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# SAN FRANCISCO

## REC SPORTS



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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!

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## JUNE CHALLENGES

Week 1 (June 1st - June 7th)

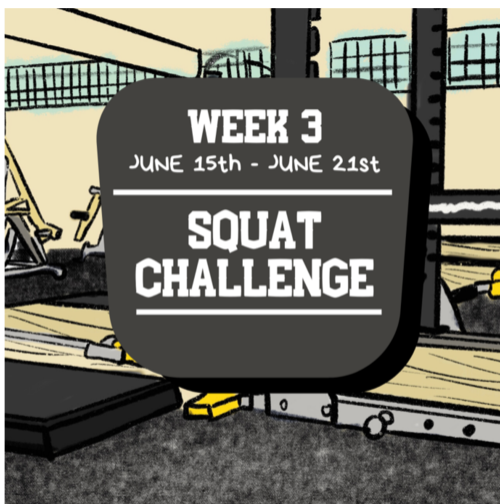


We know that being a part of Rec Sports Programming is an important part of your college experience so share your story! What's your favorite memory or advice for incoming students?!



**Week 2** (June 8th - June 14th)

Participate in one of **Koret's Group Fitness Classes!**

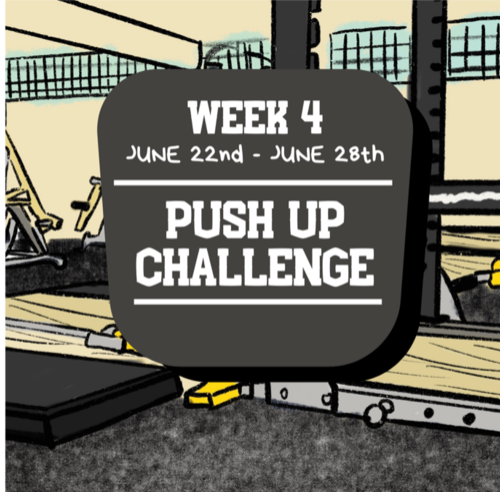


**Week 3** (June 15th - June 21st)

Do 100 squats throughout the week!

**Week 4**(June 22nd - June 28th)

Do 100 push ups throughout the week!



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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 ([jjavier@usfca.edu](mailto:jjavier@usfca.edu)) and stay safe!

Join the conversation **#USFCA**



**SAN FRANCISCO**  
**REC SPORTS**

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