We hope this newsletter finds you and your loved ones safe and doing well. We can’t wait to get back to in-person programming, but until then we have an exciting Rec Sports Summer Virtual Challenge for you all! This is open to all USF Students, Faculty & Staff and Rec Sports participants. We look forward to all of the submissions and encourage you all to stay active, have fun and be engaged!

JUNE CHALLENGES

Week 1 (June 1st - June 7th)
We know that being a part of Rec Sports programming is an important part of your college experience so share your story! What's your favorite memory or advice for incoming students?

Week 2 (June 8th - June 14th)
Participate in one of Koret's Group Fitness Classes!

Week 3 (June 15th - June 21st)
Do 100 squats throughout the week!

Week 4 (June 22nd - June 28th)
Do 100 push ups throughout the week!

Submit on the Rec Sports Summer Virtual Challenge Google Form or tag the Koret Health & Recreation Center (@usfkoret) on Instagram to complete the challenges! For every challenge you complete, you will be entered into the grand prize raffle--Rec Sports Swag Bag! If you have any further questions please email the Rec Sports Manager (jyjavier@usfca.edu) and stay safe!

Join the conversation #USFCA
(415) 422-6821
USFCA.EDU
DIRECTIONS
CONTACT US

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.
To continue receiving our emails, add us to your address book.
Subscribe to our email list.