



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	Level Intensity Circuit Class	Specialist session (Matt)
WEDS	10.00-11.00am	Supported gym session	Specialist session (Matt)
WEDS	12.45-1.45pm	Strength and balance class	Specialist session (Jenny)
FRI	10.00-11.00am	Supported gym session	Specialist session (Matt)

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 (Katy)
TUES	12.45-1.45pm	Low Intensity Circuit Class	Specialist session (Katy)
WEDS	10.15-10.45am	Water Workout Class	Specialist session (Jenny) <i>Term-time only</i>
WEDS	12.15-1.15pm	Supported gym Session	Specialist session (Katy)
WEDS	2.00-3.00pm	Supported swim session	Maintenance session (Katy) <i>School Holiday time only</i>
THURS	1.30-2.30pm	Supported gym Session	Specialist session (Katy)

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 (Sarah)
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	11.00-12.00pm	Supported gym session	Specialist session (Jenny)
TUES	2.15-3.15pm	Strength & 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 (Jenny)



LIVE ACTIVE

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

	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	Back Care class	Specialist session (Andy)
THURS	11.00-12.00pm	Supported gym session	Specialist session (Andy)

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

	TIME	CLASS	
TUES	11.00-12.00pm	Supported gym session	Specialist session (Matt)
THURS	1.00-2.00pm	Supported gym session	Specialist session (Matt)
THURS	11.30-12.30pm	Low Intensity Circuit class	Specialist session (Matt)

Live Active Office:

Callan - 0161 366 4860

liveactive@activetameside.com

Live Active Manager:

Chelsea - 07860802974

Senior Live Active Officers:

Andy - 07525131000

Jenny - 07710715555

Katy - 07395325948

Live Active Officers:

Matt - 07738498438

Sarah - 07872151420

Aiden - 07715655088

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 Off Peak times Gym/Swim Mon-Fri 9.00-4.00pm/Sat-Sun 1.00-4.00pm

All sessions must be pre-booked via Active Tameside website

www.activetameside.com

Or via App. Or by contacting live Active office **0161366 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.

