

Directions to Total Sports Experience
880 Elmgrove Rd
Rochester, NY 14624

From the East

Take 490 West into the city of Rochester
Continue through the city and past ramps for 390 N&S
Take Exit 8, Route 531W toward Spencerport/Brockport
Exit Elmgrove Rd, Route 386 and turn left.
TSE is a large building on the left with Agape PT Services.
Parking available in the front of the building

From the West

Take 490 East towards Rochester
Merge into Route 531W, Exit 7B
Exit Elmgrove Rd, Route 386 and turn left.
TSE is a large building on the left with Agape PT Services.
Parking available in the front of the building

From North or South

Take 390 and connect with 490 W
Take Exit 8, Route 531W toward Spencerport/Brockport
Exit Elmgrove Rd, Route 386 and turn left.
TSE is a large building on the left with Agape PT Services.
Parking available in the front of the building