

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

1/5/2021
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SUPERVISOR NAME: Deborah Geghen				SEASON:	Summer 2021		
<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		
1 Step at a Time	x	14 and up	F, W, Sp, S				
60 Day Shape Up		14 and up	F, W, Sp , S	5	0	\$445	
Aerial Yoga Play Workshops		12 and up	F, W, Sp,S	4	3	\$185	
Body Sculpting		14 and up	F, W, Sp, S	7	0	\$405	
Ballet Barre Fusion		14 and up	F, W, Sp, S	12	2	\$816	
Box and Brace	x	14 and up	F, W, Sp, S				
Gentle Pilates Reformer- Active Aging		14 and up	F, W, Sp, S	8	2	\$870	
Core, TRX and Weights		14 and up	F, W, SP, S	10	3	\$655	
Drop Set Express	x	14 and up	F, W, SP, S				
Fitness Camp		7 to 13	S	10	1	\$1,221	
Fitness in the Park		18 and up	S	9	2	\$745	
Fitness Weight Loss Bootcamp		14 and up	F, W, Sp , S	10	1	\$1,033	
Fly Yoga/ Aerial Yoga		14 and up	F, W, SP, S	8	2	\$922	
Functional Mixed Movement Arts	x	14 and up	F, W, SP, S				
Girls Night Out		14 and up	F, W, Sp, S	0	3	\$114	
Hatha Slow Flow Yoga	x	14 and up	F, W, Sp, S				
Health Coaching	x	14 and up	F, W, Sp, S				
Kettlebells and More		All ages	F, W, Sp, S	6	3	\$515	
P3- mat with music and props	x	14 and up	F, W, Sp, S				
Meditation 101/ Restorative		14 and up	F, W, Sp, S	7	0	\$555	
Morning Workout Mix		18 and up	F, W, SP, S	0	0	\$0	
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	27 packages		\$7,017	
Personal Training- Youth		7 to 14	F, W, SP, S	Included above			
Pilates Personal Training		All ages	F, W, SP, S	33 packages		\$7,759	
Pilates Jump Reformer		14 and up	F, W, SP, S	20	1	\$1,570	
Pilates Max		14 and up	F, W, Sp, S	11	4	\$1,232	
Pilates MVE Chair		14 and up	F, W, Sp, S	14	0	\$1,215	
Pilates Reformer - Group Training		14 and up	F, W, SP, S	34	15	\$4,017	
POD Set Express	x	14 and up	F, W, Sp, S				
Pumping Iron and Cardio	x	14 and up	F, W, Sp, S				
Resistance Band- Big Bands		14 and up	F, W, Sp, S	7	0	\$195	
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	
Spire Bootcamp	x	14 and up	F, W, SP, S				
Sports and Conditioning		7 to 14	F, W, Sp, S	3	1	\$280	
Summer (Seasonal)Challenge Camp		All ages	F, W, Sp, S	3	0	\$267	
Summer Family Fun	x	All ages	S				
Transition Training	x	14 and up	S, F, Sp, W				
Walk this Weigh	x	14 and up	F, W, Sp, S				
Weight Training over 50		50 and up	F, W, SP, S	5	0	\$280	
Yoga - Fitness		14 and up	F, W, SP, S	10	2	\$865	
Yoga - Gentle		All ages	F, W, Sp, S	10	2	\$780	
Yoga- Vinyasa		12 and up	F, W, Sp, S	4	0	\$180	
Yoga - Sunset		14 and up	F, W, Sp, S	8	0	\$633	
<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	