

Hotel Guest Information

Nuffield Health Etiquette

- Please bring your keys and a towel with you to the gym
- Lane swimming and aqua aerobics only
- Please be respectful and courteous of our members and staff
- Access only to 16 years and above. Photo ID proof maybe required
- Please wear the appropriate gym footwear, clothing and swimwear
- Please take care and respect all equipment and please ask for assistance if required
- On poolside, please shower before entering pool or spa area and please keep pool steps clear
- If we reach maximum capacity, you may be refused entry until a later time
- No photography within the complex
- Please visit <https://www.nuffieldhealth.com/kents-hill> for a PDF of the classes and our opening times

Nuffield Health Management Team