Team Announcements

Check out some ZOOM special Masters Swimmers workouts opening up at 9:30 this week. Please sign up each week by 6 pm to ensure we can send you the link to the class.

- Tuesday Spas & Tuesday Open Pairs with Rosemary (NEW 8962)
- Tuesday & Thursday: Strength and Conditioning with Maggie

Looking to 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 15 minutes long to an hour or more!

Workout #4
Laura Kennedy combines both resistance workouts and Pilates on her Instagram!

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

Inspiring Quote of the Week

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

"Some Fun Stuff" 
Have fun and take a personally quiz on Buzzfeed!

"How Top Masters Swimmers Are Spending Their Time Out of the Water" 
Find out the latest photo through the Facebook page!

Closing
Follow Koret (@usfkoret) on Instagram to keep in touch with us! Tag us in your posts when you take part in our virtual events with the aquatics department: usfmasters@usfca.edu - subject line “Advertisement”. To stay up-to-date with University updates, please visit the Coronavirus Resource Page.