

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

12/19/2019
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SUPERVISOR NAME: Deborah Geghen				SEASON:	Summer 2020		
<u>PROGRAM NAME</u> <u>(Alpha Order)</u>	<u>NEW</u> <u>(X)</u>	<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		
60 Day Shape Up		14 and up	F, W, Sp, S	4	2	\$636	
Aerial Train and Tone	x	14 and up	F, W, Sp, S				
Aerial Yoga Play Workshops		12 and up	F, W, Sp, S	4	3	\$185	
Body Sculpting		14 and up	F, W, Sp, S	22	0	\$1,225	
Booty Barre		14 and up	F, W, Sp, S	12	2	\$816	
Cardio Reformer Pilates		14 and up	F, W, Sp, S	8	2	\$875	
Core, TRX and Weights		14 and up	F, W, SP, S	28	6	\$1,742	
Fitness Camp		7 to 13	S	14	1	\$853	
Fitness in the Park		18 and up	Sp, S	8	3	\$955	
Fitness Weight Loss Bootcamp	x	14 and up	S				
Fly Yoga/ Aerial Yoga		14 and up	F, W, SP, S	11	0	\$990	
Girls Night Out	x	14 and up	F, W, Sp, S				
HITT trainnig	x	14 and up	F, W, Sp, S				
Intro to Aerial	x	14 and up	F, W, Sp, S				
Kettlebells and More		All ages	F, W, Sp, S	6	3	\$515	
Mat Pilates	x	14 and up	F, W, Sp, S				
Meditation 101		14 and up	F, W, Sp, S	7	0	\$555	
Morning Workout Mix		18 and up	F, W, SP, S	12	2	\$1,103	
Parkinsons Exercise Class		All ages	F, W, SP, S	4	2	\$725	

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Personal Training		15 and up	F, W, SP, S	557 packages		\$27,672	
Personal Training- Youth		7 to 14	F, W, SP, S	Included above			
Pilates Personal Training		All ages	F, W, SP, S	157 packages		\$8,121	
Pilates - Chair, Tower, Combo		14 and up	F, W, Sp, S	cancelled			
Pilates Jump Reformer		14 and up	F, W, SP, S	20	1	\$1,570	
Pilates Max		14 and up	F, W, Sp, S	13	8	\$2,004	
Pilates MVE Chair		14 and up	F, W, Sp, S	14	8	\$2,182	
Pilates Reformer - Group Training		14 and up	F, W, SP, S	36	7	\$4,395	
PIYO		12 and up	F, W, Sp, S	3	0	\$185	
Resistance Band		14 and up	F, W, Sp, S	8	5	\$360	
Row to Tone		14 and up	F, W, Sp, S	6	4	\$585	
Senior Fitness Bootcamp		55 and up	F, W, Sp, S	12	8	\$663	
Sports and Conditioning		7 to 14	F, W, Sp, S	3	1	\$280	
Summer Challenge Camp	x	All ages					
Summercize		14 and up	S	113	39	\$7,874	
Thyroid Action Plan		All ages	F, W, Sp, S	5	0	\$395	
Transform	x	14 and up	F, W, Sp, S				
Weight Training over 50		50 and up	F, W, SP, S	9	3	\$770	
Yoga - Fitness		14 and up	F, W, SP, S	14	1	\$1,960	
Yoga - Gentle		All ages	F, W, Sp, S	9	0	\$710	
Yoga- Vinyasa		12 and up	F, W, Sp, S	6	1	\$600	
Yoga - Sunset		14 and up	F, W, Sp, S	8	0	\$953	
<u>MEMBERSHIP AMENITIES</u>							
Fitness Assesments		14 and up	F, W, SP, S	50		Free with membership	
Fitness Orientations		14 and up	F, W, SP, S	50		Free with membership	
Group Exercise Classes		14 and up	F, W, SP, S	Varies for each class		Included with membership	