

PELICAN

ATHLETIC CLUB

Complimentary Specialty Classes: FAQ

What Specialty Classes are now Complimentary?

For Adults: Cross Fit, KO Boxing, Endurance Edge, Build & Burn
For Kids: PASS Kids (grades 3rd - 5th) and PASS JV (grades 6th - 8th).

Can Non Members sign up for the Complimentary Classes?

The Specialty Classes are exclusive to our Members only. Non Members are more than welcome to speak with a Representative for Membership Options and Pricing.

Is PASS Varsity (9th - 12th) Complimentary?

PASS Varsity is an elite program designed to take High School Athletes to a College Level and remains a fee based program in which Members and Non Members can attend.

How old do you have to be to take the Specialty Classes?

You have to be 16 or older to participate in Cross Fit, Build & Burn, KO Boxing and Endurance Edge. We do offer youth classes: PASS Kids for grades 3rd - 5th and PASS JV for grades 6th - 8th.

Do I have to Sign up for the Specialty Classes?

Yes, due to limited spots we ask you to please sign up for individual classes through the member portal online. Please see a Front Desk Attendant for instructions. App registration coming soon!

How far in advance can I register for a class?

Members can register for individual classes up to 45 days in advance.

What happens if I can't make it to the class I signed up for? Is there a cancelation policy?

Due to limited spots we ask our members to be courteous and unregister for classes no less than one hour prior to the start time so other members can participate.

Is there a penalty for no shows?

Not as of now, however the policy is subject to change.

Is there a waiting list?

Club Automation is working on adding this feature. We will notify members when it is complete.

Are walk in's welcomed?

Members are more than welcome to stop by the class and see if there is a spot available due to a last minute no show, but we encourage signing up online prior to class to ensure a spot.

What is the difference between Complimentary Specialty Classes and Group Exercise Classes?

Our Specialty Classes are more technical and similar to small group training sessions that are taught by certified Personal Trainers.

Can I use the Performance Center whenever I want?

For safety reasons Members can only attend scheduled classes or personal training sessions in the Performance Center.