June 29, 2020

Team Announcements

Last Friday, June 19th, there was a Black Lives Matter protest in Aquatic Park. Several of our USF Masters Swimmers (including Duke Dahlin, in the photo above by Rosa Williams) joined the hundreds of other swimmers in our chilly bay waters to show their support. Here’s the [article from SF Gate](https://www.sfgate.com/news/article/Black-Lives-Matter-protest-Aquatic-Park-San-13178139.php). Thanks (for a second week in a row) to Julie Ask for sharing this information and photo!

USF Masters Workouts

Check out some ZOOM special Masters Swimmers workouts coming up! Click [here](https://usfathletics.com/news/zoom-special-masters-swimmers-workouts) to sign up for classes. Please sign up each week 24 hours in advance so we can send you the link to the live class.

- Tuesday 5pm & Thursday 12pm Pilates with Rosemary
- Tuesday & Thursday 8am: Strength and Conditioning with Maggie

Koret Fitness Classes

Looking for additional classes through Koret? Check out the website for [lots of NEW VIRTUAL OPTIONS](https://usfathletics.com/news/koret-fitness-classes)!  

Other Dryland Workouts

**Workout #1**
Track your exercise with [Go The Distance from U.S. Masters!](https://usfathletics.com/news/youtube-cardio-workout)

**Workout #2**
Sign up for a FREE two month subscription from [DoYogaWithMe on their website](https://usfathletics.com/news/try-doyogawithme-free-subscription)

**Workout #3**
Try this 30-day beginner crossfit challenge! Check [here](https://usfathletics.com/news/30-day-crossfit-challenge)

**Workout #4**
Check out [Pamela Reif on Youtube](https://usfathletics.com/news/pamela-reif-youtube) for a variety of different workouts!

**Workout #5**
Finish your workout with this [5 minute stretching video](https://usfathletics.com/news/bowflex-stretch-video)

Inspiring Quote of the Week

"The future depends on us. Present: Mahntra Gandhi"

Closing

Follow [USFCA](https://twitter.com/usfca) on Twitter to be the first to know about new announcements from the aquatics department. [usfathletics.com/library](https://usfathletics.com/library) - subscribe to "Aquatics" to be up to date with University updates, please visit the [Coronavirus Resource Page](https://usfca.edu/coronavirus).