



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

Active Ashton

Water Street, Ashton-under-Lyne, OL6 7AN Tel. 0161 330 1179

DAY	TIME	CLASS	
Wednesday	10.00-11.00am	Supported gym session	Specialist session
Friday	10.00-11.00am	Supported gym session	Specialist session

Active Hyde

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

DAY	TIME	CLASS	
Wednesday	11.45-12.45pm	Supported gym session	Specialist session
Thursday	1.30-2.30pm	Supported gym session	Specialist session

Active Ken Ward

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

DAY	TIME	CLASS	
Tuesday	10.45-11.45am	Supported gym session	Specialist session
Thursday	10.45-11.45am	Supported gym session	Specialist session

Tameside Wellness Centre in Denton

Lance Corporal Andrew Breeze Way, Denton, M34 3RD

Tel. 0161 2601190

DAY	TIME	CLASS	
Tuesday	11.30-12.30pm	Supported gym session	Specialist session
Thursday	1.15-2.15pm	Supported gym session	Specialist session

Active Copley

Huddersfield Road, Stalybridge, SK15 3ET Tel. 0161 303 8118

DAY	TIME	CLASS	
Tuesday	09.45-10.45am	Supported gym session	Specialist session
Thursday	11.30-12.30pm	Supported gym session	Specialist session

Active Medlock

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

DAY	TIME	CLASS	
Tuesday	11.00-12.00pm	Supported gym session	Specialist session
Thursday	1.00-2.00pm	Supported gym session	Specialist session



LIVE ACTIVE

Live Active Office:

Callan - 0161 366 4860

liveactive@activetameside.com

Live Active Manager:

Chelsea - 07860802974

Live Active Specialist Lifestyle Advisors:

Rick - 07738498438

Andy - 07525131000

Jenny - 07710715555

Sarah - 07872151420

Phil - 07542683666

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 via the app or by contacting the Live Active office on **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.

