



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**

DAY	TIME	CLASS	
Monday	12.00-1.00pm	Supported gym session	Specialist session *
Monday	12.15-1.15pm	Low Intensity 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	Cardiac Rehab class	Specialist session
Tuesday	1.45-2.45pm	Strength and balance	Specialist session
Wednesday	10.30-11.30am	Supported gym session	Specialist session *
Thursday	12.00-1.00pm	Low Intensity Circuit class	Specialist session *
Thursday	1.30-2.30pm	Supported gym session	Specialist session *
Thursday	2.00-3.00pm	Tai Chi	Specialist session
Friday	12.00-1.00pm	Supported gym session	Specialist session *
Friday	12.30-1.30pm	Cardiac Rehab class	Specialist session

Active Hyde Walker Lane, Hyde, SK14 5PL **Tel. 0161 368 4057**

DAY	TIME	CLASS	
Thursday	3.30-4.15pm	Supported swim session	Specialist session
Wednesday	12.00-12.30pm	Water Workout class	Specialist session

Active Ken Ward Hattersley Road East, Hattersley, SK14 3NL **Tel. 0161 366 5545**

DAY	TIME	CLASS	
Monday	12.10-1.10pm	Strength and balance	Specialist session
Monday	1.40-2.40pm	Cardiac Rehab class	Specialist session
Tuesday	10.30-11.30am	Supported gym session	Specialist session *
Wednesday	11.10-12.10pm	Low Intensity Circuit 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 *



LIVE ACTIVE

Tameside Wellness Centre

Lance Corporal Andrew Breeze Way, Denton, M34 3RD
Tel. 0161 260 1190

DAY	TIME	CLASS	
Tuesday	12.00-1.00pm	Tai Chi	Specialist session
Tuesday	1.30-2.30pm	Tai Chi	Specialist session

- Supported gym sessions provide ongoing specialist support from a member of the Live Active Team. All participants will have a 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.
- It is at 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 sessions 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

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

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.

