



#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
TUES	1:30-2:30pm	Low Intensity Circuit Class
WEDS	9:45-11:00am	Supported gym session
FRI	1:00-2:00pm	Strength and balance class
FRI	9:45-11:00am	Supported gym session

Active Hyde Walker Lane, Hyde, SK14 5PL Tel. 0161 368 4057

DAY	TIME	CLASS
MON	11:30-12:30pm	Strength and balance class
WEDS	10:15-11:00am	Water Workout Class 30mins instructor led sessions, 15mins free swim time
WEDS	11:45-1:00pm	Supported gym Session
FRI	11:45-1:00pm	Supported gym Session
FRI	1:15-2:15pm	Low Intensity Circuit Class

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

DAY	TIME	CLASS
MON	10:45-12:00pm	Supported Gym Session
MON	12:30-1:30pm	Low Intensity Circuit Class

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

DAY	TIME	CLASS
FRI	10:30-11:30am	Low Intensity Circuit class
FRI	11:30-12:30pm	Tai Chi for Falls & Arthritis



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
TUES	10:45-12:00pm	Supported gym session
TUES	2:15-3:15pm	Strength & Balance Class
WEDS	1:30-2:30pm	Low Intensity Circuit Class
THURS	12:45-2:00pm	Supported gym session
FRI	9:00 – 9:45am	Water Wellness Session

Active Copley

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

	TIME	CLASS
TUES	1:00-2:00pm	Back Care class
Weds	1:15-2:30pm	Supported Gym Session
THURS	12:30-13:30pm	Low Intensity Circuit class
Fri	10:45-12:00pm	Supported Gym Session

Active Medlock

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

	TIME	CLASS
MON	10:45-12:00pm	Supported gym session
THURS	12:45-2:00pm	Supported gym session
THURS	11:30-12:30pm	Low Intensity Circuit class

Live Active Office:

Callan - 0161 366 4860

liveactive@activetameside.com

Useful numbers

Andy 07525131000

Jenny 07710715555

Reale 07715655088

Rick 07542847741

Matt 07706357084

Sarah 07872151420

Lisa 07395325948

Current activity prices:

Pay as you go/ Gym Session or classes - **£3.70**

Swim - **£2.10**

Includes all supported gym sessions.

All-inclusive membership direct debit - £17.50

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