



# Aquatic Exercise Programs

*at Towson Sports Medicine*

**Experience the Benefits of Aquatic Exercise at Our Towson/Bellona Location**

**1**

### Self-led Sessions

If you have goals of increasing mobility, strength, and flexibility, aquatic exercise may be for you. Open sessions feature:

- Self-led pool time for aquatic exercise
- Pay by session, or purchase a monthly package for several sessions per week

**2**

### Balance Improvement

A dynamic program specially developed for those ages 60+, the balance improvement option focuses on:

- Light strengthening
- Balance improvement & fall prevention

**3**

### Aquatic Boot Camp

An invigorating, group-led, full-body workout, aquatic boot camp features elements of:

- Cardio
- Strengthening
- HIIT (high-intensity interval training)

**4**

### Recovery Sessions

A low-intensity option, recovery sessions are independent sessions with guidance, focusing on:

- Light rehabilitative exercise
- Stretching
- Body movement & active recovery

### Reserve a Space Today

*All four aquatic program options are self-pay*

Please call for availability and to reserve your space at the pool - **410-337-8847**

*Bellona location only* | 8322 Bellona Avenue, Suite 100, Towson, MD 21204



An affiliate of

[towsonsportsmedicine.com](http://towsonsportsmedicine.com)



# TOWSON SPORTS MEDICINE

TSM performs rehabilitation for all sports medicine and orthopaedic-related problems. Our comprehensive rehabilitative programs are customized for each patient, from those recovering from total joint replacement and spinal surgeries to recreational and competitive athletes. We are committed to delivering the highest level of care to all of our patients.

## SERVICES

Physical Therapy  
Hand Therapy  
Athletic Training Services  
Aquatic Therapy  
Blood Flow Restriction  
Concussion Management  
Dry Needling  
Cupping  
Return to Sport  
Runner & Thrower Evaluations  
Vestibular Rehabilitation  
Shoe Orthosis Fabrication  
Upper Extremity Splint Fabrication  
Osteoporosis Management

## TOWSON SPORTS MEDICINE LOCATIONS

*Day and evening appointments available at all locations.  
Saturday appointments available at Bellona Avenue location only.*

### Towson

Ruxton Professional Center  
8322 Bellona Ave., Suite 100  
Towson, MD 21204  
410-337-8847

### *TSM Ortho & Spine*

7801 York Road, Suite 140  
Towson, MD 21204  
410-337-4024

### Bel Air

Festival at Bel Air  
5 Bel Air South Parkway, Suite N-13  
Bel Air, MD 21015  
410-569-8587

### Abingdon

*Absolute Sports Performance*  
1305 Governor Ct., Suites G, H  
Abingdon, MD 21009  
410-569-8587

### Cockeysville

*PerformFit Sports Experience*  
10880 Railroad Ave.  
Cockeysville, MD 21030  
410-616-1455

### Rosedale

Seven Square Professional Building  
9110 Philadelphia Road, Suite 314  
Rosedale, MD 21237  
410-616-1401