

Nuffield Health Fitness & Wellbeing Centre, London City

Address

Nuffield Health City Fitness & Wellbeing Centre
Cousin Lane
Cannon Street
London
EC4R 3XJ

Telephone: 020 7283 0101
www.nuffieldhealth.com

Directions

From Cannon Street station

Exit the station and turn left into Dowgate Hill.

At the end of Dowgate Hill cross over Upper Thames Street and walk straight into Cousin Lane.

The centre is on the left hand side.

From Bank underground station

Exit station via Walbrook exit. (exit 8)

Walk down Walbrook (towards Cannon Street)

Cross over Cannon Street into Dowgate Hill (station on the left)

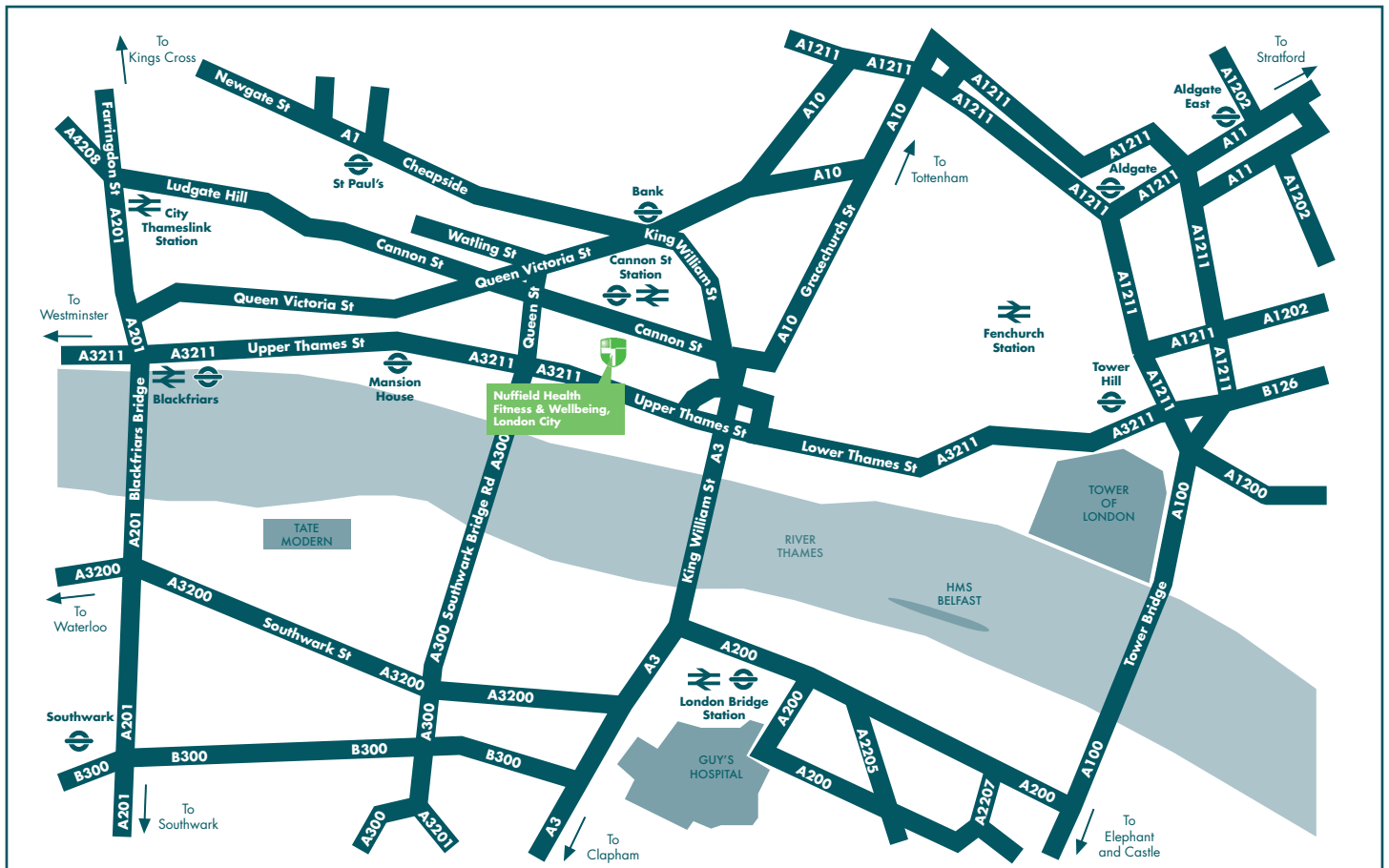
At the end of Dowgate Hill cross over Upper Thames Street and walk straight into Cousin Lane.

The centre is on the left hand side.

By Bus

The following routes stop near Bank Station: 8 11 21 23 25 26 43 76 133 242 501.

The following routes stop near Cannon Street: 15 17 25 521



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.

- One of the largest Health Clubs in the City
- 2 minutes from Cannon Street and 5 minutes from Bank Tube Station
- Health Events & Seminars
- Wellbeing Advisors
- Complimentary towels
- 4 Specialised Gyms
- Expert Personal Training
- 5 Studios with weekly fitness classes
- 2 Swimming Pools and Hydro Beds
- 3 Squash courts
- On-Site Physiotherapy Clinic
- Riverside Terrace with views over the Thames

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.