

ASV CORPORATE WEEK  
24 - 30 January 2022

This is one meeting  
you won't want to miss.

Add ASV to your diary with an  
**Exclusive 7-day Corporate  
Wellness Pass**

Aberdeen  
Sports Village





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

We are a charity operating on a not-for-profit basis, with any surplus income invested back into the facility for the benefit of Aberdeen and the North East.

**It's no secret that regularly exercising can help contribute to lower stress levels & increased energy**

At ASV we have everything you need to workout your way, helping you achieve the work-life balance you want.

We host an array of world-class sport and health and fitness facilities, including a top class fitness suite, Olympic standard pools, sauna and steam room, and a full size 3G indoor football pitch.

You can also enjoy 4 exercise studios, including a brand new sport & conditioning studio, squash courts, indoor and outdoor athletics tracks, and a large sports hall suitable for a variety of exercise classes and racquet sports.

Located just off King Street with 4 free car parks and sheltered bicycle racks, visiting ASV is convenient no matter how you travel.

#### **Our facilities include:**

- 50m 10-lane Olympic swimming pool
- 25m pool with diving boards
- 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 indoor football pitch
- Sauna and steam room
- 4 free car parks
- 2 cafés in our sports and aquatics centres

**Ready to discover how ASV can help you achieve your health and fitness goals?**

Contact our business development manager, Kris McIntosh, at [kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com) to learn more about our ASV Lifestyle Membership and get your exclusive Corporate Wellness Pass for 24 - 30 January 2022.

  @aberdeensportsvillage  
[www.aberdeensportsvillage.com/membership-overview/asv-lifestyle](http://www.aberdeensportsvillage.com/membership-overview/asv-lifestyle)

