Take a look at this picture of our Masters swimmers at the Senior Games, Stanford 2016. Pictured left to right: Tank Hagiwara, Barbara Delaney, Martha Campbell, DJ Niccolls, Amy Klatzkin, Darcy Cohn, and Janet Bensu. If you have any team pictures you would like to add to the newsletter, please send them to usfaquatics@gmail.com

Dryland Workouts of the Week

Workout #1
Check out some weekly workouts from USMS!

Workout #2
Watch on YouTube offers a wide range of different workouts including strength training and low impact.

Workout #3
Get a full body burn from Alo Moves for both yoga and fitness lovers!

Workout #4
Sign up for a free trial from Alo Moves for both yoga and fitness lovers!

Workout #5
Take a virtual tour of the Smithsonian!

Inspirational Quote of the Week

Inspiring Quote of the Week

Challenge of the Week
Make a fitness goal for the week and stick to it. Some ideas are walking a mile everyday, try a new Pilates class, or exercising for 30 minutes everyday.

Closing
Follow Koret(@usfkoret) on Instagram to keep in touch! 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.

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