

PELICAN ATHLETIC CLUB SPECIALTY PROGRAMMING SCHEDULE

MAY, 2018

	M	T	W	TH	F	S	S
BRASS PELICAN CROSSFIT	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				
BURN & BUILD	4:45AM 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						
	9:00AM META BURN: Cardio/Core Strength	5:30AM META BURN: Cardio/Core Strength	9:00AM META BURN: Cardio Core Strength	5:30AM 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			
PASS	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			
ENDURANCE EDGE	5:30AM EE STRENGTH	5:30AM EE SWIM	5:30AM EE STRENGTH	5:30AM EE CORE	5:15AM 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>					
KO BOXING	6:30 PM KO BOXING	6:30 PM KO BOXING		6:30 PM KO BOXING			

PELICAN ATHLETIC CLUB SPECIALTY SMALL GROUPS PROGRAMMING

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.

Endurance is a

ENDURANCE EDGE

ENDURANCE EDGE

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

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

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

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.

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

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.