

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

5/14/2014  
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SUPERVISOR NAME:	Deborah Graham Geghen				SEASON:		Fall 2014		
PROGRAM NAME (Alpha Order)	NEW (X)	AGE GROUP	OVER NIGHT TRAVEL? Y/N	NO. OF SEASON'S OFFERED F/fall, W/winter, Sp/spring, Su/summer	LAST OFFERED & COMPLETED SEASON'S ENROLLMENT #		LAST SEASON'S REVENUE		EST. CONTRACTUAL COSTS ( \$5,000 + for the SEASON)
					RES	NR	RES	NR	
Booty Barre		14 and up	n	F, W, Sp, Su	16	1	\$1,206	\$136	
Bootcamp for Teens	x	12 to 17	n						
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	1	5	\$140	\$300	
Core, TRX and Weights		14 and up	n	F, W, Sp, Su	12	1	\$620	\$50	
Cross Challenge		14 and up	n	F, W, Sp, Su	12	2	\$1,910	\$170	
Cross Challenge for Kids	x	6 to 10	n	F, W, Sp, Su					
Fitness and More		4 to 6	n	F, W, Sp, Su	20	0	\$800	\$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	19	0	\$873	\$0	
Fly Yoga		14 and up	n	F, W, Sp, Su	27	17	\$2,265	\$2,055	
Fundamentals of Weight Training	x	14 and up	n						
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	8	2	\$726	\$175	
Kids Turkey Trot & Diaper Dash		3 to 8 Trot Crawlers/New walkers-Dash	n	F	79	30	\$810	\$396	
Morning Workout Mix		14 and up	n	F, W, Sp, Su	21	2	\$1,726	\$246	
Personal Training- Youth		7 to 14	n	F, W, Sp, Su			Included below		
Personal Training- Pilates		All ages	n	F, W, Sp, Su	15	2	\$3,765	\$425	
Personal Training- Group		12 and up	n	F, W, Sp, Su	44	9	\$11,352	\$2,702	
Pilates Jumpboard Class		14 and up	n	F, W, Sp, Su	16	3	\$1,395.00	\$400	
Pilates Reformer/ Cardio Combo		14 and up	n	F, W, Sp, Su	7	2	\$577.00	\$155	
Pilates Chair	x	14 and up	n						
Pilates Equipment	x	14 and up	n						
Pilates Golf	x	14 and up	n						

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					RES	NR	RES	NR	
Pilates Strong	x	14 and up	n						
Pilates Tower	x	14 and up	n						
RBC- Run, Bike and Cardio	x	12 and up	n						
Santa's Pit Stop		all ages	n	F	110	FREE - Not a registered program so can't tell if R or NR			
Senior Clubs		Seniors	n	F, W, Sp, Su	22	0	\$240	0	
Senior Week		Seniors	n	F			Free		
Speed and Agility		14 and up	n	F, W, Sp, S	13	0	\$1,067	0	
Senior Sit( Spin) and Stretch	x	55 and up	n						
Senior Cardio Strength	x	55 and up							
Stretch & Strength for Seniors		55 and up	n	Sp	12	0	\$682	0	
Stretch from Head to Toe with Yog	x	14 and up							
Target Heart Rate Training for Weight Loss	x								
Triple Play		16 and up	n	F	4	0	\$340	0	
Walking and Weights	x	16 and up							
Weight Loss Bootcamp		18 and up	n	F, W, Sp	41	2	\$5,168	\$240	
Weight Training Men over 50		50 and up	n	F, W, Sp, Su	7	0	\$355	\$0	
Weight Training Women over 50		50 and up		F, W, Sp, Su		Included above			
Women in the Weight Room	x	16 and up							
Yoga- Fitness		14 and up	n	F, W, Sp, Su	55	8	\$4,030	\$841	
Yoga- Gentle		Seniors	n	F, W, Sp	18	1	\$1,227	\$105	
Yoga - Kids		ages 6-12	n	F, W, Sp	11	0	\$430	\$0	
Yoga-Candlelight	x	14 and up	n	F, W, Sp, Su					
Yoga- Teen Yogi	x	12 to 17	n	F, W, Sp, Su					