 and up	F, W, Sp, S	12	2	\$	816.00	
Box and Brace	x	14 and up	F, W, Sp, S					
Gentle Pilates Reformer- Active Aging		14 and up	F, W, Sp, S	8	2	\$	870.00	
Core, TRX and Weights		14 and up	F, W, SP, S	13	0	\$	740.00	
Drop Set Express	x	14 and up	F, W, SP, S					
Seasonal Boot camp		14 and up	F, W, Sp, S	10	0	\$	760.00	
Fitness Fusion		ages 7-12	F, W, SP	3	1	\$	212.00	
Fitness Camp		7 to 13	S	10	1	\$	1,221.00	
Fitness in the Park		18 and up	S	9	2	\$	745.00	
Fitness Weight Loss Bootcamp		14 and up	F, W, Sp, S	12	0	\$	1,521.00	
Fitness Teen/ Children bootcamp		7 an up	F, W, Sp, S	33	2	\$	3,075.00	
Fly Yoga/ Aerial Yoga- Teen		14 and up	F, W, SP, S	16	6	\$	2,250.00	
Functional Mixed Movement Arts	x	14 and up	F, W, SP, S					
Girls Night Out		14 and up	F, W, Sp, S	5	1	\$	158.00	
Green Up Your Game	x	14 and up	F, W					
Health Coaching	x	14 and up	F, W, Sp, S	This is similar to personal training membership.				
HITT Training								
P3- mat with music and props	x	14 and up	F, W, Sp, S					

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Meditation 101/ Restorative		14 and up	F, W, Sp, S	7	0	\$	555.00
Morning Workout Mix		18 and up	F, W, SP, S	0	0	\$	-
Parkinsons Exercise Class		All ages	F, W, SP, S	4	2	\$	725.00
Personal Training		15 and up	F, W, SP, S	87 packages		\$	17,949.00
Personal Training- Youth		7 to 14	F, W, SP, S	Included above			
Pilates Personal Training		All ages	F, W, SP, S	32 packages		\$	6,536.00
Pilates Jump and Sculpt Reformer		14 and up	F, W, SP, S	3	0	\$	170.00
Pilates Max		14 and up	F, W, Sp, S	24	5	\$	2,296.00
Pilates MVE Chair		14 and up	F, W, Sp, S	17	3	\$	1,740.00
Pilates Reformer - Group Training		14 and up	F, W, SP, S	61	20	\$	6,662.00
Resistance Band- Big Bands		14 and up	F, W, Sp, S	6	0	\$	160.00
Row to Tone		14 and up	F, W, Sp, S	2	0	\$	120.00
Senior Fitness Bootcamp		55 and up	F, W, Sp, S	10	1	\$	1,205.00
F.I.T Bootcamp		14 and up	F, W, SP, S	2	0	\$	107.00
Sports and Conditioning		7 to 14	F, W, Sp, S	13	2	\$	865.00
Transition Training	x	All ages	F, W, Sp, S				
UGI ball	x	14 and up	F, W, Sp, S				
Walk this Weigh	x	14 and up	S, F, Sp, W				
Weight Training over 50		14 and up	F, W, Sp, S	9	0	\$	945.00
Yoga - Fitness		50 and up	F, W, SP, S	4	0	\$	310.00
Yoga - Gentle		14 and up	F, W, SP, S	11	1	\$	860.00
Yoga- Slow Flow Hatha		All ages	F, W, Sp, S	8	1	\$	715.00
Yoga- Vinyasa		All ages	F, W, Sp, S	4	1	\$	375.00
Yoga - Sunset		12 and up	F, W, Sp, S	4	0	\$	180.00
Yoga and Fitness for Kids		14 and up	F, W, Sp, S	2	0	\$	145.00
MEMBERSHIP AMENITIES		ages 6-12	F, W, Sp	5	0	\$	235.00
Fitness Assesments/ Orientations		14 and up	F, W, SP, S	50		Free with membership	
Group Exercise Classes		14 and up	F, W, SP, S	50		Free with membership	