

Nuffield Health Fitness & Wellbeing Centre, Paddington

Address

Nuffield Health Fitness & Wellbeing Centre
2 Sheldon Square
Paddington
London
W2 6EZ

Telephone: 020 7289 4686
www.nuffieldhealth.com

Directions by foot

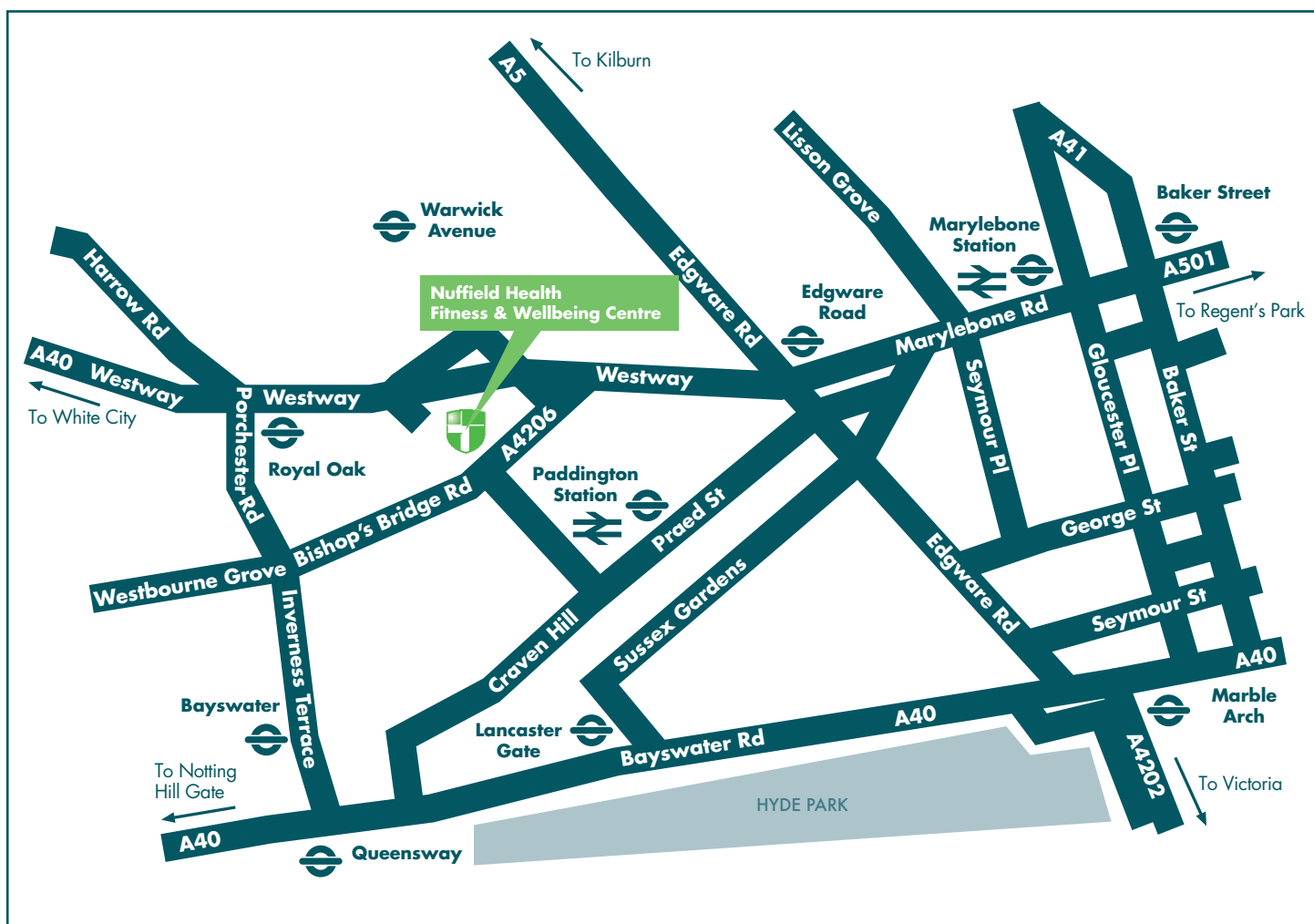
From Paddington Railway Station

Walk towards the end of Platform 8 (Heathrow Express Terminal) and up the right-hand set of steps.

As you walk with the canal on your right, you will go under a bridge and turn left, follow the path round to the right.

You will see stairs going up to your left and the amphitheatre in front of you to the left with Starbucks on the right. Go down the stairs to your left and the club is at the bottom

No under 18s are permitted in the Health Assessment Clinic area.



Our Facilities

Shower Facilities

Shower facilities and towels are available.

Mammograms

Mammograms are not available within this facility.

Parking information

Very limited parking is available but is not guaranteed, you have to contact the Club 24 hours before your appointment or you WILL be turned away.

Disabled parking available.

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
- Senior Wellbeing Advisor
- Complimentary Towels
- Swimming Pool
- Swimming Lessons
- Fitness Area
- Personal Training
- Steam Room
- Corporate trial days
- Fusion partnership offers & discounts
- Group exercise classes
- Health Awareness Events
- IFA Centre
- Physiotherapy
- Steam Room
- Power Plate®
- Sauna
- Sports massage

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.