

Village of Orland Park Media Relations

NEWSRelease

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Orland Park Sportsplex Offers Free Pilates Play Days *Attendees to Try Pilates Reformer, Chair and Tower*

ORLAND PARK, ILLINOIS – The Village of Orland Park Recreation Department is inviting the public to try its Sportsplex Pilates equipment for free on September 9 and 10.

First introduced in the early 1900s, Pilates incorporates the concepts of yoga, meditation and martial arts. Pilates conditions the entire body while increasing flexibility and strength by focusing on a series of precise, controlled movements instead of emphasizing repetition.

“We’ve had a great response to our Pilates programs,” said Sportsplex Fitness Manager Deborah Graham-Geghen. “Orland Park was the first community in the region to begin offering Pilates Reformer training four years ago and our equipment and programs have expanded significantly since then,” she added.

Those ages fourteen and older are invited to try the village’s equipment for free on Thursday, September 9 from 5:30 p.m. to 6:30 p.m. or on Friday, September 10 from 8:15 p.m. to 9:15 p.m. Pre-registration is required at the Sportsplex Fitness Desk or by calling 645-PLAY and connecting to the desk.

The Pilates Reformer is a sliding, bed-like platform anchored at one end of its frame with resistance springs. The platform moves along a track by either pushing off a stationary bar or pulling on ropes. In advanced workouts on the reformer, balancing on a sliding platform is used to increase the challenge.

Graham-Geghen, who holds a Master of Science Degree in Kinesiology from the University of Illinois, is nationally certified to train clients on Pilates equipment. The Sportsplex also has four certified Pilates reformer instructors.

"The Pilates Reformer is great for both men and women," Graham-Geghen said. "It strengthens the muscles in the deep torso and around the spine," she said. "This is one of the best ways to increase flexibility and endurance," Graham-Geghen noted, adding that a number of professional baseball players use the reformer as part of their training programs.

"We now have a Pilates tower and a Pilates chair, both of which help to strengthen the core and strengthen the smaller muscles in the backs, arms and legs. Each piece is used for different exercises," Graham-Geghen-Geghen noted, adding that there are more than 500 exercises that can be taught on the equipment.

"The Pilates Reformer sessions at the Sportsplex are focused on the individual needs of the client, enabling the instructor to design the workout more accurately and producing optimal results," she added.

Pilates equipment users need not be village Sportsplex members. The facility offers different rates for village residents, non-residents and Sportsplex members. Classes are six weeks long and begin the week of September 13. Both individual and group training for the Pilates Reformer are available and the Sportsplex is offering a free 20 minute trial this month. Registration has begun. Call 403-6285 for additional information.

One hour Pilates Reformer sessions are available in increments of one, five, ten or twenty sessions. Training is available at the Village of Orland Park Sportsplex, 11351 West 159th Street. Dates and times vary and gift certificates are available. For more information call 708/645-PLAY.

ORLAND PARK PILATES REFORMER

The Village of Orland Park Recreation Department is offering free Pilates Play Days at the village's Sportsplex, inviting those age fourteen and older to try its Pilates equipment for free on September 9 and 10. Registration and further information is available by calling 645-PLAY or by visiting the Sportsplex at 11351 West 159th Street.