

SPECIALTY TRAINING SCHEDULE May 2021

REGISTRATION REQUIRED - see back for details.

*Designates Outdoor Classes (Weather Permitting)

	MON	TUE	WED	THU	FRI	SAT
KO BOXING						
5:30AM	METSTR	BURN	METSTR	BURN	COMBO	
6:30AM	METSTR	BURN	METSTR	BURN	COMBO	
7:30AM	METSTR	BURN	METSTR	BURN	COMBO	
8:00AM						BURN
9:00AM	METSTR	BURN	METSTR	BURN *Outdoor	BURN 90 METSTR *Outdoor	
10:00AM	METSTR	BURN	METSTR	BURN *Outdoor		
5:30PM	METSTR		METSTR			
6:00PM		BURN		BURN		
ENDURANCE EDGE						
5:15 AM		EE SWIM				
5:30AM	EE STRENGTH		EE SWIM	EE BURN	EE SWIM	
7:00AM						EE SWIM
9:30AM		EE SWIM		EE SWIM		
5:30PM		EE SWIM				
6:00PM			EE TRACK (OFF-SITE)			
CROSS FIT						
5:30AM	BPCF	BPCF	BPCF	BPCF	BPCF	
6:30AM	BPCF	BPCF	BPCF	BPCF	BPCF	
8:00AM	BPCF		BPCF		BPCF	
9:00AM						BPCF
9:30AM	BPCF	BPCF	BPCF	BPCF	BPCF	
12:00PM	BPCF	BPCF	BPCF	BPCF	BPCF	
5:00PM	BPCF	BPCF	BPCF	BPCF		
PASS VARSITY						
3:30PM - 5:00PM	Varsity	Varsity	Varsity	Varsity		
PASS JV						
4:30PM - 5:30PM	JV		JV	JV		

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.
6. Select "sign up".
7. Select participants name.
8. Click "next" and then "confirm" to complete registration.

Please be courteous to other members by unregistering if you cannot attend.

TO UNREGISTER:

1. Find your class.
2. Select "Edit Registration"
3. Deselect the participants 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. Click "next" and then "confirm" to complete registration

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" to complete registration.

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 cannot attend.

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ATHLETIC CLUB