Team Announcements
Check out some ZOOM special Masters Swimmers workouts starting at 5pm on Fridays. Please sign up by 2pm on Friday so we can send you the link.]

- Tuesday 8pm & Thursday 6pm Pilates with Rosemary (NEW TIMES)
- Tuesday & Thursday 12pm Strength and Conditioning with Maggie

Looking for additional classes through Koret? Check out the website for lots 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
Try these dryland exercises to help your shoulders from USMS!

Workout #4
Find out which song was #1 on the day you were born!

Workout #5
Check out the website for lots of NEW VIRTUAL OPTIONS!

Inspiring Quote of the Week
Challenge of the Week
Learn how to juggle by watching this YouTube video!

Some Fun Stuff
How Top Masters Swimmers Are Spending Their Time Out of the Water
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 email us your favorite ideas for our next newsletter to the aquatics department: usfaquatics@gmail.com - subject line “Newsletter.” To stay up to date with University updates, please visit the Coronavirus Resource Page.