

# SPECIALTY TRAINING SCHEDULE **Sept. 6 - 10 2021**

REGISTRATION REQUIRED - see back for details.

	MON	TUE	WED	THU	FRI	SAT
<b>Burn &amp; Build</b>						
5:30AM		BURN	METSTR	BURN	COMBO	
6:30AM		BURN	METSTR	BURN	COMBO	
7:30AM		BURN	METSTR	BURN	COMBO	
8:00AM						BURN
9:00AM		BURN	METSTR	BURN	BURN 90 METSTR	
10:00AM		BURN	METSTR	BURN		
5:30PM			METSTR			
6:00PM		BURN		BURN		
<b>ENDURANCE EDGE</b>						
5:30AM		EE SWIM	EE SWIM Advanced EE STRENGTH	EE BURN	EE SWIM	
7:00AM						EE SWIM Advanced
11:00 AM		EE SWIM		EE SWIM		
6:00PM			EE TRACK (OFF-SITE)			
<b>CROSS FIT</b>						
5:30AM		BPCF	BPCF	BPCF	BPCF	
6:30AM		BPCF	BPCF	BPCF	BPCF	
8:00AM			BPCF		BPCF	
9:00AM						BPCF
9:30AM		BPCF	BPCF	BPCF	BPCF	
12:00PM		BPCF	BPCF	BPCF	BPCF	
5:00PM		BPCF	BPCF	BPCF		

## 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](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. 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.

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**PELICAN**  
ATHLETIC CLUB