

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

8/12/2015
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SUPERVISOR NAME:		Deborah Graham Geghen			SEASON:	Winter/ Spring 2016			
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	
Aerobic Explosion		ages 8-14	N	F, W, Sp	5	6	\$235	\$426	
Booty Barre		14 and up	N	W, Sp	21	2	\$1,465	\$251	
Circuit Circus	x	14 and up							
CPR/AED/ First Aid		14 and up	N	F, W, Sp, Su	0	0	\$0	\$0	
Core, TRX and Weights		14 and up	N	F, W, Sp, Su	12	3	\$650	\$150	
Cross Challenge		14 and up	N	F, W, Sp, Su	21	2	\$1,820	\$255	
Family Health Fair		all ages	N	W	non registered program				
Fitness and More - Splex Rex Fitness		4 to 7	N	Sp	14	0	\$690	0	
Fitness Assessments		12 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		14 and up	N	F, W, Sp, Su	16	4	\$675	\$275	
Fly Yoga		7 to 14	N	F, W, Sp, Su	31	1	\$2,830	\$90	
Group Exercise Classes		14 and up	N	F, W, Sp, Su	Free with membership				
Kettlebells and More		14 and up	N	F, W, Sp, Su	14	1	\$1,020	\$134	
Kids Bootcamp		14 and up	N	F, W, Sp, Su	12	2	\$1,495	\$150	
Kids Chaos	x	ages 7-11							
Morning Workout Mix		ages 8-14	N	F, W, Sp, Su	25	2	\$2,015	\$246	
Rolling with the Peanut for Kids	x	ages 6-12							
Personal Training		14 and up	N	F, W, Sp, Su	19	5	\$4,635	\$923	
Personal Training - Youth		15 and up	N	F, W, Sp, Su	Included above				
Personal Training - Pilates		7 to 14	N	F, W, Sp, Su	11	1	\$2,725	\$120	
Pilates Reformer Group Class		All ages	N	F, W, Sp, Su	37	18	\$3,099	\$2,300	
Pilates Cardio Reformer		14 and up	N	F, W, Sp, Su	41	2	\$3,457	\$208	
Pilates Chair, Tower, Combo		14 and up	N	F, W, Sp, Su	8	3	\$670	\$384	
Pilates Chair and Ugi ball	x	14 and up	N	F, W, Sp, Su					

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Pilates Jumpboard Class		14 and up	N	F, W, Sp, Su	24	2	\$2,007	\$160	
Rowing to Tone		14 and up	N	F, W, Sp, Su	33	7	\$2,135	\$626	
Senior Clubs		Seniors	n	F, W, Sp, Su	23	4	\$320	\$120	
Senior Machines		Seniors	N	F, W, Sp, Su	20	4	\$280	\$120	
Senior Spin and Core		Seniors	N	F, W, Sp, Su	5	1	\$176	\$57	
Speed and Agility		Seniors	N	F, W, Sp, Su	2	1	\$76	\$57	
Sunset Yoga		Seniors	N	F, W, Sp, Su	22	2	\$1,540	240	
Stretch & Strength for Seniors		14 and up	N	F, W, Sp, Su	19	0	\$1,362	0	
Ugi Ball - 30/30	x	all ages							
Walking and Weights		55 and up	N	F, W, Sp	13	0	\$682	0	
Weight Loss Boot Camp		all ages	N	F, W, Sp, Su	35	3	\$4,320	\$470	
Weight Training Men over 50		14 and up	N	F, W, Sp, Su	9	1	\$440	\$45	
Weight Training Women over 50		14 and up	N	F, W, Sp, Su	24	1	\$1,350	\$45	
Weight Loss Challenge - Colors		18 and up	N	F, W, Sp, Su	33		\$495 members only		
Yoga - Fitness		50 and up	N	F, W, Sp, Su	42	2	\$1,175	\$150	
Yoga - Gentle		50 and up	N	F, W, Sp, Su	13	0	\$755	\$0	
Yoga - Kids		all ages	N	F, W, Sp, Su	48	6	\$3,512	\$616	