LIVE ACTIVE

Specialist Timetable

April 2026

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

Active Hyde

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

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	**12:15-1:15pm**	**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**

	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**

	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

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**

LIVE ACTIVE

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

	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**

	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
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Useful numbers
Jenny 07923446391
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Liza 07923446387
Lianne 07563245978
Shivani 07525131000

Current activity prices:
Pay as you go/ Gym Session -**£6.42**/
Classes - **£5.41** /Spa - **£5.65**/ Swim - **£3.64**
Includes all supported gym sessions.

All-inclusive membership direct debit - £24.66
Excludes PT sessions & Crèche.

Gym & swim off peak membership direct debit - £15.34
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.*

ACTIVE TAMESIDE

activetameside.com