

SPECIAL PROGRAMS

AND SMALL GROUP CLASSES

NOTE: Due to COVID-19, class schedules are subject to change. Please visit ophfc.com/events for the most current class dates and times.

These programs are designed to be small group format which allows for more personal attention, where our certified trainers will work with you to help you reach your individualized fitness goals.

TIME	MON	TUES	WED	THUR	FRI
7:45 AM	Gravity Circuit				
8:00 AM	Strength Training for Women		Strength Training for Women		
9:00 AM				TRX®	
9:15 AM			TRX®		
9:30 AM		T.B.C.			
10:15 AM					Gravity Circuit
1:30 PM		Surf and Turf		Surf and Turf	
4:45 PM		TRX®			
5:30 PM	Boot Camp		Boot Camp		
6:30 PM			Intro to Yoga		

FOR MORE INFORMATION

Stop by the Fitness Desk or call 708.226.0555.

15430 West Avenue, Orland Park, IL 60462 | ophfc.com



ORLAND PARK

HEALTH & FITNESS CENTER



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SPECIAL PROGRAMS AND SMALL GROUP CLASSES

NOTE: Due to COVID-19, class schedules are subject to change. Please visit ophfc.com/events for the most current class dates and times.

To register or sign up for a program please contact or visit the
Orland Park Health and Fitness Center Front Desk.

BOOT CAMP *(60 min. class/8 weeks)*

Build muscular strength, lose weight, and tone up while improving core strength and flexibility. (1x/week)
\$100 (R) / \$110 (N) / \$95 (M)

GRAVITY CIRCUIT *(60 min./8 weeks)*

Using a combination of the total body gym, free weights, body weight, and more, this class will get your heart rate elevated with controlled movements. (1x/week)
\$100 (R) / \$110 (N) / \$95 (M)

INTRO TO YOGA *(60 min./8 weeks)*

Want to relax, get stronger, be more flexible, lose weight, or feel better? Join our E-RYT yoga instructor and learn the foundational yoga breathing, poses, and protocols that will allow you to comfortably and safely join group yoga classes and/or practice at home. (1x/week)
\$150 (R) / \$160 (N) / \$145 (M)

STRENGTH TRAINING FOR WOMEN

(60 min. class/8 weeks)

A total body conditioning class geared toward women. Each week will be a new workout using weight machines, free weight room, track, and body weight exercises. Cardio will be mixed in. Level of fitness for this class is intermediate to advance. (1x/week)
\$125 (R) / \$135 (N) / \$120 (M)

SURF AND TURF *(60 min. class/4 weeks)*

This is a small group program that is offered two times a week and each classes is 60 min with one class in water and one class on land. Surf and Turf is designed to deliver maximum results by combining land and water exercises. (2x/week)
\$170 (R) / \$180 (N) / \$165 (M)

T.B.C. *(60 min. class/8 weeks)*

This is an intermediate to advanced class that begins with a dynamic warm-up, followed by a circuit that will consist of body weight, agility, and power exercises through continuous movement! (1x/week)
\$100 (R) / \$110 (N) / \$95 (M)

TRX® *(60 min. class/6 weeks)*

This class involves bodyweight exercises that are all driven by the core. In this class you will develop strength, balance, flexibility, and core stability. This class benefits all levels but can be customized by a trainer. (1x/week)
\$95 (R) / \$105 (N) / \$90 (M)

NEW IN 2021

YOGA BEYOND THE CHAIR

(60 min. class/8 weeks)

Want to do yoga but can't get up and down from the floor? Do you currently do chair yoga and want to experience more of the floor poses? Yoga Beyond the Chair will focus on floor poses; seated, supine, prone, and with some kneeling if you can. We will use support from blocks, straps, chairs, blankets, and the wall to experience the release and relief that only comes from fully stretching out while on the ground.
\$150 (R) / \$160 (N) / \$145 (M)

SENIOR BOOT CAMP *(60 min. class/8 weeks)*

This boot camp class is ideal for male and female seniors. It will comprise of a wide array of exercises aimed at strength, flexibility, and aerobic capacity. A large number of seniors choose walking as their daily exercise form, but it is also important to undertake resistance or weight training to strengthen muscles and maintain bone density. If you have never worked out with weights before, or looking to take your workout to the next level, join us for this fun and exciting workout.
\$125 (R) / \$135 (N) / \$120 (M)

HEALTHY MOVES *(60 min. class/8 weeks)*

This class is a total body workout using chairs to sit in, and as a piece of equipment, to execute a variety of aerobic exercises. Dumbbells, bands, glides, etc. are just some of the tools we will utilize to promote upper and lower body strength, balance, and posture. You don't want to miss out, join us today! (1x/week)
\$125 (R) / \$135 (N) / \$120 (M)

FREE Fitness Challenge on the 7th of each month.

Stop by the Fitness Desk for more details.