



Walk and talk - all walks free.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00 am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). (Volunteer led)
Denton	Tuesday	10.00 am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) (Volunteer led)
Ashton	Wednesday	10.00 am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) (Volunteer led)
Mossley	Thursday	10:00 am	New Bridge Inn, Micklehurst Rd, Mossley, OL5 9HT (Carpark) (Volunteer led)
Stamford Park	Friday	10.00 am	Stamford Park, Stalybridge, SK15 1NJ. (Meet at the bowling hut) (Volunteer led)
Women's only walk & talk	Tuesday	10.00 am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW Liza – 07923446387

Contact the Live Active for further details - 0161 366 4860 liveactive@activetameside.com
Advisable to contact to confirm the walk is on (Inclement weather, etc).

Active morning Sessions £3.50 per person or included in Live Active all-inclusive membership.

Social and active sessions - low-intensity chair-based exercise. E.g. seated Dance, Tai Chi & exercises promoting Strength and Balance. Followed by a social in the café area.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Copley	Thursday	10.30 am- 12.00 pm	Huddersfield Rd, Stalybridge, SK15 3ET. Tel: 0161 303 8118

Community Indoor Bowling- £3.00 per person for the session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Wellness Centre - Denton	Monday	1.00 pm- 2.30 pm	Lance Corporal Andrew Way, Denton, M34 3RD Live Active – 0161 366 4860 Liveactive@activetameside.com



LIVE ACTIVE

Couch To 5K - £20.00 per person for 10 sessions

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track,	Wednesday	5:45 pm-6:45 pm	Richmond Street Ashton. Next course that starts: 9th September 2026 Email: https://www.activetameside.com/couch-to-5k/ for the registration form. Further details 0161 366 4860 liveactive@activetameside.com

Cycle Circuit Session £3.50 per person or included in Live Active all-inclusive membership.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Cycle Circuit	Monday	12:00 pm-1:00 pm	Richmond Street, Ashton-Under-Lyne, OL7 9HG Tel. 0161 366 486

Everyone's Game Football Sessions- £2 per person for the session.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Ken Ward	Wednesday	11:00 am-12:00 pm	Walking Football (all ages/abilities). Hattersley Rd East, Hyde, SK14 3NL 0161 366 5545

Indoor Kurling

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Wednesday	11:30 am-12:30 pm	Pottinger St, Ashton-Under-Lyne, OL7 0PW Tel: 0161 830 0508 £3.50 or included in Live Active all-inclusive membership.

Tai Chi

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Wellness Centre	Every second Friday of the month	10:30 am-11:15 am	Lance Corporal Andrew Breeze Way, Denton, M34 3RD Tel:- 01612601190 Free session

For more information regarding the sessions please contact Live Active on 0161 366 4860 or email liveactive@activetameside.com.