

# Nuffield Health Fitness & Wellbeing Centre, St Albans

## Address

Nuffield Health Fitness & Wellbeing Centre  
Highfield Park Drive  
St Albans  
Hertfordshire  
AL4 0AH

Telephone: 01727 816 100  
www.nuffieldhealth.com

Parking, including disabled parking, is available at the facility.

## Directions by car

### From M25 Junction 21A

Take 1st exit towards St. Albans.

At the next roundabout with the Noke Hotel on the left take 2nd exit A405.

At the next roundabout take 2nd exit to St. Albans.

At the next roundabout take 3rd exit to Hatfield A414.

Proceed along dual carriageway past Ayletts Nurseries and at next roundabout take 1st exit A1081 London Road to St. Albans.

\* At next roundabout turn right into Highfield Park Drive and take 1st left into the car park.

### From M25 D Junction 22 (Anticlockwise)

Proceed towards St. Albans.

At the 1st roundabout (MacDonalds) take 3rd exit A1081 to St. Albans.

At next very large roundabout take 3rd exit A1081 London Road to St. Albans.

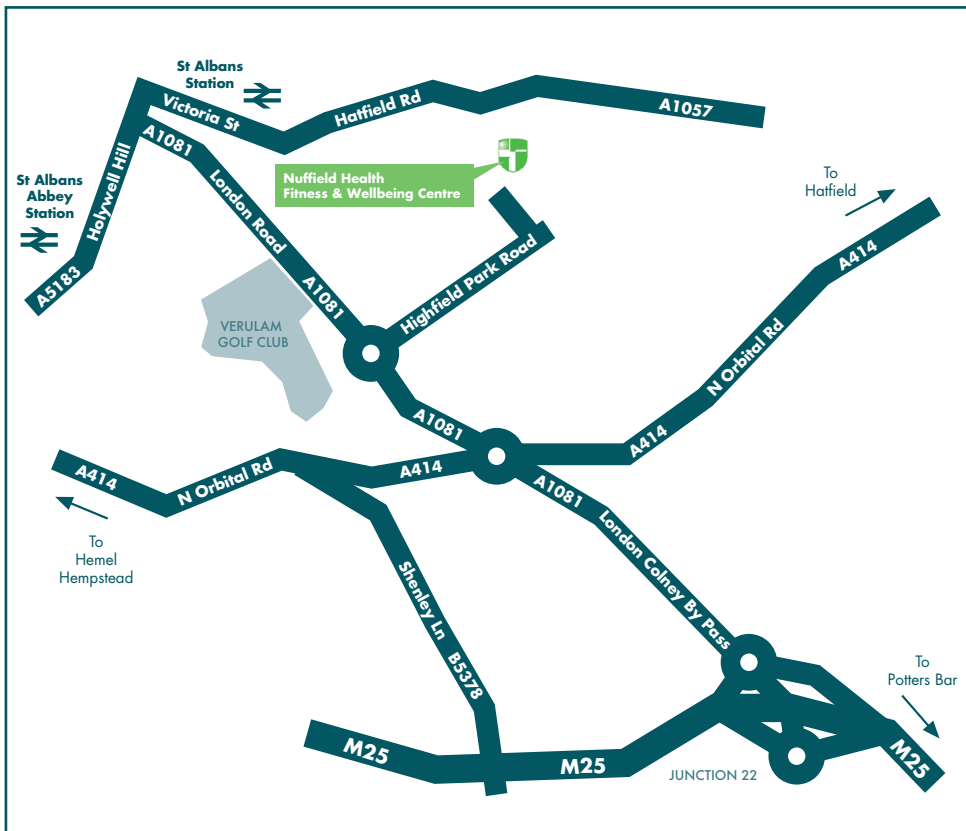
\* See directions from J21A

### From M25 D Junction 22 (Clockwise)

Proceed towards St. Albans. At the 1st roundabout with MacDonalds on the right take 2nd exit.

At next very large roundabout take 3rd exit A1081 London Road to St. Albans.

\* See directions from J21A



## Our Facilities

### Shower Facilities

Shower facilities and towels are available.

### Test Results

You will usually be able to get your blood test results by the end of your assessment.

### Mammograms

Mammograms are not available within this facility.

## Other health club services

Your health assessment is being delivered from our Health Clinic located within our Fitness & Wellbeing Centre. We'd like to offer you a free health club pass so that you can enjoy the facilities while you're here. You can workout in our fully equipped gym, try an exercise class, enjoy a swim or relax in the steam room. We just ask that you avoid strenuous exercise before your health assessment, as it may affect some of the test results.

- Health Events & Seminars
- Nuffield Accredited Senior Wellbeing Advisors
- Complimentary Towels
- Personal Training
- 2 Swimming Pools
- £2.2 million Refurbishment
- New CV Equipment
- New Spinning Area
- New Personal Training Area
- Fitness Classes
- Relaxation Spa, Sauna & Steam Rooms
- 6 Squash Courts
- OFSTED Crèche & Nursery Facilities 7 Days a Week
- Licensed Café, Bar and Lounge
- Private Locker Hire Available
- Fantastic Junior Timetable

Enjoy one day free at a Nuffield Health Fitness & Wellbeing Centre of your choice, on us.\*

Name:

Reception to complete

Initials:

Valid until:

Source: Health assessment referral

Campaign: Free pass

\* This offer is only applicable to non-chargeable facilities. ID will need to be provided for use of this invitation. Only one invitation per person. Valid up to 4 weeks after your health assessment. Terms and conditions apply.