



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)



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)
TUES	09.45-10.45am	Supported gym session
TUES	1.00-2.00PM	Back Care class
THURS	11.00-12.00pm	Supported gym session

Active Medlock	Gardenfold Way, Droylsden, M43 7XU	Tel. 0161 370 3070
TIME	CLASS	
TUES	11.00-12.00pm	Supported gym session
THURS	1.00-2.00pm	Supported gym session

**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.

