Staff gyms at NUH

Gym Information - Our gyms are ideal for a quick workout straight after work, our friendly instructors are always on hand to give you advice. New users will require an induction and these can usually be arranged on the day, just ask one of our instructors to set you up. Make sure to let them know of any relevant medical information.

City Gym
Opening hours: Mon | Tues | Thurs 4:30-6:30pm
Location: Physio Gym, P1 Physio Corridor

QMC Gym
Opening hours: Mon | Tues | Wed | Thurs 4-8pm
Location: Physio Dept, A Floor, East Block (QMC).

Directions to both gyms can be found below.

Gym Prices (for both campuses)

- Single session £2.50.
- Block of 10 sessions £20 (no time limit on use).
- Available to buy from Coffee City Maternity & Coffee City Green Entrance and the General Office, B Floor QMC.
- Gym sessions bought at one campus are valid for staff gyms at both QMC and City campuses.
- Please note you cannot buy gym sessions directly from the gym instructor.
- Monthly payments from salary of £15 are also available (NUH staff only) – pick up a form from the gym or contact us.
Staff Gym Directions - QMC

How to find the QMC staff gym (physio dept, A floor, East block) from Main Entrance B Floor

**Before 5pm** On entering the Main Entrance on B Floor, turn left and head towards East Block lifts and stairs (these are just past the NatWest Bank). Go down to A Floor, on exiting the lift / stair lobby turn right and follow the corridor until the next junction. Take a right turn and walk past the Spinal Clinic and the Lynn Jarrett unit. The entrance to the Physiotherapy Department is on your right. Enter the department and turn left; the Gym is through the double doors at the end of the corridor. If there is a yellow sign signally ‘gym closed’ this is a sign for patients only and does not mean the staff gym is closed.

**After 5pm** The Physiotherapy Department entrance is locked after hours therefore after 5pm please access the gym through the external fire door. This can be found in the main corridor opposite East Block East Entrance on A floor. Go in through East Block entrance, walk straight ahead until you come to double glass frosted doors onto a courtyard, go through these doors into the courtyard, then turn right in the courtyard and enter the wooden fire door at the back of the gym.
Staff Gym Directions - City

How to find the City Staff Gym (physio department) from West Corridor.

The physiotherapy corridor is located off junction W1 of the West corridor. Turn down the physiotherapy corridor and walk to junction P1 at the far end. Turn right into the physio reception area, and keep on walking until you reach the T junction inside the clinic. Turn left here and the staff gym is located on the right hand side. Please note if the shutter is down in the physiotherapy corridor use the alternate route below.

Alternate route / out of hours access. Access the gym from the external Physiotherapy Entrance, turn left into the physiotherapy reception area and turn left at the T junction. The staff gym is located on the right hand side.

Black arrow points to the Staff Gym @ City