**#Please note you should only attend sessions on this sheet as recommended by your Live Active Officer.**

 **Specialist**

**Timetable**

April 2025

 2024

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

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

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

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| --- | --- | --- |
|  | **TIME** | **CLASS** |
| MON | 11:00-12:00pm | 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**

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|  | **TIME** | **CLASS** |
| **FRI** | **10:00-11:00am** | **Low Intensity Circuit class** |
| **FRI** | **11:00-12:00pm** | **Tai Chi for Falls & Arthritis** |
| **FRI** | **12pm-1pm** | **Strength & Balance**  |

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

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| **DAY** | **TIME** | **CLASS** |
| **MON** | **9:30 – 10:15am** | **Water Wellness Session** |
| TUES | 11:00-12:00pm | Supported gym session |
| **TUES** | **2:15-3:15pm** | **Strength & Balance Class** |
| **WEDS** | **11.20pm-12.05pm** | **Tai Chi for Falls & Arthritis**  |
| **WEDS** | **1:30-2:30pm** | **Low Intensity Circuit Class** |
| THURS | 1:00-2:00pm | Supported gym session |
| **FRI** | **9:00 – 9:45am** | **Water Wellness Session** |

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

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| --- | --- | --- |
|  | **TIME** | **CLASS** |
| **TUES** | **1:00-2:00pm** | **Back Care class** |
| Weds | 1:30-2:30pm | Supported Gym Session |
| **Thurs** | **9.10-9.55** | **Low intensity Aqua fit** |
| **THURS** | **12:30-13:30pm** | **Low Intensity Circuit class** |
| **Fri** | **12.45-1.45pm** | **Stay Steady class (Falls Prevention)**  |
| Fri | 11:00-12:00pm | Supported Gym Session |

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

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| --- | --- | --- |
|  | **TIME** | **CLASS** |
| TUES | 10:45-11:45am | Supported gym session |
| **TUES** | **12.00-1.00PM** | **Strength & Balance Class** |
| **THURS** | **12.30-1.30pm** | **Low Intensity Circuit Class**  |
| THURS | 11:15-12:15pm | Supported gym session |

**Live Active Office:**

0161 366 4860

liveactive@activetameside.com

**Useful numbers**

Chelsea 07860802974

Reale 07715655088

Matt 07706357084

Claire 07395325948

Jenny 07923446391

Alison 07710715555

Liza 07923446387

Lianne 07563245978

Shivani 07525131000

**Current activity prices:**

Pay as you go/ Gym Session -**£5.86**/

Classes - **£4.94** /Spa - **£5.16**/ Swim - **£3.32**

*Includes all supported gym sessions.*

**All-inclusive membership direct debit** - **£22.50**

*Excludes PT sessions & Crèche.*

**Gym & swim off peak membership direct debit - £14.00**

*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*

*\*Please note that the discounted membership is for a period of time, dependent on risk factors.*