Team Announcements

Check out some ZOOM special Masters Swimmers workouts opening of Click here to sign up for classes. Please sign up by 3/8 and a class link will be sent to you.

- Tuesday Spa & Tuesday Open Pies at Rosemary (NEW 7665)
- Tuesday & Thursday 12pm Strength and Conditioning with Maggie

Looking for additional classes through Koret? Check out the website for tons of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

Workout #1

Try these dryland exercises to help your shoulders from USMS!

Workout #2

Check out POPSUGAR Fitness on Youtube for hundreds of FREE workouts!

Workout #3

Fightmaster Yoga on Youtube offers different yoga workouts ranging from 10 minutes long to over an hour!

Workout #4

Lauren Kanski posts both technique and workout videos on her Instagram!

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" Have some fun and take a personality quiz from Buzzfeed!

"How Top Masters Swimmers Are Spending Their Time Out of the Water" Find out how to find the ocean branch within a 30 mile radius. Find out the latest info through the Facebook page.

Closing

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

Join the conversation #USFCA (415) 422-6821

USFCA.EDU

DIRECTIONS

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If you wish to be removed from the Koret Health and Recreation Center mailing list, click here.