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. Thanks (for a second week in a row) to Julie Ask for sharing this information and photo!

USF Masters Workouts

Check out these USB Masters Swimmers workouts coming up in June to sign up for classes. Please sign up each week 24 hours in advance so we can send you the class link.

* 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!

Other Dryland Workouts

Workout #1
Track your exercises with Do The Distance from U.S. Masters!

Workout #2
Sign up for a FREE two month virtual membership from DuringMiddleLife on their website.

Workout #3
Try this 30-day beginner's yoga challenge!

Workout #4
Check out Pamela's Fall ball for a variety of different workouts.

Workout #5
Finish your workout with this 5 minute stretching video from Bowflex!

Inspiring Quote of the Week

Challenge of the Week

Register for one of the SmartyPants Vitamins Series Challenges from USMS!

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USMS Join the Smartypants Vitamins USMS Fitness Series Facebook Group Check out Masters Swimming on Twitter

Closing

Follow us on Instagram at @usfkoret or make sure to check in with us! We hope you've enjoyed these activities with us. Go to our website or contact us if you are interested in learning more about our program.

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