



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	
MON	1.00-2.00pm	Tai Chi	Specialist session (Jenny)
TUES	1.30-2.30pm	Low Intensity Circuit Class	Specialist session (Sarah)
WEDS	10.00-11.00am	Supported Gym Session	Specialist session (Aiden)
WEDS	12.45-1.45pm	Strength and Balance Class	Specialist session (Phil)
FRI	10.00-11.00am	Supported Gym Session	Specialist session (Aiden)

## Active Hyde

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

DAY	TIME	CLASS	
MON	10.30-11.30am	Strength and Balance Class	Specialist session (Sarah)
TUES	12.45-1.45pm	Low Intensity Circuit Class	Specialist session (Phil)
WEDS	10.15-10.45am	Water Workout Class	Specialist session (Jenny) (Jun 7 <sup>th</sup> START)
WEDS	11.45-12.45pm	Supported Gym Session	Specialist session (Aiden)
THURS	1.30-2.30pm	Supported Gym Session	Specialist session (Phil)

## Active Ken Ward

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

DAY	TIME	CLASS	
MON	12.30-1.30pm	Low Intensity Circuit Class	Specialist session (Phil)
TUES	10.45-11.45am	Supported Gym Session	Specialist session (Sarah)
THURS	9.30-10.15am	Low Impact Aerobics	Specialist session (Sarah)
THURS	10.45-11.45am	Supported Gym Session	Specialist session (Sarah)

## Tameside Wellness Centre Denton

Lance Corporal Andrew Breeze Way, Denton, M34 3RD

Tel. 0161 2601190

DAY	TIME	CLASS	
TUES	11.30-12.30pm	Supported Gym Session	Specialist session (Jenny)
TUES	2.15-3.15pm	Strength and Balance Class	Specialist session (Jenny)
WEDS	1.30-2.30pm	Cardiac Rehab Class	Specialist session (Andy)
THURS	1.15-2.15pm	Supported Gym Session	Specialist session



# LIVE ACTIVE

## Active Copley

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

DAY	TIME	CLASS	
MON	2.30-3.30pm	Cardiac Rehab Class	Specialist session (Andy)
TUES	09.45-10.45am	Supported Gym Session	Specialist session (Andy)
TUES	1.00-2.00PM	Strength and Balance Class	Specialist session (Andy)
THURS	11.30-12.30pm	Supported Gym Session	Specialist session (Andy)

## Active Medlock

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

DAY	TIME	CLASS	
TUES	11.00-12.00pm	Supported Gym Session	Specialist session (Aiden)
THURS	1.00-2.00pm	Supported Gym Session	Specialist session (Sarah)
TBC	TBC	Low Intensity Circuit Class	Specialist session

### Live Active Office

Callan - 0161 366 4860

[liveactive@activetameside.com](mailto:liveactive@activetameside.com)

### Live Active Manager

Chelsea - 07860802974

### Live Active Specialist Lifestyle Advisors

Andy - 07525131000

Jenny - 07710715555

Phil - 07542683666

## Current activity prices

Pay as you go gym session or class - **£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 9.00am-4.00pm/Sat-Sun 1.00pm-4.00pm*

All sessions must be pre-booked via the Active Tameside app or website: [www.activetameside.com](http://www.activetameside.com)  
or by contacting 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 centres.**

