

PROGRAM JUSTIFICATION LIST

Program Supervisor:	Deborah Geghen		Season: Winter/Spring 2025
Program Name:	Number of Seasons Offered	Number Enrolled	Justification to Continue Offering with Low Enrollment
Girls Night Out	2	0	Hiring a new instructor and trying to market more.
Total Body Training	2	0	Changing instructors to revamp program.
Restorative yoga	4	0	This is being offered for first time in fall with this instructor.
Baseball Rotational Training	1	0	Working on more word of mouth and advertising.
Program Name:	Number of Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
Program Name:	Number of Seasons	Number Enrolled	Brief Description of New Program
Kids yoga	n/a		Children will be able to work through poses and flows with an instructor with fun in mind. Children will get a chance to learn yoga.
Restorative yoga	n/a		Relaxation and holding poses for longer breathwork will be incorporated in this class.
Pilates/ Yoga Fusion	n/a		A blend of Yoga and Pilates put together for a great strength and stretch workout.
Women's World	n/a		A workout made to tone and strengthen your inner Superwoman.
Aerial Yoga Adult	n/a		Aerial silks will be used to incorporate stretching and other yoga poses.