



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

Active Oxford Park

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

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

Active Ken Ward

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

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	Supported session	12.00-1.00pm	1.30-2.30pm
Wednesday	9.00-10.00am	10.30-11.30am	Supported session	1.30-2.30pm
Thursday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	Supported session
Friday	9.00-10.00am	10.30-11.30am	12.00-1.00pm	1.30-2.30pm

Tuesday	1.30-2.30pm	Exercise for Arthritis	3rd November to 15th December
Friday	11.30-12.30pm	Exercise for Arthritis	6th November to 18th December

Active Oxford Park

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

DAY	TIME	CLASS
Monday	12.00-1.00pm	Indoor Kurling
Monday	1.30-2.30pm	Indoor Kurling
Wednesday	1.30-2.30pm	Indoor Kurling



LIVE ACTIVE

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 - **£17.50**

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.

Off peak times: gym/swim Mon-Fri 9.00-4.00pm/Sat-Sun 1.00-4.00pm

All sessions must be pre-booked via the Active Tameside website; www.activetameside.com or via the app. Alternatively, please contact the Live Active office; **0161 366 4860**.

With our FREE app it's never been easier to find everything you need to make the most out of your time at Active Tameside centres.



Live Active Office:

Callan - 0161 366 4860

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