

# CORPORATE FITNESS AND WELLBEING



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Partner With Us

Aberdeen Sports Village (ASV) is Scotland's premier sport and exercise facility, providing an exceptional environment for physical activity, performance and wellbeing. Home to an outstanding range of world-class sporting and fitness facilities, ASV supports elite athletes, community participation and corporate wellbeing alike.

ASV operates as a partnership between the University of Aberdeen, Aberdeen City Council and **sportscotland**, and is a registered charity regulated by OSCR. As a not-for-profit organisation, all surplus income is reinvested back into the facility to benefit the people of Aberdeen and the wider North East.

Located adjacent to the historic Chris Anderson Stadium, the Sports Centre opened its doors to the public in August 2009, followed by the opening of the Aquatics Centre in May 2014. Since then, Aberdeen Sports Village has welcomed over one million visitors every year, making it one of the most widely used sports facilities in Scotland.



# ABOUT US

# POSITIVE

# ENERGY

Employee health and wellbeing is no longer a “nice to have” it is a business essential. Across the UK, poor mental health alone is estimated to cost employers up to £45 billion every year, through sickness absence, reduced productivity and staff turnover. Yet research consistently shows that this cost can be significantly reduced when organisations invest in the right support for their people.

Analysis by Deloitte, produced in collaboration with mental health charity Mind, highlights a clear message for employers: it pays to support mental health at work. Their research shows that for every £1 invested in employee mental health and wellbeing, organisations can expect a return of up to £5 through improved productivity, reduced absence and stronger engagement.

At any given time, one in six adults in the UK experiences a common mental health condition, making employee wellbeing one of the most significant challenges facing today’s workplaces. The impact extends beyond mental health alone, low levels of physical activity are linked to chronic conditions such as cardiovascular disease, type 2 diabetes and depression, all of which contribute to increased absenteeism and reduced work output.

Forward thinking organisations now recognise both a moral and commercial responsibility to support their workforce. Evidence shows that employers who actively invest in health and wellbeing benefit from lower sickness absence, improved retention, higher productivity and stronger organisational culture.

This is where ASV can help.

Source: Deloitte (2017; 2020). Mental health and employers: the case for investment / the case for refreshing investment, produced in collaboration with Mind.

# WINNING WAYS

ASV is uniquely positioned to help organisations translate fitness and wellbeing ambition into meaningful and measurable outcomes. ASV brings together world-class infrastructure, professional expertise and a deep understanding of how physical activity supports both individual health and organisational performance.

Rather than offering one size fits all solutions, ASV works with employers to create accessible, inclusive and sustainable opportunities that fit around working lives helping organisations embed healthier habits into everyday routines.

Effective wellbeing support recognises that physical, mental and social health are interconnected. ASV's approach reflects this by providing access to:

- High quality fitness and physical activity facilities, supporting employees of all abilities and fitness levels
- Structured programmes and guided support, reducing the intimidation and uncertainty often associated with starting or returning to exercise
- Opportunities for stress reduction and recovery, supporting mental resilience alongside physical health
- Inclusive environments that encourage participation, confidence and long term behaviour change

This holistic model aligns with best practice guidance, which highlights that wellbeing initiatives are most effective when they combine physical activity with supportive environments and active encouragement from employers.



# NO HURDLES

Research consistently shows that the main barriers to physical activity are:

- Lack of time
- Lack of facilities
- Work related stress



ASV can help employers overcome these barriers by:

- Providing a range of facilities that employees can access before, during or after the working day
- Creating programmes that are time efficient and flexible, fitting around varied shift patterns and workloads
- Offering a supportive setting that reduces stress and makes wellbeing feel achievable rather than aspirational

By reducing these barriers, organisations can significantly increase engagement and participation a critical factor in delivering real health and productivity benefits.

The most effective wellbeing strategies go beyond individual benefits to help shape a positive and sustainable workplace culture. ASV can support organisations to demonstrate a visible commitment to staff wellbeing, encourage compassionate leadership and positive role modelling, and normalise wellbeing as an integral part of the working day rather than an added extra.

By creating opportunities for shared activity and experience, organisations can also foster stronger team connections, helping to build healthier, more engaged and more productive workplaces.

Partnering with ASV enables organisations to deliver benefits that matter to people while also meeting business objectives.



# WORKING TOGETHER

Evidence shows that organisations which actively support employees' life experience and wellbeing see:

# 23%

more employees reporting better mental health

# 17%

more employees reporting better physical health

# 21%

more high performers, compared to organisations with lower levels of support

Source: Gartner (2020) Reimagine HR Employee Survey

Partnering with ASV enables organisations to deliver benefits that matter to people while also meeting business objectives.

**BENEFIT    WHAT THIS MEANS**

**Reduced absenteeism and presenteeism**    Fewer sick days, healthier employees and reduced productivity loss.

**Improved productivity, focus and energy levels**    A more engaged, motivated and high performing workforce.

**Stronger engagement, loyalty and staff retention**    Improved morale, reduced turnover and greater organisational stability.

**Encourages work life balance**    Employees are better supported to prioritise their health and wellbeing, reducing burnout and unplanned absence.

**Enhanced employer brand and talent attraction**    A more competitive employer proposition in a challenging recruitment market.

By investing in employee wellbeing through ASV, organisations aren't just supporting healthier individuals they are building more resilient, motivated and productive workforces.



## **CORPORATE WELLBEING DAYS**

Step away from the usual routine and take part in a dedicated day focused on improving both physical and mental wellbeing. Employees can enjoy a range of energising activities, expert led workshops and opportunities to connect with colleagues in a positive, supportive and engaging environment.

Integrating wellbeing days into the workplace allows employees time to reset, prioritise selfcare and recharge leading to improved morale, focus and overall wellbeing.

All sessions can be delivered as part of a wellbeing day or selected individually to meet your organisation's needs.

# **BUILT AROUND YOU**

ASV offers a flexible and inclusive range of corporate fitness and wellbeing options, designed to support both physical and mental health while strengthening workplace culture and engagement. Organisations can arrange offsite wellbeing days at ASV.



## MOVEMENT, FITNESS AND RECOVERY

### Body Balance

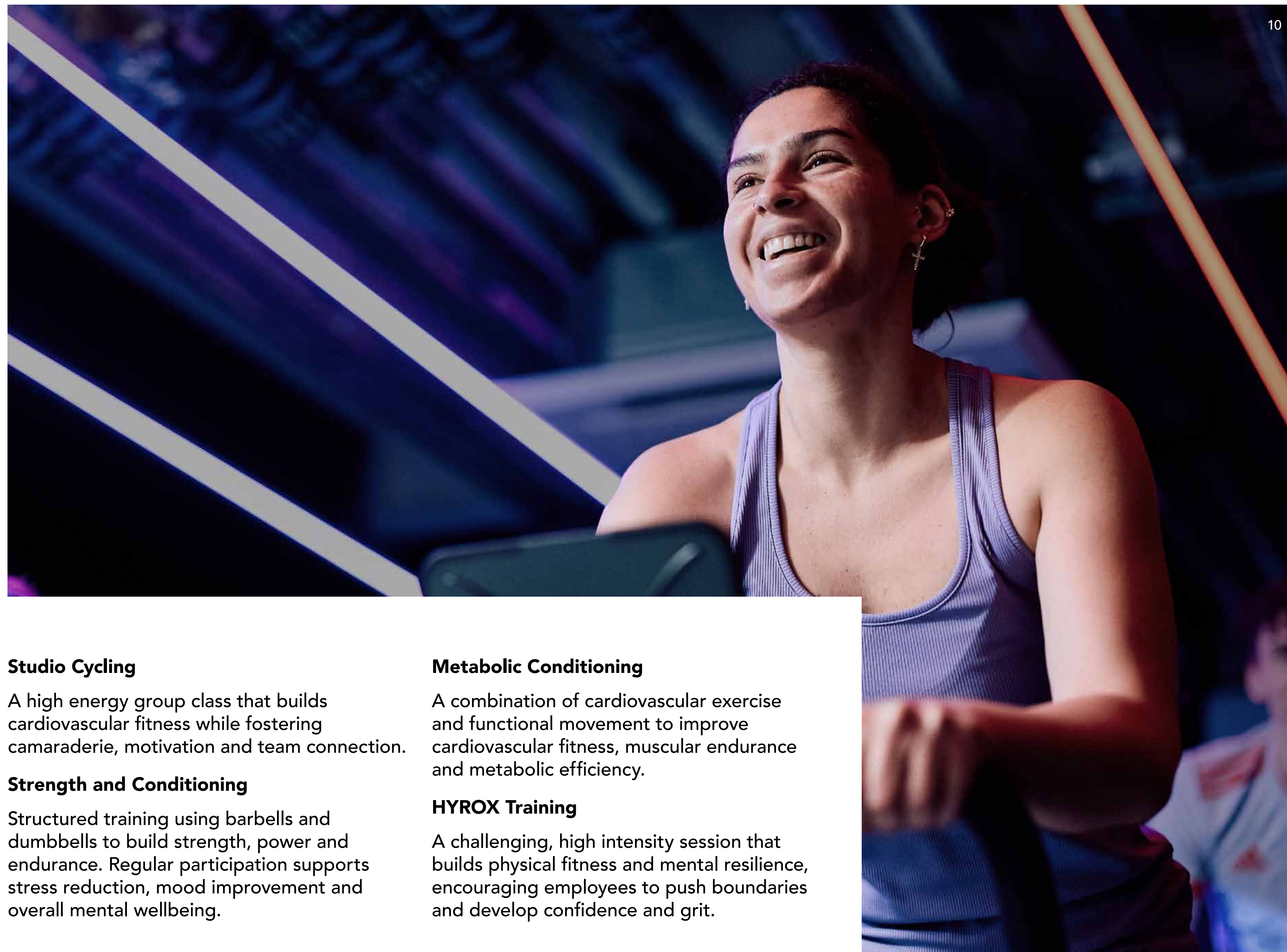
A class combining elements of yoga, Pilates and Tai Chi to develop strength, flexibility and balance while promoting mental relaxation through controlled movement and breathing.

### Yoga

Focuses on flexibility, strength, balance and body awareness, while cultivating mindfulness, self compassion and positive mental wellbeing.

### Qi Gong

Gentle, mindful movement and breathing techniques designed to reduce stress, promote relaxation and support emotional balance.



### Studio Cycling

A high energy group class that builds cardiovascular fitness while fostering camaraderie, motivation and team connection.

### Strength and Conditioning

Structured training using barbells and dumbbells to build strength, power and endurance. Regular participation supports stress reduction, mood improvement and overall mental wellbeing.

### Metabolic Conditioning

A combination of cardiovascular exercise and functional movement to improve cardiovascular fitness, muscular endurance and metabolic efficiency.

### HYROX Training

A challenging, high intensity session that builds physical fitness and mental resilience, encouraging employees to push boundaries and develop confidence and grit.



## EDUCATION, AWARENESS AND LIFESTYLE SUPPORT

### Healthy Habits Seminar

Practical guidance on nutrition, physical activity, stress management and sleep, helping employees develop sustainable habits that support long term wellbeing and performance.

### Nutrition Seminar

A deep dive into balanced eating, hydration and mindful nutrition. Learn how to plan nourishing meals, understand food labels and make informed dietary choices.

### Breathing Workshop

Explores breathing techniques and mindfulness practices to reduce stress, increase energy levels and support emotional wellbeing.

### Menopause Seminar

An informative and supportive session offering evidence based guidance on managing symptoms and optimising health during menopause. Where appropriate, this session can run alongside an alternative option for other employees.

## HEALTH SCREENING AND PERSONALISED SUPPORT

### Health Checks

A 30-minute assessment (up to five participants at a time, delivered on a rolling basis) covering key health indicators such as body composition, cardiovascular fitness, strength and flexibility. Participants also discover their 'Bio Age' and gain insight into how lifestyle habits impact overall wellbeing.

### Sports Massage

Five minute drop-in sports massage sessions providing quick, effective relief from muscle tension, improved circulation and enhanced mobility.

## SPORT AND TEAM ENGAGEMENT

### Sport Sessions

A range of dynamic sports including pickleball, badminton, squash and table tennis. Team sports promote collaboration, communication and camaraderie, strengthening workplace relationships and teamwork.



## FLEXIBLE, TAILORED AND INCLUSIVE

Corporate wellbeing programmes at ASV are fully flexible and can be tailored to suit an organisation's needs. Whether delivered as a single wellbeing day or as part of an ongoing programme, ASV's corporate fitness and wellbeing options help organisations support healthier, happier and more productive teams.

ASV also has meeting rooms for hire onsite where offsite team meetings can be held as part of a team day. Catering can also be included and can be discussed at time of booking.



To find out how we can create a bespoke wellbeing package that works for your people and your organisation get in touch with Lisa Vass, Health and Wellbeing Manager  
[lisa.vass@aberdeensportsvillage.com](mailto:lisa.vass@aberdeensportsvillage.com)

# CORPORATE

A corporate membership gives your employees flexible access to facilities and programmes that fit around working life making it easier to prioritise health, wellbeing and performance.

Employees can access discounted memberships, and organisations can benefit from reduced rates when purchasing memberships in bulk.

# MEMBERSHIPS



## MEMBERSHIP BENEFITS

- Free 30-minute personal training taster session
- Book classes and facilities up to 8 days in advance via the ASV App
- Access to 100+ instructor led group exercise classes each week, including HYROX and a wide range of yoga classes
- 45+ weekly virtual cycling classes in our Cycle Studio
- Free racquet sports, including badminton, table tennis, pickleball and squash
- Free car parking across four onsite car parks
- Discounted services at SPEAR Sports Injury and Physiotherapy
- Exclusive member only offers available through the ASV App
- 20% discount on Adult Learn to Swim, Adult Learn to Dive and private lessons (subject to availability)
- 20% discount on supervised diving sessions
- 10% discount at our two on site cafés

To discuss corporate membership packages please contact Kris McIntosh, Head of Business Development  
[kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com)

# MAKE A

As a registered charity, ASV is committed to improving health, wellbeing and physical activity opportunities for the communities we serve. We are extremely grateful for corporate donations and sponsorship, all of which directly support our ability to provide high quality facilities, inclusive programmes and accessible opportunities for people of all ages and abilities.

As a not-for-profit organisation, all surplus income is reinvested back into Aberdeen Sports Village to ensure we continue to offer outstanding facilities and programmes that meet the needs of our diverse community from children and families to students, athletes and corporate members.

Corporate support and grant funding play a vital role in enabling many of our community initiatives, helping us remove barriers to participation and reach those who may otherwise miss out. There are a number of meaningful ways for organisations to get involved and make a lasting impact.



# DIFFERENCE



## COMMUNITY PROJECTS

*(As at January 2026)*

### Home of Community Sport

A programme delivering free sport and swimming lessons at ASV for children from local primary schools during the school day. Delivered in partnership with North East Scotland College, the project also provides valuable practical experience for students leading sessions. Transport is supported by Premier Coaches for schools unable to walk to ASV, removing a key participation barrier.



### Free Nursery Swimming Lessons

Approximately 50 children each year receive a free block of swimming lessons, helping them develop essential life skills at an early age.

### School for the Deaf Swimming Lessons

Fifteen children from the School for the Deaf receive free swimming lessons during the school year, supporting inclusion and confidence in the water.

### ASV Energisers - Children

An afterschool programme delivering free sport and food to over 200 children each week, supporting both physical activity and wellbeing.

### ASV Energisers - Adults

A new initiative offering inactive adults the opportunity to take part in a range of sports, fitness classes and gym activities in a supportive environment.

# TOGETHER WE CAN

By supporting ASV your organisation can play a meaningful role in promoting healthier lifestyles, supporting community wellbeing and demonstrating a strong commitment to social responsibility.

If you would like to discuss corporate donations, sponsorship opportunities or partnership options please contact Graham Morrison, Head of Sports and Events [graham@aberdeensportsvillage.com](mailto:graham@aberdeensportsvillage.com)





## GET IN TOUCH

Corporate Membership Packages  
[kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com)

Corporate Wellbeing Team Days  
[lisa.vass@aberdeensportsvillage.com](mailto:lisa.vass@aberdeensportsvillage.com)

Donations and Sponsorships  
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