



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	11.30-12.30pm	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)

**Active Oxford Park** Pottinger St, Ashton-Under-Lyne, OL7 0PW Tel. 0161 830 0508

	TIME	CLASS	
MON	1.30-2.30pm	Supported gym session	Specialist session (Reale)
FRI	10.30-11.30am	Low Intensity Circuit class	Specialist session (Reale)
FRI	12.30-1.30pm	Supported gym session	Specialist session (Reale)



# LIVE ACTIVE

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

Lance Corporal Andrew Breeze Way, Denton, M34 3RD

DAY	TIME	CLASS	
MON	9.30 – 10.15AM	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)

Aiden - 0161 366 4860

## Live Active Manager:

Chelsea - 07860802974

## Senior Live Active Officers:

Andy - 07525131000

Jenny - 07710715555

Katy - 07395325948

Reale - 07715655088

## Live Active Officers:

Matt - 07738498438

Sarah - 07872151420

## Community Development Officer

Lisa - 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 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.**



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[activetameside.com](http://activetameside.com)