



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 & 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
WEDS	14:15-15:00pm	Breathe Better, Get Together Class
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 Tel. 0161 2601190

Lance Corporal Andrew Breeze Way, Denton, M34 3RD

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

liveactive@activetameside.com

Useful numbers

Chelsea 07860802974

Jenny 07923446391

Rick 07715655088

Matt 07706357084

Claire 07395325948

Alison 07710715555

Liza 07923446387

Lianne 07563245978

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.*