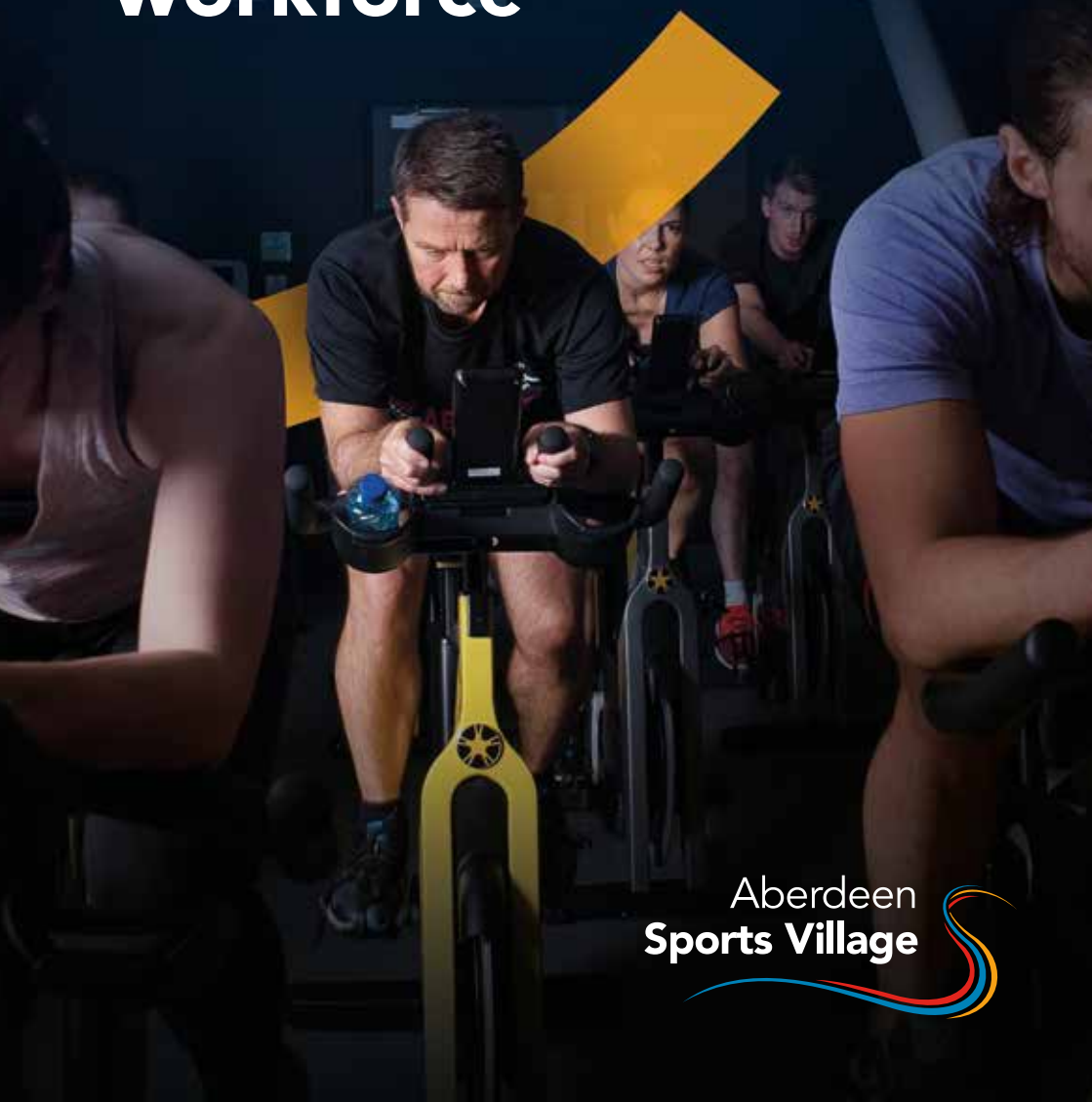


CORPORATE FITNESS

Helping you build a happier, healthier workforce



Aberdeen
Sports Village



Aberdeen Sports Village is the best sport and exercise facility in Scotland.

We host an array of world-class sporting, health and fitness facilities, with tailored corporate memberships designed to create a more active and healthy workforce.



ASV is a charity operating on a not-for-profit basis, with any surplus income invested back into the facility.

Our facilities include:

- 50m and 25m Olympic swimming pools
- State-of-the art fitness suite
- 8 lane 400m running track
- 6 lane indoor running straight
- 4 squash courts
- 3 sports studios
- Boutique cycle studio
- Full size 3G indoor football pitch
- Sauna and steam room
- 4 free car parks

Benefits of Corporate Fitness



Sources: Financial Times: Health At Work 2017 and ERS Health at Work: Economic Evidence Report 2016

What we offer

At ASV we offer a bespoke service to any size of organisation. We can carry out a full unbiased needs analysis for your organisation to see where we can support you in creating a more active workforce.



On-site and off-site classes

We have more than 70 classes in our sports and exercise programme. If it's more convenient, we can come to your company and utilise your office space, studio, gym or meeting rooms to provide regular fitness classes for your workforce.

Classes include:

- Group Cycle
- Circuits
- Pilates & Yoga
- Running Group
- High Intensity Classes



*Please note bespoke packages are available and can be discussed and planned on request

Corporate Membership

Corporate Membership can be set up in three ways:

1. Employer pays individually
2. Employee and employer share memberships
3. Employee pays through salary sacrifice

Below are examples of packages that can be provided:

Gold	Silver	Bronze
51+ employees	11-50 employees	1-10 employees
Lifestyle membership for all	Lifestyle membership for all	Lifestyle membership for all
100 ASV day passes	50 ASV day passes	1x weekly class
Daily Fitness Class	4 x weekly classes	4x 'drop in' wellness workshop
Quarterly lifestyle assessments	6 monthly lifestyle assessment	–
Quarterly usage report	Quarterly usage report	Quarterly usage report
Monthly 'drop in' wellness workshop	6 x 'drop in' wellness workshop	–
4 hours x weekly sports / activity hire*	1 hour weekly sports/activity hire of choice	–
Complimentary AFC Match tickets	–	–

To arrange a free consultation contact Business Development Manager:
Kris McIntosh | kris@aberdeensportsvillage.com

Some of the organisations
that we work with.

ATKINS

subsea 7

NHS
Grampian

 PremierOil

 **SPIRIT
ENERGY**



HALLIBURTON

1495  **UNIVERSITY OF
ABERDEEN**

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