

**Stockport &  
SE Manchester**



# Exercise Classes

## Gym



**Location:** Seashell, Dockray Building, Stockport, SK8 6RQ  
<https://w3w.co/grades.wipes.follow>

**Day & Time:** Thursdays 19.30 - 20.30

**Booking: Email:** [Damien.Earnshaw@seashelltrust.org.uk](mailto:Damien.Earnshaw@seashelltrust.org.uk)

## Aquacise / Free Swim

**Location:** Seashell, Moulding Foundation Building, Stockport, SK8 6RQ <https://w3w.co/grades.wipes.follow>

**Day & Time:** Wednesdays 18.30 - 19.30

**Booking: Email:** [Damien.Earnshaw@seashelltrust.org.uk](mailto:Damien.Earnshaw@seashelltrust.org.uk)

## Pilates

**Location:** Life Leisure, Houldsworth Village, Broadstone Road, Reddish, SK5 7AT <https://w3w.co/editor.wins.focal>

**Day & Time:** Fridays 14:00 - 14:45

**Booking: Online**

<https://lifeleisure.legendonlineservices.co.uk/>

**or call 0161 443 4090**

