



July 6, 2020



Here's a look back at one of the many great USF Master's team meets - Pacific Masters Short Course Championships, Santa Clara, April 2019.
Photo by Clare Kubiak.

USF Masters Workouts

Check out some ZOOM special Masters Swimmers workouts coming up! [Click here](#) to sign up for classes. Please sign up each week 24 hours in advance so we can send you the link to the class.

- *Tuesday 5pm & Thursday 12pm Pilates with Rosemary*
- *Tuesday & Thursday 8am: Strength and Conditioning with Maggie*

Koret Fitness Classes

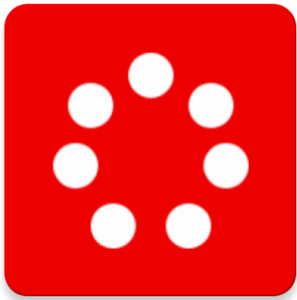
Looking for additional classes through Koret? Check out the website for lots of **NEW VIRTUAL OPTIONS!**

Other Dryland Workouts



Workout #1

Try out some dryland exercises from MySwimPro!



Workout #2

Download the J&J Official 7 Minute Workout app for some HIIT workouts!



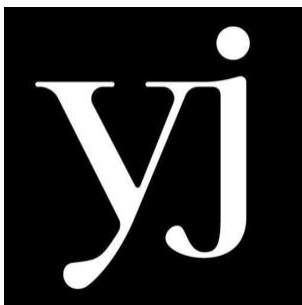
Workout #3

Check out hundreds of FREE workouts from Fitness Blender on their website!



Workout #4

Follow along with this 20 minute Zumba class that comes free with an Amazon Prime subscription!



Workout #5

Improve your yoga skills with a video from Yoga Journal!

Inspiring Quote of the Week

WE ARE NOT
A TEAM
BECAUSE WE
WORK TOGETHER.
WE ARE
a team because
WE RESPECT,
trust, and care
for each other.
...
@ValaAfshar



Challenge of the Week

Join the **FREE 10 Days of Happiness Program** to boost your mental health



Some Fun Stuff

This **article** from Greater Good offers many anti-racist resources that you



USMS

Join the Smartypants Vitamins USMS Fitness Series **Facebook Group**

and help you cope during
these difficult times!

can use to educate both
yourself and those around
you!

Check out Masters
Swimming on **Twitter**

Watch some adorable
animals on **live cams** from
the Monterey Bay
Aquarium!

Sing karaoke with your
friends on this **website**!

Closing

Follow **Koret (@usfkoret) on Instagram** to keep in touch with us! Tag us in your posts or share ideas for our next newsletter with the aquatics department: **usfaquatics@gmail.com** - subject line "Newsletter". To stay up to date with University updates, please visit the **Coronavirus Resource Page**.

Join the conversation **#USFCA**



UNIVERSITY OF SAN FRANCISCO
Koret Health and Recreation Center

(415) 422-6821

[USFCA.EDU](#)

[DIRECTIONS](#)

[CONTACT US](#)

CHANGE THE WORLD FROM HERE

University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 US

If you wish to be removed from the Koret Health and Recreation Center mailing list, [click here](#).
View this email [online](#).

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.

