

**PELICAN ATHLETIC CLUB SPECIALTY PROGRAMMING SCHEDULE (FEE-BASED)**

**March, 2018**

	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>BRASS PELICAN CROSSFIT</b>	6:30AM CROSSFIT	5:30AM CROSSFIT	6:30AM CROSSFIT	5:30AM CROSSFIT	6:30AM CROSSFIT	9:00AM CROSSFIT	
	8:00AM CROSSFIT	8:30AM Athletic Mobility	8:00AM CROSSFIT	8:30AM Athletic Mobility	8:00AM CROSSFIT		
	9:15AM CROSSFIT	9:15AM CROSSFIT	9:15AM CROSSFIT	9:15AM CROSSFIT	9:15AM CROSSFIT		
	12:00PM CROSSFIT	5:00PM CROSSFIT	12:00PM CROSSFIT	5:00PM CROSSFIT	12:00PM CROSSFIT		
	5:00PM CROSSFIT		5:00PM CROSSFIT				
<b>BURN &amp; BUILD</b>	4:45AM METABOLIC STRENGTH	5:30AM METABOLIC STRENGTH	4:45AM METABOLIC STRENGTH	6:30AM METABOLIC STRENGTH	6:30AM METABOLIC STRENGTH		
	5:30AM METABOLIC STRENGTH	6:30AM METABOLIC STRENGTH	5:30AM METABOLIC STRENGTH	7:30AM METABOLIC STRENGTH	7:30AM METABOLIC STRENGTH		
	6:30AM METABOLIC STRENGTH	7:30AM METABOLIC STRENGTH	6:30AM METABOLIC STRENGTH		9:00AM METABOLIC STRENGTH		
	7:30AM METABOLIC STRENGTH		7:30AM METABOLIC STRENGTH				
	9:00AM METABOLIC STRENGTH						
	5:30PM METABOLIC STRENGTH						
<b>PASS</b>	9:00AM META BURN: Cardio/Core Strength	5:15AM META BURN: Cardio/Core Strength	9:00AM META BURN: BOXING/Core	5:15AM META BURN: Cardio/Core Suspension			
		9:00AM META BURN: Cardio/Core Strength		9:00AM META BURN: Cardio/Core Strength			
		6:00PM META BURN: Cardio/Core Strength		6:00PM META BURN: Cardio/Core Suspension			
<b>PASS</b>	3:30PM PASS: VARSITY	3:30PM PASS: VARSITY	3:30PM PASS: VARSITY	3:30PM PASS: VARSITY			
	4:30PM PASS: JV	4:30PM PASS: JV	4:30PM PASS: JV	4:30PM PASS: JV			
<b>ENDURANCE EDGE</b>	5:30AM EE STRENGTH	5:30AM EE SWIM	5:30AM EE STRENGTH	5:30AM EE CORE	5:30AM EE SWIM	7:00AM EE STRENGTH	
	9:30AM EE SWIM	6:15AM EE SWIM	5:30PM EE STRENGTH	9:30AM EE SWIM	6:05AM EE YOGA	7:45AM EE SWIM	
	5:30PM EE STRENGTH	6:00PM EE SWIM		6:00PM EE SWIM			
		6:00PM EE SPEED <small>*Meet at Fountainbleau High School</small>					
<b>KO BOXING</b>	10:00AM KO BOXING <small>*Call to reserve spot, 24hr in advance</small>	6:30 PM KO BOXING	10:00AM KO BOXING <small>*Call to reserve spot, 24hr in advance</small>	6:30 PM KO BOXING	10:00AM KO BOXING <small>*Call to reserve spot, 24hr in advance</small>		
	6:30 PM KO BOXING						

# PELICAN ATHLETIC CLUB OFFERS UNIQUE PAID PROGRAMMING IN SMALL GROUPS FOR MAXIMUM BENEFITS!

SPECIALTY PROGRAMMING PACKAGES MUST BE USED **30** DAYS AFTER ACTIVATION. PRICING IS BASED ON MEMBERSHIP UNLESS OTHERWISE INDICATED

## BRASS PELICAN CROSSFIT

**BRASS PELICAN CROSSFIT (\$)** : CrossFit is a strength and conditioning program for all levels of fitness.

Our program delivers a fitness that is broad, general, and inclusive. Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and on average, punish the specialist.

Brass Pelican CrossFit is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We scale load and intensity; we don't change programs.

### BRASS PELICAN CROSSFIT PACKAGES

SINGLE SESSION	\$25
4-PACK	\$55
8-PACK	\$70
12-PACK	\$80
UNLIMITED	\$89

## ENDURANCE EDGE

**ENDURANCE EDGE (\$)** : Endurance edge is a program designed for all levels, abilities and interests and just those that want to cross-train. It is built on a comprehensive cross-training platform consisting of swimming, cycling, strength and speed.

**EE Swim:** The workout consists of stroke technique, conditioning, pacing and efficient training in endurance and speed concepts.

**EE Strength:** A strength and core training program designed to improve overall muscle alignment and activation for endurance athletes.

**EE Cycle:** A cycling class designed for cyclists, triathletes and cross trainers wishing to set baseline training for indoor cycling and improve overall cardiovascular fitness through short intense training intervals.

**EE Speed:** Supervised interval workouts for runners designed to improve speed in endurance events and long runs.

\* See time and day for meeting place

### ENDURANCE EDGE: MULTISPORT PACKAGES

EE SELECT (1 CLASS PER WEEK)	\$35 per member \$50 per non-member
EE UNLIMITED (UNLIMITED CLASSES)	\$50 per member \$75 per non-member

\* If you are interested in our SWIM ONLY program please see our Endurance Edge: Swim flyer.

## PASS

**PASS Power, Agility, Speed, Strength (\$)**: PAC's athlete training is a unique combination of strength, speed, flexibility and injury prevention training emphasizing athletic movements that provide balanced, powerful and symmetrical strength for the developing athlete.

This program's exercise sequences stress movement stability in different planes of motion, proper joint alignment and muscle sequencing to develop long term athletic success.

Classes are categorized as  
Junior Varsity (JV) : 7th, 8th grades (pre-teen)  
Varsity: 9th - 12th grade

### PASS PACKAGES

UNLIMITED - 1 Month	\$95
UNLIMITED - 2 Months	\$170
UNLIMITED - 3 Months	\$225

## KO BOXING

**KO BOXING (\$)** : World Class professional trainer Esteban Garcia will teach professional boxing and self-defense techniques in this uniquely tailored workout.

This advanced endorphin-producing, cardio packed workout will not only tone and condition every muscle in your body ... but it will also increase your metabolic rate while you burn fat and reduce stress!

Esteban Garcia also offers Private and Dual Training Sessions for those who want personal one-on one attention. These sessions are designed for each boxer to master the basics before joining a class.

You will need: Hand Wraps, Boxing Gloves and a Water Bottle

### KO BOXING GROUP CLASS PACKAGES

SINGLE CLASS SESSION	<sup>1</sup> participant	\$27
SINGLE CLASS SESSION	<sup>2</sup> participants	\$22
SINGLE CLASS SESSION	<sup>3+</sup> participants	\$17
	Group	Class
		(unlimited)
	(MEMBER ONLY)	\$35

## BURN & BUILD

**METABOLIC BURN (\$)**: Each 60 minute class is divided into two separate 30 minute high-intensity workout sessions that can burn up to 900 calories each!

**CARDIO / CORE:** This class is a mixture of body weight exercises combined with agility, plyometric and endurance circuits creating a high intensity workout segment for muscle tone, core strength and caloric BURN!

**SUSPENSION:** Dynamic TRX and Ripped trainer workout intervals guaranteed to stimulate full body muscle activation, multi-movement planes and create functional strength. All muscles will contribute to this workout!

**STRENGTH:** Kettlebells, dumbbells, barbells, battle ropes, medball and VIPR circuits to produce strength, power and metabolic enhancement. Muscle activation at its most efficient!

**BATTLE:** Train like a fighter for a fighter's metabolism! Heavy bag work for upper and lower body and core. Footwork and conditioning for cardiovascular ignition.

**RESTORATION** :Foam rolling, flexibility and mindful movement exercises designed to restore and repair overworked muscles and improve active ranges of motion.

**METABOLIC STRENGTH (\$)** : Metabolic Strength training is a 60 minute class designed to increase the activity of lean muscle fibers to increase participants resting metabolic rate. The program contains both strength training and heart rate training to provide a heart beating, strength gaining workout.

The small group setting of 3 to five individuals per trainer also allows the workouts to be adapted for individual needs.

### BURN & BUILD PACKAGES

4-PACK	\$65
8-PACK	\$95
MONTHLY UNLIMITED:	\$115

\*\*All classes and exercises are adjusted for individual levels of fitness, joint health and overall goals.\*\*

All Prices are Subject to Change.

FOR SEASONAL SPECIALTY PROGRAMMING SCHEDULES, PLEASE SEE PROMOTIONAL FLYER ON WALL DISPLAY or ASK CONCIERGE for DETAILS.

INTERESTED IN SOMETHING MORE? LOOK AT PAC PERSONAL TRAINING PACKAGES TAILORED TO YOUR SCHEDULE FOR PERSONAL GOALS AND ONE-ON-ONE ATTENTION. SEE CONCIERGE FOR DETAILS.