



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 (Katy) <i>Term-time Leisure pool / School Holidays – Tank Pool.</i>
WEDS	12.15-1.15pm	Supported gym Session	Specialist session (Katy)
WEDS	4.00-4.45pm	Live Active Cardio Workout Class	Specialist session (Jake) starting 10 <sup>th</sup> Nov
THURS	9.30-10.15am	Low Impact Aerobics	Maintenance session (Katy)
THURS	10.30-11.15am	Live Active Strength & Shape Workout Class	Specialist session (Jake) starting 11 <sup>th</sup> Nov
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	10.30-11.30am	Supported gym session	Specialist session (Sarah)

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

DAY	TIME	CLASS	
MON	1.30-2.30pm	Supported gym session	Specialist session (Reale)
MON	3.30-4.15pm	Live Active Cardio Workout class (Ladies Only)	Specialist Session (Reale) starting 8 <sup>th</sup> Nov



<b>FRI</b>	<b>10.30-11.30am</b>	<b>Low Intensity Circuit class</b>	<b>Specialist session (Reale)</b>
FRI	12.30-1.30pm	Supported gym session	Specialist session (Reale)

**Tameside Wellness Centre Denton** Lance Corporal Andrew Breeze Way, Denton, M34 3RD  
Tel. 0161 2601190

DAY	TIME	CLASS	
<b>MON</b>	<b>9.30 – 10.15AM</b>	<b>Water Wellness Session</b>	<b>Specialist Session (Jenny)</b>
TUES	11.00-12.00pm	Supported gym session	Specialist session (Jenny)
<b>TUES</b>	<b>2.15-3.15pm</b>	<b>Strength &amp; Balance Class</b>	<b>Specialist session (Jenny)</b>
<b>TUES</b>	<b>4.00-4.45pm</b>	<b>Live Active Strength &amp; Shape Workout Class</b>	<b>Specialist session (Reale) starting 9<sup>th</sup> Nov</b>
<b>WEDS</b>	<b>1.30-2.30pm</b>	<b>Low Intensity Circuit Class (Cardiac Friendly)</b>	<b>Specialist session (Andy)</b>
THURS	1.15-2.15pm	Supported gym session	Specialist session (Jenny)
FRI	2.00-3.00pm	Supported gym session (Weight management)	Specialist session (starting from 19 <sup>th</sup> Nov)

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

	TIME	CLASS	
TUES	09.45-10.45am	Supported gym session	Specialist session (Andy)
<b>TUES</b>	<b>1.00-2.00PM</b>	<b>Back Care class</b>	<b>Specialist session (Andy)</b>
THURS	11.00-12.00pm	Supported gym session	Specialist session (Andy)
<b>THURS</b>	<b>12.30-13.30pm</b>	<b>Low Intensity Circuit class (Cardiac Friendly)</b>	<b>Specialist session (Andy)</b>

**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)
<b>THURS</b>	<b>11.30-12.30pm</b>	<b>Low Intensity Circuit class</b>	<b>Specialist session (Matt)</b>



# 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 **(Tier 2 Weight Management)**

Jake - 07542847741 **(Tier 2 Weight Management)**

### 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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