



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

Active Medlock

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

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

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	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

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

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	From 2 nd NOV
Monday	1.30-2.30pm	Indoor Kurling	From 2 nd NOV
Wednesday	1.30-2.30pm	Indoor Kurling	From 4 th NOV



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 Active Tameside 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 our Active Tameside centres and attractions.



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

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