Team Announcements
Check out some Zoom special Masters Swimmers workouts opening of Click here to sign up for classes. Please sign up by noon on Friday to send you a link to the class.

- Tuesday Swim & Thursday Open Pilates with Rosanne (NEW 7:00am)
- Tuesday & Thursday Aqua Strength and Conditioning with Maggie

Looking for additional members through Zoom? Check out the website for tons of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week
Workout #1
To help your shoulders try the USMS workouts!

Workout #2
Check out POPULAR Fitness on Youtube for hundreds of free workouts!

Workout #3
Fightmaster Yoga on Youtube offers different yoga workouts ranging from 15 minutes long to over an hour!

Workout #4
Learn Kettlebell with both strength and cardiovascular workouts on the Intelligence!

Workout #5
Follow along with a Youtube video from Walk at Home for a good cardio workout!

Inspirating Quote of the Week

Challenge of the Week
Learn how to juggle by watching this Youtube video!

Some Fun Stuff
How to make a pepper launch with a recording
Find out the winner song was #1 on the day you were born

INSPIRING...Here is today's Staff: How to make a pepper launch with a recording

Closing
Find out which song was #1 on the day you were born!

Some Fun Stuff
Want to know more about the latest Master Swimmers workout this week? Ask us to Facebook.

University of San Francisco
Coronavirus Resource Page

Telehealth and Recreation Center
usfaquatics@gmail.com - subject line "Newsletter". To stay up to date with University updates, please visit the Coronavirus Resource Page.

Join the conversation #USFCA

Change the world from here