

## **Live Session Information 2019**

These sessions begin in week 3 of your programme.

For your information they run in Launceston on:

MONDAY, WEDNESDAY, FRIDAY (6:20am-7am)

TUESDAY, THURSDAY (6pm-6:40pm)

All of the sessions are at St Josephs school, St Stephens Hill. Please make sure when parking there that you don't block the buses in, that are parked in the car park. Take the main entrance that is on the left on the hill.

These are always there, unless you hear otherwise via a text in the event of bad weather. These text messages are sent out in advance of the session, normally around 5:30am on the morning sessions and during the afternoon of the evening sessions. Just keep an eye on the weather.

We do occasionally use other venues, including St Stephens Church Hall, just up the hill from St Josephs, Lifton Community Centre and my personal training studio in Lifton if the weather is bad enough in the evenings.

- St Josephs School address: St Joseph's School, Launceston, Cornwall PL15 8HN
- St Stephens Church Hall address: Roydon Road Launceston PL15 8JH
- Lifton Community Centre, Park Wood Rise, Lifton PL16 0LA
- Matt Luxton Health and Fitness Studio address: Tinhay Industrial Estate, Lifton, Devon, PL16 0AH.

During weeks 1-6 you will be given homework sessions, when you start the live sessions you only need to attend 3 live sessions per week. Don't stress if you can't just do your best.

### **Before Attending You Need To Follow These Steps:**

1. Medical Form and Disclaimer

<http://www.jotforme.com/blastfitness/newblastmemberform>

2. Please make sure you contact Carys (07792502181) (Fitness Camp Assistant coach) Simply send her a text with your full name included and a smile ☺ . Please also send a text to me (07841136302) just to ensure that I have your number.

3. You will also need to bring a water bottle and a mat.

4. You can attend any 3 sessions in a week, you don't need to book, and they can change each week.

That is it,

Matt