



Please note you should only attend the sessions on this sheet as recommended by your Live Active officer.

## Active Medlock

Gardenfold Way, Droylsden, M43 7XU Tel. 0161 370 3070

DAY	TIME	CLASS	
Monday	1.45-2.45pm	Supported gym session	Specialist session *
Tuesday	11.45-12.45pm	Supported gym session	Specialist session *
Tuesday	12.30-1.30pm	Strength and balance	Specialist session
Tuesday	1.00-2.00pm	Supported Swim session	Supported session
Thursday	12.30-1.30pm	BACPR Circuit class	Specialist session
Thursday	2.30-3.30pm	Tai Chi	Specialist session
Thursday	3.00-4.00pm	Supported gym session	Specialist session *

Independent maintenance gym sessions - Independent swim sessions 1.00-2.00pm Thursday-Friday				
Monday		11.45-12.45pm		3.45-4.45pm
Tuesday	9.45-10.45am		1.45-2.45pm	3.45-4.45pm
Wednesday				3.00-4.00pm
Thursday			1.00-2.00pm swim	
Friday			1.00-2.00pm swim	3.00-4.00pm

## Active Oxford Park

Pottinger Street, Ashton-under-Lyne, OL7 0PW Tel. 0161 830 0508

DAY	TIME	CLASS	
Monday	12.15-1.15pm	BACPR Circuit class	Specialist session
Monday	2.00-3.00pm	Tai Chi	Specialist session
Tuesday	12.00-1.00pm	Supported gym session	Specialist session *
Tuesday	12.15-1.15pm	BACPR Circuit class	Specialist session
Tuesday	1.45-2.45pm	Strength and balance	Specialist session
Wednesday	10.30-11.30am	Supported gym session	Specialist session *
Thursday	2.00-3.00pm	Tai Chi	Specialist session
Friday	12.00-1.00pm	Supported gym session	Specialist session *

Independent maintenance gym sessions				
Monday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	1.30-2.30pm
Tuesday	9.00-10.00am	10.30-11.30am		1.30-2.30pm
Wednesday	9.00-10.00am		12.00-1.00pm	1.30-2.30pm
Thursday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	1.30-2.30pm
Friday	9.00-10.00am	10.30-11.30am		1.30-2.30pm



## Active Ken Ward

Hattersley Road East, Hattersley, SK14 3NL Tel. 0161 366 5545

	TIME	CLASS	
Monday	12.10-1.10pm	Strength and balance	Specialist session
Monday	1.40-2.40pm	BACPR Circuit class	Specialist session
Tuesday	10.30-11.30am	Supported gym session	Specialist session *
Wednesday	11.10-12.10pm	Back Care class	Specialist session
Wednesday	12.00-1.00pm	Supported gym session	Specialist session *
Thursday	11.10-12.10pm	Tai Chi	Specialist session
Thursday	1.30-2.30pm	Supported gym session	Specialist session *

Independent maintenance gym sessions				
Monday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	1.30-2.30pm
Tuesday	9.00-10.00am		12.00-1.00pm	1.30-2.30pm
Wednesday	9.00-10.00am	10.30-11.30am		1.30-2.30pm
Thursday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	
Friday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	1.30-2.30pm

- **Supported gym sessions \*** Supported gym sessions provide ongoing specialist support from a member of the Live Active team. All participants will have a one to one gym programme set by a Live Active officer before using the gym
- The specialist classes are sessions you should expect to attend for a period of 12 to 24 weeks before alternative sessions will be recommended
- It will be down to the instructor's discretion as and when you are ready to progress out of the specialist classes either onto our maintenance sessions or possibly those on the mainstream timetable if appropriate

### Current activity prices:

Pay as you go/ Gym Session or classes - **£3.50**

Swim - **£2**

*Includes all supported and independent gym and swim sessions on this timetable only.*

All-inclusive membership direct debit - **£17.50pm**

*Includes all sessions on this timetable only.  
Excludes PT sessions & Crèche.*

Gym & swim **off peak** membership direct debit - **£10.00**

*Off peak – includes all supported and independent gym and swim sessions on this timetable only.*

**All memberships stated above have access to Active Medlock, Active Oxford Park and Active Ken Ward only. These sites are only available at times specified on this timetable.**

### Live Active Office:

Callan - 0161 366 4860

[liveactive@activetameside.com](mailto:liveactive@activetameside.com)

### Live Active Manager:

Pete - 07715655088

### Live Active Specialist Lifestyle Advisors:

Rick - 07738498438

Andy - 07525131000

Chelsea - 07860802974

Jenny - 07710715555

Sarah - 07872151420

Phil - 07542683666