



OPEN

DAY

**Saturday
16th January
2016**

Deep water running at AquaPhysio in Morden

Deep water running is not only a fantastic means of maintaining your aerobic fitness whilst recovering from injury, but may also be substituted into your training programme to speed recovery and reduce the risk of an overuse injury when training hard.

The state of the art pool at AquaPhysio in Morden is specifically designed to allow for several forms of aquatic running and the specialist physiotherapists on this award winning site are expert in exercise prescription in the water. They have many previous success stories to tell which includes elite sportsmen and women through to competitive amateur athletes.



**Aqua Running Open Day
for Runners or Those
looking for a New Way
to Keep Fit!**

**Saturday 16 January
at AquaPhysio, Unit A,
135 Garth Road,
Lower Morden, SM4 4LF**

020 8330 6777

To register your interest
visit www.aqua-physio.co.uk



@runaquaphysio