

CELEBRATE NATIONAL FITNESS DAY WITH US DURING OUR OPEN WEEK 16TH SEP - 22ND SEP

It's never been easier to get involved with so many different activities to choose from!



Sports

- Tennis Tournament
- Tennis Coaching Taster Sessions
- Table Tennis Tournament
- Squash Tournament
- Adult Swim Coaching Taster Sessions
- Climbing Speed Competition
- Mini Triathlon Competition

Specialist Seminar – Barefoot Fundamentals

“Foot Health & Functional Movement”

Gym Floor & Group Exercise

- Personal Training Tasters
- Gym Floor Challenges
- Les Mills Class Mashup Madness

Treatments & Therapies

- Mini Massage Tasters
- Mini Manicures
- Mini Physiotherapy Consultations
- Sports Massage Tasters

Family & Children

FREE Family Swim
(21st & 22nd of Sep)

Measurements & Checks

- Movement Assessments
- Body Composition Scans
- Blood Pressure Checks
- Posture Assessments

So what are you waiting for?

Scan the QR code to register your interest or call/email using the details below.

Not a member? No problem!

Anyone who works on Granta Park or lives in Great Abington can register for a FREE 7-day pass to use from 16th Sep – 22nd Sep.



GrantaPark@NuffieldHealth.com
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SCAN ME