LIVE ACTIVE

Community Timetable Sept 2026

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, SK151NJ. (Meet at the bowling hut) **(Volunteer led)**
Women's only walk & talk	Tuesday	11.00 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

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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.

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