



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

DAY	TIME	CLASS	
Tuesday	11.45-12.45pm	Supported Gym session	Specialist session *
Tuesday	12.30-1.30pm	Strength and Balance	Specialist session
Thursday	12.30-1.30pm	Cardiac Rehab class	Specialist session
Thursday	2.30-3.30pm	Low Intensity Circuit class	Specialist session
Thursday	3.00-4.00pm	Supported gym session	Specialist session *

## Active Oxford Park

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

DAY	TIME	CLASS	
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	2.00-3.00pm	Tai Chi	Specialist session
Friday	12.00-1.00pm	Supported gym session	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 (Start 28 <sup>th</sup> OCT)

## 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 Denton

Lance Corporal Andrew Breeze Way, Denton, M34 3RD

Tel. 0161 260 1190

DAY	TIME	CLASS	
Tuesday	2.00-3.00pm	Tai Chi	Specialist session (From 20 <sup>h</sup> OCT)
Friday	1.30-2.30pm	Tai Chi	Specialist session (From 23 OCT)
Tuesday	12.00-1.00pm	Low Intensity Circuit Class	Specialist session (From 3 <sup>rd</sup> NOV)
Tuesday	1.30-2.30pm	Cardiac Rehab class	Specialist session (From 3 <sup>rd</sup> NOV)

- 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 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](http://www.activetameside.com), app or by contacting Live Active office; **0161 366 4860**.

**With our brand new, 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](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