

SPECIALTY TRAINING SCHEDULE

UPDATED SEPTEMBER 1, 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
BOXING	6:30pm	BOXING	BOXING	BOXING	BOXING		
BURN & BUILD	4:45am	METStrength		METStrength			
	5:30am	METStrength	BURN	METStrength	BURN/EE CORE	METStBurn 60 (5:30-6:30)	
	6:30am	METStrength	BURN	METStrength	BURN	BURN	
	7:30am	METStrength	BURN	METStrength	BURN	METStBurn 60 (7:30-8:30)	
	7:30am		TOTAL TENNIS TRAINING				
	8:00am						BURN
	9:00am	METStrength	BURN	METStrength	BURN	METStBurn 90 (9:00-10:30)	
	10:00am	METStrength	BURN	METStrength	BURN		
	12:30pm				Kettlebell Academy		
	5:30pm	METStrength	BURN	METStrength	BURN		
	5:30pm						
	5:30pm	Kettlebell Academy					
CROSSFIT	5:30am	BPCF	BPCF	BPCF	BPCF	BPCF	
	6:30am	BPCF	CROSSFIT ELEMENTS	BPCF	CROSSFIT ELEMENTS	BPCF	
	8:00am	BPCF	CROSSFIT ELEMENTS	BPCF	CROSSFIT ELEMENTS	BPCF	
	8:30am		ATHLETIC MOBILITY		ATHLETIC MOBILITY		
	9:00am						BPCF
	9:15am	CROSSFIT ELEMENTS	BPCF	CROSSFIT ELEMENTS	BPCF	BPCF	
	10:15am					Olympic Lifting	
	12:00pm	BPCF	BPCF	BPCF	BPCF	BPCF	
	4:00pm		CROSSFIT ELEMENTS		CROSSFIT ELEMENTS		
	5:00pm	CROSSFIT ELEMENTS	BPCF	CROSSFIT ELEMENTS	BPCF		
	6:00pm	BPCF		BPCF			
Endurance Edge	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
	9:30am		SWIM		SWIM		
	5:30pm	EE STRENGTH		EE STRENGTH			
	6:00pm		SWIM	RUN FHS TRACK	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 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.