

# Nuffield Health Fitness & Wellbeing Centre, Crawley

## Address

Nuffield Health Fitness & Wellbeing Centre  
Crabbet Park  
Turners Hill Road  
Crawley  
RH10 4ST

Telephone: 01293 884 488  
[www.nuffieldhealth.com](http://www.nuffieldhealth.com)

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

## Directions by car

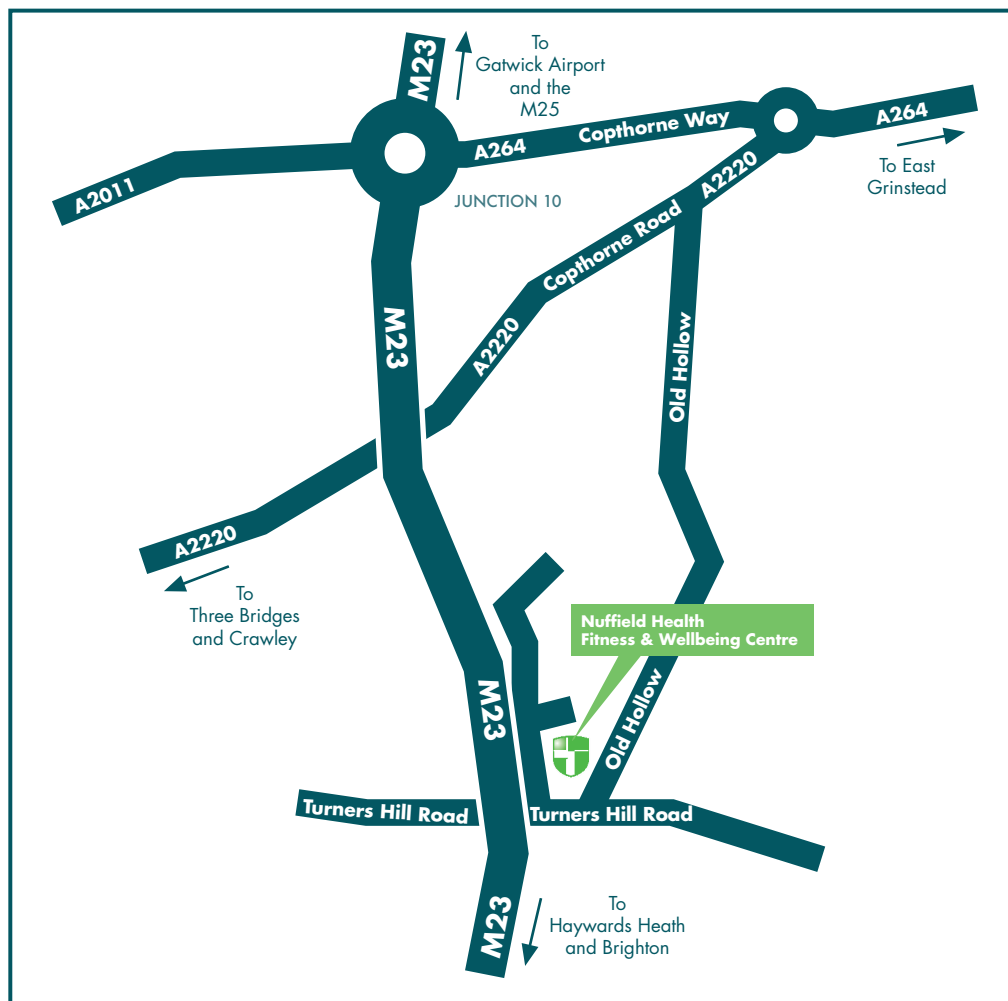
### From the South

Exit the M23 at junction 10.  
Follow the A264 towards East Grinstead.  
Take the third exit off the roundabout towards Three Bridges.

Take the first turning on left (Old Hollow).

At the top of Old Hollow turn right.

Nuffield Health Fitness and Wellbeing Centre is on your right.



## 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.

- Cardiovascular Equipment
- Changing facilities
- Children's play area
- Complimentary towel
- Crèche
- Fitness area
- Free Weights Area
- Group exercise classes
- Health Events & Seminars
- Health MOT
- Learner pool
- Locker Hire
- Nursery
- Parking
- Personal training
- Power Plate®
- Refreshment area
- Relaxation treatments
- Running club
- Sauna
- Senior Wellbeing Advisor
- Spinning Studio
- Steam room

**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.