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Village's Sportsplex Offers Sports Conditioning Programs



ORLAND PARK, IL – Area fitness enthusiasts are invited to keep fit over the winter months. The Village of Orland Park Sportsplex offers a number of programs designed to help stay in shape for the upcoming sports season.

Speed and Agility is designed to cover all aspects of athletic development. It includes strength training, power, plyometrics, as well as speed and agility training to maximize athletic performance. The program runs from January 7 to February 20 and again from February 25 to April 10. Classes are held on Tuesdays from 4:30 p.m. to 5:25 p.m. and Thursdays from 7 p.m. to 7:55 p.m. Cost is \$78 for residents, \$117 for non-residents and \$73 for members. Ages 9-18. (No class March 25 and 27.)

Weight Training 101 helps participants learn the basics of weight training to maximize on the benefits of the exercises. This class will provide detailed training on how to perform the most common barbell and dumbbell exercises. The class is held January 8 to Feb 26 and again from March 5 to April 30 on Wednesday from 5 p.m. to 5:55 p.m.. Ages 14 and up. Cost is \$65 for residents, \$98 for non-residents and \$60 for members. (No class March 26.)

Kettlebells and More utilizes one of the Village or Orland Park Sportsplex's newest tools, the kettleball. The purported benefits of kettlebells appeal to people of all fitness levels, ages and genders. This new program will involve training the body with functional movements in timed intervals. Class is held January 7 to February 25 from 6 p.m. to 6:55 p.m. for ages 14 and up. Cost is \$72 for residents, \$108 for non-residents and \$67 for members. (No class March 25.)

"These programs are designed for our local athletes or those that want to be better at their sports," explained Sportsplex Fitness Manager Deborah Geghen. "Residents and members get a great deal on our speed and agility class. Our class is designed by a personal trainer to fit the needs of those in the class. Participants will increase strength, speed and agility by the end of the classes."

Registration and further information is available at the Village of Orland Park Sportsplex, 11351 West Avenue. Questions may be directed to 708/645-PLAY.