

VILLAGE OF ORLAND PARK RECREATION DEPARTMENT  
BROCHURE PROGRAM LIST

<b>SUPERVISOR NAME:</b>	Deborah Geghen					<b>SEASON:</b>	Winter/Spring 2020
<u>PROGRAM NAME (Alpha)</u>	<u>NEW (X)</u>	<u>AGE GROUP</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED &amp; COMPLETED SEASON'S ENROLLMENT NUMBERS</u>		<u>LAST SEASON'S REVENUE</u>	EST. CONTRACTUAL COSTS (OVER \$20,000 for the SEASON)
			F/fall, W/winter, Sp/spring, Su/summer	<b>RES.</b>	<b>NON-RES.</b>		
20/20	X	14 and up	F, W, Sp,S				
60 day Shape up	X	14 and up	F, S, Sp, S				
Active Aging Pilates	X	50 plus	F, W, Sp, S				
Aerial Yoga Play Workshop		12 and up	F,W, Sp, S	11	6	\$305.00	
Body Sculpting		14 and up	F, W, Sp, S	38	0	\$2,425.00	
Boot Camp for Kids/ Teens		8 to 17	F, W, Sp, S	17	8	\$2,299.00	
Booty Barre		12 and up	F, W, Sp, S	18	2	\$1,385.00	
Cardio Reformer Pilates		12 and up	F, W, Sp, S	12	0	\$925.00	
Core, TRX, & Weights		14 and up	F, W, Sp, S	21	4	\$1,395.00	
Employee Lunchtime Yoga		16 and up	F, W, Sp, S	11	1	\$612.00	
Employee 1/2 hour Workout		14 and up	F, W, Sp, S	11	3	\$374.00	
Extended PE Class and Fitness	X	8 to 14	F, W, Sp, S				
Fitness Fusion		7 to 12	F, W, Sp	14	10	\$1,296.00	
Fitness Bootcamp		14 and up	F, W, Sp, S	22	1	\$2,903.00	
Hockey Off Ice Training	X	highschool	F, W, Sp				
Inspiring Bootcamp	X	14 and up	F, W, Sp, S				
Kettlebells and More		14 and up	F, W, Sp, S	6	3	\$515.00	
Meditation 101		14 and up	F, W, Sp, S	8	0	\$630.00	
Mobility Basics	X	14 and up	F, W, Sp, S				
Mom and Me Fitness	X	2 and up	F, W, Sp, S				
Mom and Tot Yoga Storytime	X	3 and up	F, W, SP, S				
Morning Workout Mix		14 and up	F, W, Sp,S	10	2	\$886.00	
Parent Tot Yoga	X	3 and up	F, W, Sp, S				
Parkinson's Exercise		14 and up	F, W, Sp, S	3	4	\$935.00	
Pilates MVE Chair		14 and up	F, W, Sp, S	19	11	\$2,677.00	
Pilates Reformer- Chair/ Tower		12 and up	F, W, Sp, S	11	1	\$916.00	

VILLAGE OF ORLAND PARK RECREATION DEPARTMENT  
BROCHURE PROGRAM LIST

<u>PROGRAM NAME (Alpha)</u>	<u>NEW (X)</u>	<u>AGE GROUP</u>	<u>NO. OF SEASON'S OFFERED</u>	<u>LAST OFFERED &amp; COMPLETED SEASON'S ENROLLMENT NUMBERS</u>		<u>LAST SEASON'S REVENUE</u>	EST. CONTRACTUAL COSTS (OVER \$20,000 for the SEASON)
				<b>RES.</b>	<b>NON-RES.</b>		
			F/fall, W/winter, Sp/spring, Su/summer				
Pilates Jump Reformer		14 and up	F, W, Sp, S	41	0	\$3,273.00	
Pilates Reformer		14 and up	F, W, Sp, S	96	13	\$9,663.00	
PIYO		14 and up	F, W, Sp, S	10	0	\$575.00	
POD Weight Lifting	X	14 and up	F, W, Sp, S				
Power, Fit, Strength	X	14 and up	F, W, Sp, S				
Power Training for Adults	X	14 and up	F, W, Sp, S				
Pranayama for Mama	X	18 and up	F, S, Sp, S				
Pumping Iron and Cardio	X	14 and up	F, S, Sp, S				
Rowing to Tone		14 and up	F, W, Sp, S	23	9	\$1,771.00	
Senior Bootcamp		55 and up	F, W, Sp	8	6	\$1,305.00	
Sportsplex Ed Series		12 and up	F, W, Sp, S	7	0	\$61.00	
Spring Challenge		14 and up	W	1	1	150	
Sports Conditioning for Kids		all ages	F, W, Sp, S	8	6	\$455.00	
Sunset Yoga		12 and up	F, W, Sp, S	16	0	\$1,906.00	
Thyroid Action Plan		all ages	F, W, Sp, S	3	0	\$180.00	
Ultimate MOM Workout	X	14 and up	F, W, Sp, S				
Weight Training for Men/ Women over 50		50 and up	F, W, Sp, S	18	9	\$1,760.00	
Yoga- Fitness		12 and up	F, W, Sp, S	10	1	\$1,913.00	
Yoga- Family	X	all ages	F, W, Sp, S				
Yoga- Fly		12 and up	F, W, Sp, S	21	0	\$1,786.00	
Yoga- Gentle		all ages	F, W, Sp, S	4	0	\$315.00	
Yoga-Vinyasa		12 and up	F, W, Sp, S	12	1	\$1,042	
Yoga and Fitness for Kids		6 to 14	F, W, Sp, S	11	0	\$517.00	