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Skip to content What sets Nuffield Health apart is our broad range of in-gym services and facilities offered to members. We utilise our clinical expertise to provide Physiotherapists, Nutritional Therapists, Health Mentors and Physiologists, as well as more conventional gym services, such as swimming lessons and personal training. Find Nuffield Health locations, including opening times, reviews, phone numbers, route info and other contact details. Use the Nuffield Health location finder to locate a nearby branch and ensure you visit this Gym during opening times As the UK’s largest healthcare charity, Nuffield Health are working to build a healthier nation. Joining one of our fitness & wellbeing centres will ensure you multi-gym access to our nationwide network of 114 fitness & wellbeing centres, equipped with swimming pools, saunas and steam rooms, as well as services including physiotherapy and mental health. As a member you’ll also have access to a wide range of classes including LES MILLS™ as well as our new digital fitness platform with over 350 workouts, Nuffield Health 24/7. Nuffield Health stands apart in the UK’s fitness landscape by offering more than just a gym. With over 100 locations nationwide, Nuffield Health combines fitness facilities with medical services such as physiotherapy and health assessments, catering to those seeking a holistic approach to wellness. But with premium services comes the inevitable question: how much does it cost? This guide breaks down everything UK residents need to know about Nuffield Health membership prices, types, hidden charges, and discounts in 2025. Nuffield Health offers several membership tiers tailored to individual needs, including flexible no-contract options, fixed-term memberships, and day passes. These are ideal for those who want flexibility without a long-term commitment. Location TierMonthly CostAccessTier 1 (Standard gyms)£45-£55Local gym onlyTier 2 (Flagship gyms)£60-£75Local gym onlyNationwide Access£75-£95Access to all Nuffield Health gyms Note: Prices vary by region London and city centre locations generally fall into Tier 2. No-contract memberships allow members to cancel with just one month’s notice, perfect for students, frequent travellers, or anyone unsure about long-term commitment. Fixed-term contracts offer better value if you’re willing to commit for 6 or 12 months. Membership LengthTypical Discount6 months–5–10% cheaper/month12 months–10–15% cheaper/month These memberships often come with extra perks, such as free guest passes or reduced joining fees. Day passes are a great way to try Nuffield Health facilities without any commitment. Most gyms offer: Single-day access: £15-£20 5-day bundle: ~£70-£80 10-day bundle: ~£130-£150 Passes grant access to gym equipment, pool, sauna, and fitness classes. Some locations offer free one-day trials check your nearest club’s website or call directly to inquire. You can also explore trial pass options via Nuffield Health’s website. Joining fees typically range from £20 to £45, depending on the gym and current offers. However, these are often waived during promotional periods. Potential hidden charges: Replacement membership card: ~£5 Late class cancellation: May forfeit booking privileges Towel hire (if not included): ~£1-£2 per visit Always ask upfront about add-ons and cancellation penalties. Bolt-ons allow members to customise their memberships with premium features: Add-OnTypical Monthly CostTowel service7-£10Locker hire£5-£8Physiotherapy credits£30-£60 per sessionHealth MOT assessmentsIncluded annually with some plans These options are particularly appealing to those using Nuffield Health for both fitness and medical support. No-contract memberships: Cancel with 1 month’s notice. Fixed-term memberships: Early cancellations may incur charges unless due to relocation, illness, or financial hardship (proof required). Cancellations need to be made in writing and confirmed via email. Always review terms and conditions before signing up especially for promotional deals. See Citizens Advice UK for consumer rights related to gym memberships. Nuffield Health offers a wide range of fitness classes including HIIT, yoga, spin, and Pilates. Class access varies by membership type. Book up to 8 days in advance via the Nuffield Health app or online portal. Frequent no-shows or late cancellations may lead to temporary booking restrictions. Some classes (e.g., reformer Pilates) may incur a small fee. Students with valid ID may be eligible for 10–20% off standard rates. These are usually available in September or January to align with academic terms. Nuffield Health partners with many UK businesses to offer corporate gym rates and wellness schemes. Check with your HR department or employee benefits portal to see if your company participates. Off-Peak Membership: ~£10-£15 less than full-access plans. Access is typically restricted to 9:00 am–4:00 pm weekdays. Family Memberships: Some clubs offer packages for couples or families, often saving 10–15% compared to separate plans. Seasonal promotions are common especially in January, September, and around Black Friday. Offers may include: Waived joining fees Free first month Discounted multi-month packages Keep an eye on Nuffield Health’s Promotions Page or sign up for their newsletter for early access to deals. If you’re going on holiday or facing unexpected life events, Nuffield Health allows you to freeze your membership. Freeze Fee: £5-£10/month Duration: 1 to 6 months Must request before your billing date Medical or maternity-related freezes may be free with proper documentation. Many clubs offer free trial days or referral guest passes. Existing members can typically invite friends with: One free guest pass/month Additional passes purchasable (£10-£15 each) These are great ways to test the club’s facilities before committing. Be sure to bring ID and book your guest visit in advance. Nuffield Health offers one of the most well-rounded fitness memberships in the UK, blending premium gym amenities with access to health professionals. While pricing sits at the higher end of the market, it reflects the added value of medical services, high-quality facilities, and flexible membership options. Before joining, weigh the costs against your personal goals. Take advantage of seasonal promotions, corporate discounts, or free trials to see if it’s the right fit for your lifestyle. For more detailed UK gym comparisons or to explore budget-friendly alternatives, you can visit MoneySavingExpert’s gym guide for up-to-date insights on deals and options. 4 Trumpington RoadCambridgeCB2 8AF 01223 370 922 Contact us 3 Clifton HillCliftonBristolBS8 1BN 0117 906 4870 Contact us Shenfield RoadBrentwoodCM15 8EH 01277 695695 Contact us Nelson StreetManchesterM13 9NQ 0161 272 5890 Contact us Winchester RoadChandlers FordEastleighSO53 2DW 02380 266 377 Contact us The ChaseOld Milverton LaneLeamington SpaCV32 6RW 01926 427971 Contact us Clayton RoadNewcastle-upon-TyneNE2 1JP 01912 816 131 Contact us 78 Broyle RoadChichesterPO19 6WB 01243 530600 Contact us Staplegrove ElmTauntonTA2 6AN 01823 286 991 Contact us 01372 233890 Contact us Wrexham RoadChesterCH4 7QP 01244 680 444 Contact us Foxhall RoadLipswichIP4 5SW 01473 279100 Contact us Stirling RoadGuildfordGU2 7RF 01483 555 800 Contact us Clayton RoadNewcastle-under-LymeST5 4DB 01782 432227 Contact us Longden RoadShrewsburySY3 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Find out more about our other gym membership offers by clicking on one of the tiles below. Skip to content Why not book a tour before you join?Book a tour * Vitality members are only eligible for a discount with one Vitality gym partner at any time, or you can select the Peloton benefit Nuffield Health Gyms are more than a gym. They also have a full range of in-gym services and facilities. You’ll be able to use Physiotherapists, Nutritional Therapists, Health Mentors and Physiologists. That’s on top of gym services, such as swimming lessons and personal training. These friendly wellbeing experts will give you the best experience. Everyone is welcome. Call us on 0330 678 3326 Award winning health insurance from as little as £1.45 per day* Lines open: Monday to Thursday 9am-8pm, Friday 9am-6pm, Saturday 10am-2pm, Closed: Sunday and bank holidays. Get a health quote * Price is based on the following criteria: a 35-year-old, based in Peterborough, plan start date 1st October 2024, Full Medical Underwriting, Consultant Select hospital option, £250 excess and £500 Out-patient benefit and includes Insurance Premium Tax (IPT) ** Charged on a monthly basis Call charge information Calls to ‘03’ numbers cost no more than a national rate call to a 01 or 02 number, whether from a mobile or a landline. If you get inclusive free calls to local rate numbers with your landline or mobile tariff, calls to ‘03’ numbers will be included. You’ll qualify for a Nuffield Health Gyms discount if: you have one of the following Vitality plans, and you haven’t opted for the Peloton hardware reward. 50% off discount Health insurance Any private health insurance plan. Business health insurance Any small business health insurance plan. Any corporate health insurance plan. Any corporate health insurance plan or trust scheme administered by VitalityHealth with Vitality Plus benefits. Life insurance with Vitality Plus To get Vitality Plus: Buy life insurance and add on Optimiser Have a monthly premium of at least £45 for a single plan, or at least £60 for a joint plan Pay a monthly fee of £5.50 per adult. 40% off discount Any corporate health insurance plan or trust scheme administered by VitalityHealth, with Vitality Select benefits. Life Insurance with Vitality Select When you have a minimum monthly premium of £25. Workplace Wellbeing Any Vitality at Work plan. If you join Nuffield Health Gyms during a ‘no joining fee’ offer, you won’t pay a joining fee. At any other time, the joining fee for new gym members is up to £39. The Vitality discount applies to the rolling monthly membership. You’ll need to give a full calendar month’s notice if you want to cancel your existing membership. If you’re already a member at one of the gyms, you can switch your membership over to get the discount. A transfer fee will apply. You’ll need to transfer your gym membership by the 15th of any month. Your new Vitality discounted membership will apply from the following month. Yes, you will gain access to your home gym (the one you select on joining) as well as other gyms around the country. Access to other gyms will vary depending on the gym you join. You also have to use your home gym at least 50% of the time to be able to access other gyms in the Nuffield Health Gyms network. Find out which gyms you have access to using Nuffield Health’s tool. Please note, if you have joined on a ‘Centre Only’ membership, then you will not be able to access multiple gyms. Skip to content At Nuffield Health, we take pride in offering an exciting and varied class timetable in every one of our 110 Fitness & Wellbeing Gyms. Whether you’re training for a marathon and require regular BODYPUMP™ classes, looking for a weekly Yoga class to unwind, or want to work up a sweat in a Group Cycle class, we offer a workout to meet the needs of all ages and abilities.