

## **Fitness for All Fill Sportsplex Fall Agenda**



### **VILLAGE SPORTSPLEX OFFERS KIDS ACTIVE CARE**

The Village of Orland Park Recreation Department has added a new program to its fall line up. Kids Active Care, offered at the village's Sportsplex, is available for children age three to five from 9 a.m. to 11 a.m. Children will be able to enjoy unstructured play and activities which include crafts, coloring, stories, games and gym time.

Children participating must be potty trained and are asked to bring a nut-free snack and drink to class. Children are not required to stay the full two hours.

Six sessions are available from September to December. Program fees are \$80 for residents, \$120 for nonresidents and \$75 for Sportsplex members. Registration and further information are available by calling or visiting the Village of Orland Park Sportsplex, 11351 West 159th Street. For more information, call 708/645-PLAY.

### **SPORTSPLEX CROSS CHALLENGE BURNS CALORIES**

The Village of Orland Park Recreation Department is offering its own version of Cross Fit®. Cross Challenge. Offered at the village's Sportsplex, this program enables participants to burn maximum calories while working in high burst intervals.

This tough intermediate to advance level workout is sure to challenge even the fittest of individuals. Participants will combine cardio, strength, gymnastics, ab work and functional training to achieve full-body results.

Three five-week sessions are available September to October, October to November and November to December. Program fees are \$90 for residents, \$135 for nonresidents and \$85 for Sportsplex members.

Registration and further information are available by calling or visiting the Village of Orland Park Sportsplex, 11351 West 159th Street. For more information, call 708/645-PLAY.

### **SPEED & AGILITY FOR ALL SPORTS**

The Village of Orland Park Recreation Department's Speed and Agility Program is a comprehensive class that covers all aspects of athletic development. Speed and Agility is offered at the village's Sportsplex for those ages nine to 18 from 4:30 p.m. to 5:25 p.m. on Tuesdays and Thursdays.

This is a comprehensive program designed to cover all aspects of athletic development. Class members will engage in strength, power, plyometrics, speed and agility training to

maximize athletic performance. The program will also include pre and post testing for all students.

The classes are led by Adam Hoornaert and will be offered September to October and October into December. Program fees are \$78 for residents, \$117 for nonresidents and \$73 for Sportsplex members.

Registration and further information are available by calling or visiting the Village of Orland Park Sportsplex, 11351 West 159th Street. For more information, call 708/645-PLAY.

#### SPLEX REX MAKES FITNESS FUN

The Village of Orland Park Recreation Department is offering a fun fitness opportunity for preschool age children through its Splex Rex Fitness for Kids Program, offered at the village's Sportsplex on Thursdays.

Toddlers and preschoolers will be able to use the fitness equipment, track, rock climbing wall and play sports. Children will have fun while learning the importance of exercise, healthy eating, good sportsmanship and a healthy lifestyle.

Two sessions will be offered from September to December. Program fees are \$40 for residents, \$60 for non-residents and \$35 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### FITNESS TRIPLE PLAY WITH FITNESS & YOGA

Fitness Triple Play, offered at the Village of Orland Park Sportsplex, is a combination of yoga, mat Pilates and hammocks for stretching. The program is offered for those ages fourteen and older on Tuesdays from 7 p.m. to 7:50 p.m.

An emphasis will be placed on core work and lengthening of the muscles. The use of hammocks will encourage the body to stretch further and create relaxation.

Two 5-week sessions are available between September and November. Program fees are \$90 for residents, \$135 for non-residents and \$85 for Sportsplex members. One 2-week session will be offered in December at \$42 for residents, \$63 for non-residents and \$37 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### CARDIO REFORMER PILATES GETS HEARTS PUMPING

The Village of Orland Park Recreation Department's Cardio Reformer Pilates is a unique cardio class that will get the heart rate pumping. This class is offered at the village's Sportsplex to those ages 14 and up.

Participants will complete intervals of cardiovascular training, flexibility, and strength exercises on the reformers, treadmills and ellipticals. It is an exhilarating workout designed to get class members moving.

Two sessions are available from September to October and October into December. Program fees are \$85 for residents, \$128 for non-residents and \$80 for Sportsplex members. For

more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### SPLEX FLY YOGA INCREASES STRENGTH & FLEXIBILITY

The Village of Orland Park Recreation Department continues to offer the newest form of yoga, Fly Yoga. Participants will use a flowing fabric yoga hammock to stretch further and hold challenging poses longer. This class is offered at the village's Sportsplex to those ages 14 and up and is great for all fitness levels.

Class members will work on gaining strength and flexibility while learning how to better focus. Private classes are available upon request.

Two full sessions will be offered from September to October and October into November. Program fees are \$90 for residents, \$135 for non-residents and \$85 for Sportsplex members. A three-week mini session will be offered in December at \$45 for residents, \$68 for non-residents and \$40 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### STRENGTH TRAINING BASICS HELPS OVERALL HEALTH

Strength Training Basics, offered at the village's Sportsplex, is a great class for those looking to improve overall strength. This program is available to those ages 16 and up on Monday and Wednesday from 7 p.m. to 7:55 p.m.

Participants will be led by a certified personal trainer that will design a program that is right for his or her specific needs. A focus will be placed on increasing bone, muscle, tendon and ligament strength, improving joint function, reducing potential for injury, increasing metabolism and bone density, as well as elevating HDL (good) cholesterol and cardiac function.

Classes will be offered between September 9 and November 6. Program fees are \$110 for residents, \$165 for non-residents and \$105 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### KIDS YOGA WITH STRETCHES & STRENGTH

Kids Yoga, offered at the Village of Orland Park Sportsplex will enable kids to stretch and unwind. This program is available for children age six to 12 from 3:30 p.m. to 4:15 p.m. on Mondays and Wednesdays.

Children will learn basic yoga moves incorporated with stretching and strength. Students will also be challenged with balance and focusing throughout the class.

Two 5-week sessions are available from September to October and October into December. Program fees are \$40 for residents, \$60 for non-residents and \$35 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### STROLL & STRENGTH FOR MOMS AND TOTS

The Village of Orland Park Recreation Department's Stroll and Strength is a class that will get moms and tots moving. This class is offered at the village's Centennial Park is offered to

mothers with newborns, infants, and toddlers from 10 a.m. to 10:55 a.m. on Mondays and Wednesdays.

Moms will be able to work out with their children while enjoying the trails of Orland Park. This class will have you lunging, squatting and lifting weights while strolling yourself back into shape. Participants are asked to bring 3-5 lb. weights.

This program will be offered September 16 to November 20. Program fees are \$100 for residents, \$150 for non-residents and \$95 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### RBC – RUNNING, BIKING & CARDIO CONDITIONING

The Village of Orland Park Recreation has added RBC --- Running, Biking and Cardio Conditioning --- to its fall line up. This energetic class is offered at the village's Sportsplex for those ages 12 and older on Mondays from 4 p.m. to 4:55 p.m.

Class members will be challenged to run faster, bike longer and jump higher. This program is designed for those looking to strengthen their cross-country run or speed up their track skills. It is a great class for junior high and high school students as well as adults.

Two five-week sessions will be offered, September to October and October into December. Program fees are \$40 for residents, \$60 for non-residents and \$35 for Sportsplex members. For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY or visit the Sportsplex at 11351 West 159th Street.

#### FITNESS TRAINING FOR GIRLS

Fitness Training for Girls is a unique fitness class for teen girls looking to improve their health. This class is offered at the Village of Orland Park Sportsplex to girls ages 10 to 18 on Tuesdays and Thursdays from 4 p.m. to 4:55 pm.

Teenage girls can bond while working out together. Students will build their strength, endurance, speed, balance and agility for activities and sports. Prepare for spring training by being pushed to the limits and beyond while having fun with girls.

Two six-week sessions are offered from September to October and from October into December. Program fees are \$82 for residents, \$123 for non-residents and \$77 for Sportsplex Members.

Registration and further information are available by calling or visiting the Village of Orland Park Sportsplex, 11351 West 159th Street. For more information, call 708/645-PLAY.

#### TEEN BOOTCAMP IMPROVES HEALTH & FITNESS

The Village of Orland Park Recreation Department is looking for teens ages 11 to 18 to join Bootcamp for Teens. This class is offered at the village's Sportsplex on Mondays from 5 p.m. to 5:55 p.m.

Get your friends together to enjoy a stimulating workout and stay motivated for the rest of the week. Participants will be led by a certified personal trainer while focusing on improving health and fitness through strength training, agility, and flexibility.

This program is offered from September 23 to November 25. Program fees are \$75 for residents, \$113 for non-residents and \$70 for Sportsplex Members. Registration and further information are available by calling or visiting the Village of Orland Park Sportsplex, 11351 West 159th Street. For more information, call 708/645-PLAY.