

Nuffield Health Fitness & Wellbeing Centre, Reading

Address

Nuffield Health Fitness & Wellbeing Centre
240 South Oak Way
Lime Square
Green Park
Reading
RG2 6UL

Telephone: 01189 750 550
www.nuffieldhealth.com

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

Directions by car from the M4

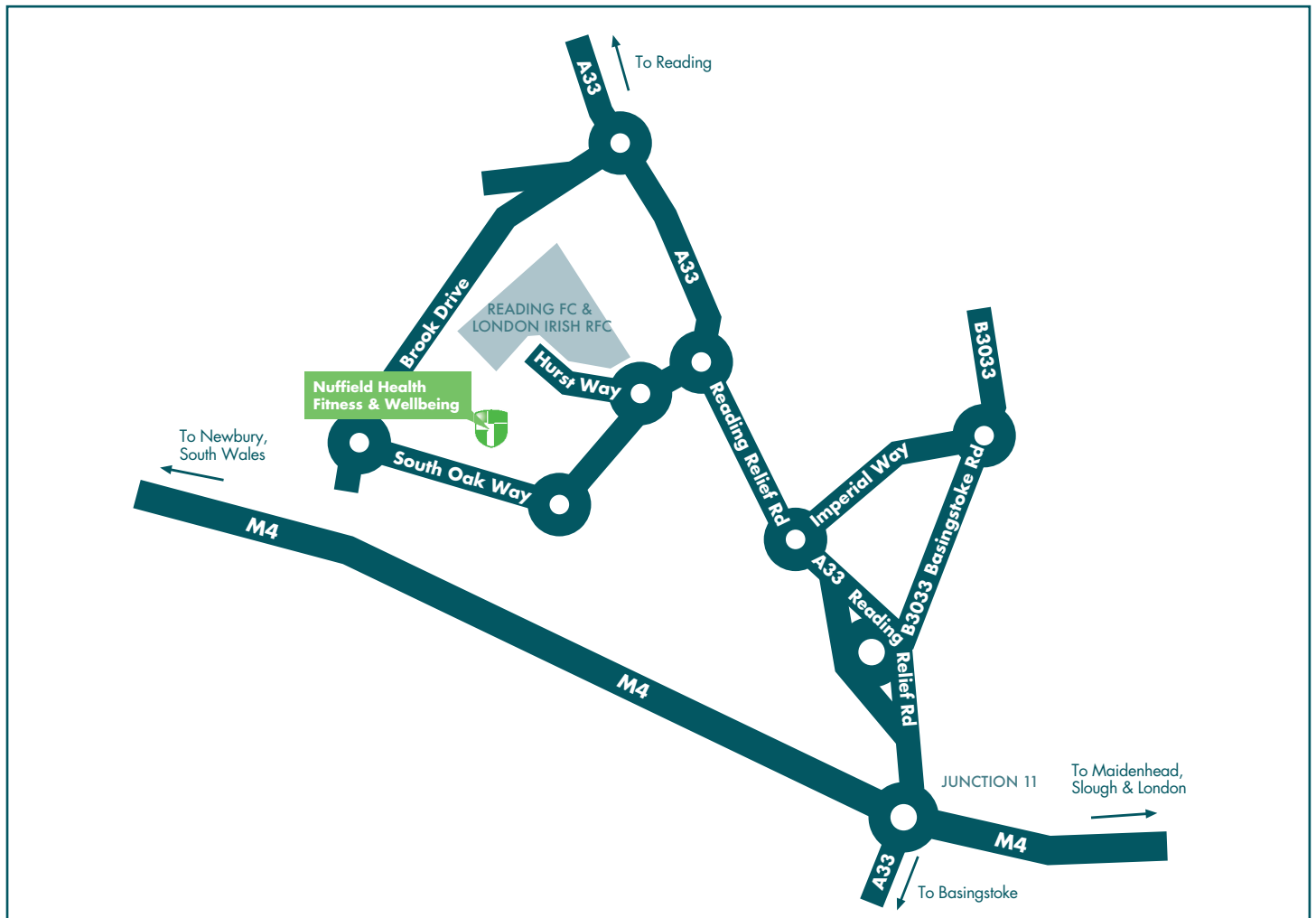
From Junction 11 of the M4 motorway take the A33 towards Reading following signs for Green Park.

Go straight over the first roundabout and at the 2nd roundabout turn left into South Oak Way.

At the next roundabout, go straight over.

There is a nursery on the right hand side, turn next right to arrive at the centre.

Parking is in any of the green bays on all levels of the multi storey.



Our Facilities

Shower Facilities

Shower facilities and towels are available.

Mammograms

Mammograms are not available within this facility.

Test Results

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

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
- Wellbeing Advisors
- Complimentary Towels
- Personal Training
- Accredited Nuffield Physiotherapists
- Accredited Nuffield Nutritionist
- 20m Swimming Pool
- Fully Equipped Gym
- Fitness Classes
- Sauna & Steam Room
- Private Locker Hire Available

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.