

# Summer FAMILY FUN!

WEDNESDAYS • 6p-6:55p

OUTDOORS AT THE SPORTSPLEX

AGES  
4 & up

Parents and children can work out together. This class will mainly meet outside for jump rope, hurdles, bands, step and more obstacles. Participants will work out in pairs or groups to develop their fitness level while having fun.

Sportsplex Member \$55  
Resident \$60 | Non-resident \$90  
Child with paid parent \$25

PROG#:	DATE:
91119	Jun 9-Jul 14
91120	Jul 21-Aug 25

**Sportsplex**  
VILLAGE OF ORLAND PARK



## FITNESS FUSION

Young girls & teens will participate in the fusion of exercise classes which include yoga, kickboxing, spin cycling, and strength training in the fun environment of the fitness center.

**INSTRUCTOR:** Morgan Fedro  
**DAY/TIME:** Friday / 4:15p-5p  
**AGE:** 7 to 13  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Sportsplex member \$42 | Resident \$47 | Non-resident \$71  
**PROG#:** **DATE:**  
91013 Jun 4-Jul 9  
91014 Jul 16-Aug 20

## FITNESS CAMP

### FOR KIDS

Fitness Camp gives children a chance to use the fitness center, learn nutrition/eating tips, recipes, fitness through activity, strength training, yoga, and sample group exercise classes. Participants should bring a water bottle and healthy snack to class.

**INSTRUCTOR:** Morgan Fedro & Jennifer Kloos  
**DAY/TIME:** Monday thru Friday / 9a-11a  
**AGE:** 7 to 13  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Sportsplex member \$50 | Resident \$55 | Non-resident \$83  
**PROG#:** **DATE:**  
91506 Jun 21-Jun 25  
91508 Jun 28-Jul 2  
91509 Jul 12-Jul 16  
91510 Jul 19-Jul 23  
91511 Jul 26-Jul 30

## SPORTS CONDITIONING

### FOR KIDS

Blend of speed, agility, power and strength training geared to help any young athlete get prepared for their upcoming seasons. This will help all young athletes get focused and achieve their individual performance goals. *No class July 3.*

**INSTRUCTOR:** Adam Hoornaert  
**DAY/TIME:** Saturday / 12p-12:55p  
**AGE:** 7 to 16  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Sportsplex member \$55 | Resident \$60 | Non-resident \$90  
**PROG#:** **DATE:**  
91007 Jun 5-Jul 17  
91008 Jul 24-Aug 28

## BOOT CAMP

### FOR KIDS/TEENS

Challenge yourself to improved health & fitness! A certified personal trainer will lead you through drills and obstacle courses to get you in shape. These workouts will incorporate weights, tubes, cardio machines, jump ropes, BOSU's and more.

**INSTRUCTOR:** Laura Mulhall  
**DAY/TIME:** Monday & Wednesday / 4:30p-5:25p  
**AGE:** 8 to 14  
**LOCATION:** Sportsplex—Fitness Center  
**FEE:** Sportsplex member \$80 | Resident \$85 | Non-resident \$128  
**PROG#:** **DATE:**  
91017 Jun 7-Jul 14  
91018 Jul 19-Aug 25

SPORTSPLEX | 11351 W. 159TH, ORLAND PARK, IL 60467 | PH 708.403.5000 | ORLANDPARK.ORG  
MEMORIAL DAY-LABOR DAY: Mon-Fri 5:30AM-10:00PM | Sat: 7:00AM-7:00PM | Sun: 8:00AM-7:00PM

This activity is not sponsored by Orland School District 135,  
any of its schools, or groups officially associated with the District.