



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 (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	10.15-11.00am	Water Workout Class -30mins instructor led sessions, 15mins free swim time	Specialist session (Jenny) <i>Term-time Leisure pool / School Holidays – Tank Pool.</i>
WEDS	12.15-1.15pm	Supported gym Session	Specialist session (Katy)
THURS	1.30-2.30pm	Supported gym Session	Specialist session (Katy)

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

	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)



# LIVE ACTIVE

**Tameside Wellness Centre Denton**  
Tel. 0161 2601190

Lance Corporal Andrew Breeze Way, Denton, M34 3RD

DAY	TIME	CLASS	
MON	9.00 – 9.45AM	Water Wellness Session	Specialist Session (Jenny) Starts on 06/09
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	Low Intensity Circuit Class (Cardiac Friendly)	Specialist session (Andy)
THURS	1.15-2.15pm	Supported gym session	Specialist session (Jenny)
FRI	9.40-10.25am	Water Wellness session	Specialist session (Jenny) From 06/08-27/08

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

	TIME	CLASS	
MON	2.30-3.30pm	Low Intensity Circuit class (Cardiac Friendly)	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

**Live Active Office:**

Callan - 0161 366 4860

[liveactive@activetameside.com](mailto: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](http://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.**

