

# SPECIALTY TRAINING SCHEDULE

Spring 2019

**PELICAN**  
ATHLETIC CLUB

**Members Must Register for Specialty Training**  
You can register through the PAC APP or online.  
(See back for details)

		MON	TUES	WED	THUR	FRI	SAT
<b>BOXING</b>	6:30pm	BOXING	BOXING	BOXING	BOXING		
<b>BURN &amp; BUILD</b>	4:45am	METStrength		METStrength			
	5:00am					METStBurn 90 (5:00-6:30)	
	5:30am	METStrength	BURN	METStrength	BURN		
	6:30am	METStrength	BURN	METStrength	BURN	BURN	
	7:30am	METStrength	BURN & TOTAL TENNIS TRAINING	METStrength	BURN & TOTAL TENNIS TRAINING	METStBurn 60 (7:30-8:30)	
	8:00am						BURN
	9:00am	METStrength	BURN	METStrength & BURN	BURN	METStrength & BURN90 (9:00-10:30)	
	10:00am	BURN	METStrength	BURN	METStrength		
	4:30pm			METStrength			
	5:30pm	METStrength	BURN	METStrength	BURN		
<b>CROSSFIT</b>	5:30am	BPCF	BPCF	BPCF	BPCF	BPCF	
	6:30am	BPCF	BPCF	BPCF	BPCF	BPCF	
	8:00am	BPCF		BPCF		BPCF	
	8:30am		ATHLETIC MOBILITY		ATHLETIC MOBILITY		
	9:00am						BPCF
	9:15am	BPCF	BPCF	BPCF	BPCF	BPCF	
	12:00pm	BPCF	BPCF	BPCF	BPCF	BPCF	
	5:00pm	BPCF	BPCF	BPCF	BPCF		
	6:00pm	BPCF		BPCF			
<b>Endurance Edge</b>	5:15am					SWIM	
	5:30am	STRENGTH (PC)	SWIM	STRENGTH (PC) ROOKIE SWIM (POOL)	CORE (PC)		
	6:05am					YOGA	
	7:00am						SWIM
	8:00am						ROOKIE SWIM
	8:30am				RUN (PAC TRACK)		
	9:30am	SWIM			SWIM		
	5:30pm	EE STRENGTH		EE STRENGTH			
	6:00pm		SWIM		SWIM		

**Class times subject to change please see APP for most recent schedule.**

## Members Must Register for Specialty Training

You can register through the PAC APP or online.

### APP REGISTRATION

1. Download the Pelican Athletic Club APP (available on iPhones and Androids).
2. Once the download is complete, open the app and log in using your email and password. (If you do not have a password please email info@the pac.com)
3. Select the 3 parallel lines on the top left of your screen and Select "Classes".
4. Using the calendar scroll to the day your class takes place
5. Once the day is selected scroll down to find and select your class.
7. Select "sign up".
8. Select participants name.
9. Click "next" and then "confirm".

**Please be courteous to other members by unregistering if you can not attend.**

### TO UNREGISTER:

1. Find your class.
2. Select "Edit Registration".
3. Deselect the participant's name "x".
4. Select "unregister" to confirm.

### ONLINE REGISTRATION

1. Visit [www.pelican.clubautomation.com](http://www.pelican.clubautomation.com) and log in using your email and password (If you do not have a password please email info@thepac.com).
2. Click "Group Activities" on the menu bar on the left-hand side.
3. Here you are able to search by day or by class.

#### Search by Date:

1. Click "All Events" then Select "Fitness"
2. Select Date of Class and Click "Search Classes"
3. Scroll to find appropriate class then click "Sign Up"
4. Select name of the participant and click "Register"
5. You are now signed up for the class!

**OR**

#### Search by Class:

1. Select the "By Class" Tab
2. Click "All Events" then Select "Fitness"
3. Select the day of the week class is offered (optional) and Click "Search Classes"
4. Scroll to find appropriate class then click "Learn More"
5. Find the date of class click "Register"
6. You are now signed up for the class!

### TO UNREGISTER:

1. Click "Home" on the left-hand-side.
2. Under "My Events" located on the right-hand side you will see all upcoming registered events.
3. Find the class you would like to unregister for and select "unregister" and confirm.

**Please be courteous to other members by unregistering if you can not attend.**