

# TOP 5 THINGS TO KNOW ABOUT CAMP

## 1. GO AT YOUR OWN PACE

CG is for all fitness levels. Do the best you can! Modifications for injuries, limitations or to intensify your workouts are available.

## 2. KNOW YOUR TRAINER

Get to know your all-star Trainer—they're your new BFF and accountability buddy. Each trainer is certified and here to help you reach your goals.

## 3. JOIN THE FAM

Stay positive and have fun! Camp Gladiator is all about making a connection and being part of a community. You are more likely to reach your goals with an accountability group. Ask your trainer about our BOLD membership to help keep you on track.

## 4. RAIN OR SHINE

We're trainin' even when it's rainin'! All locations have a covered, alternate location if needed. See the CG App for details.

## 5. EVERY WORKOUT IS DIFFERENT

No two workouts are the same. You are encouraged to go through the entire four week Camp cycle to experience the whole program.

CG TRAINING CYCLE  
EACH WEEK A NEW FOCUS BEGINS



Current Sessions at St. Brigid Catholic Community:

Tuesdays & Thursdays—5:15-6:15 pm & 6:30-7:30 pm