

August 2022

SPECIALTY TRAINING CLASS SCHEDULE

REGISTRATION REQUIRED - check the back for details

| BURN & BUILD | MON | TUE | WED | THURS | FRI | SAT |
|----------------|-------------|---------|---------------------|---------|-----------------|------------------|
| 5:30 AM | METSTR | BURN | METSTR | BURN | COMBO | |
| 6:30 AM | METSTR | BURN | METSTR | BURN | COMBO | |
| 7:30 AM | METSTR | BURN | METSTR | BURN | COMBO | |
| 8:00 AM | | | | | | BURN |
| 9:00 AM | METSTR | BURN | METSTR | BURN | BURN30 & METSTR | |
| 9:45 AM | | | | | BURN30 | |
| 10:00 AM | METSTR | BURN | METSTR | BURN | | |
| 11:00 AM | | | SENIOR METSTR | | | |
| 5:30 PM | METSTR | | METSTR | | | |
| 6:00 PM | | BURN | | BURN | | |
| ENDURANCE EDGE | MON | TUE | WED | THURS | FRI | SAT |
| 5:30 AM | EE STRENGTH | EE SWIM | EE SWIM ADVANCED | EE BURN | EE SWIM | |
| 7:00 AM | | | | | | EE SWIM ADVANCED |
| 9:30 AM | | EE SWIM | | EE SWIM | | |
| 5:30 PM | | EE SWIM | | | | |
| 5:30 PM | | | EE TRACK (OFF-SITE) | | | |
| CROSS FIT | MON | TUE | WED | THURS | FRI | SAT |
| 5:30 AM | BPCF | BPCF | BPCF | BPCF | BPCF | |
| 8:30 AM | BPCF | | BPCF | | BPCF | |
| 9:00 AM | | | | | | BPCF |
| 9:30 AM | BPCF | BPCF | BPCF | BPCF | BPCF | |
| 12:00 PM | BPCF | BPCF | BPCF | BPCF | BPCF | |
| 5:00 PM | BPCF | BPCF | BPCF | BPCF | | |

Members Must Register for Specialty Training

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 classes on the bottom toolbar.
4. Once the day is selected scroll down to find and select your class. Then select "sign up".
5. Select the participant's name.
6. Click "Next" and then "confirm" to complete registration.
7. 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

SPECIALTY TRAINING CLASS DESCRIPTIONS

Brass Pelican CrossFit is a strength and conditioning program for all levels of fitness. Our program delivers a fitness program that is both broad and general. The class includes exercises to increase overall strength, cardiovascular strength, and flexibility to help develop superior fitness gains applicable to athletic and energetic daily living.

The workouts are designed to adapt to all individuals committed to working hard. Different weight loads, rest intervals, and exercises are used to help new participants adapt.

Burn & Build is comprised of two different classes designed to help build a strong metabolism. These classes turn the body into an efficient calorie furnace to help with strength, cardiovascular conditioning, balance, agility, and mobility.

- **Metabolic Strength** is the "Build" function of the program. The 45-60 minute classes are designed to build strength and increase the activity of lean muscle fibers. This in turn increases resting and active metabolic rates burning more calories even after the workout.
 - **Metabolic BURN** is a high-intensity workout with the primary purpose of burning calories in a single workout. The class enables some participants to BURN up to 900 calories in an hour.
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Endurance Edge is designed to develop efficient cardiovascular conditioning for all levels, abilities, and interests. Participants are either interested in competing in endurance events or doing different workouts to improve overall capacity.

- **Endurance Edge/FITSwim** Workouts consist of stroke technique development, conditioning, pacing, and efficient training in endurance and speed. Participants have the option of competing in Masters Swim meets.
- **Endurance Edge Strength** Workouts are designed to improve strength, core, balance, and overall muscle strength, alignment, and activation for endurance athletes. The benefits of strength training on endurance performance is indisputable.
- **Endurance Edge Speed** Supervised interval workouts for runners designed to improve speed in endurance events.