Making the most of it! Danae & Kristina Petrakis, Julian Sapirstein, Duke Dahlin and Syd Williams, after a swim at China Beach.

Team Announcements
Just wanted to say thanks to Julie Ask for sending along this great photo. Please send any you have of the team to USF Koret Aquatics at usfaquatics@gmail.com and we’ll try to share them in future newsletters.

USF Masters Workouts
Check out some 2020 special Masters Exercises workouts coming up! Click here to sign up or view. Please sign up each week 24 hours in advance so we can start the line for the class:
- Sunday 8pm & Thursday 12pm: Pilates with Rosemary
- Saturday 3pm & Thursday 8am: Strength and Conditioning with Maggie

Konst Fitness Classes
Looking for additional classes through Konst? Check out the website for:
- NEW VIRTUAL OPTIONS

Other Dryland Workouts
- **Workout #1**
  - Use this YouTube video to create a wide variety of different workouts to supplement your swimming.

- **Workout #2**
  - Try this 12 minute Yoga video from USMS.

- **Workout #3**
  - Use this USMS video for a short, specific mass workout session.

- **Workout #4**
  - Use this 20 minute Yoga video from SELF.

- **Workout #5**
  - Add in these stretches to improve your flexibility.

Inspiring Quote of the Week
*"Do the best you can, until you know better. Then when you know better, do better."* - Virginia Satir

Challenge of the Week
- Find a fun physical activity you have never done before.
- Find a local community fitness class you have never done before.
- Play a game of frisbee on the beach.
- Visit a new park for the first time.

Closing
Follow us on our Instagram pages for behind-the-scenes photos with Tag us in your posts or share ideas for our next newsletter with the aquatics department usfaquatics@gmail.com. To unsubscribe, please visit the unsubscribe page.

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