Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community there is a recommendation for a shelter-in-place order issued by the City of San Francisco in order to to combat the spread of COVID-19 and to comply with the City of San Francisco’s shelter-in-place order, Koret Health and Recreation Center will remain temporarily closed through mid-August.

Team Announcements

Check out our Zoom-based Masters workouts coming up this week. Please sign up each week 24 hours in advance so we can send you the link to our Zoom meeting.

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

Looking for additional classes through Koret? Check out this website for lots of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

**Workout #1**

[Click here](#) to sign up for classes.

**Workout #2**

Sign up for classes on our [website](#) or [Twitter](#).

**Workout #3**

Use your Resistance Band (at-home). Check out this [resistance band workout](#) from USMS!

**Workout #4**

Procter [Ochoa](#) on Instagram for daily workouts!

**Workout #5**

Try out one of these [stretches](#)!

Inspiring Quote of the Week

**Challenge of the Week**

Try a new exercise or workout that you have never done before! 

**Some Fun Stuff**

- Take this [quiz](#) to find out your personality type!
- Play a game of [Tetris](#)!
- Put your crafting skills to the test and make a quilt that requires no sewing!

USMS How Top Masters Swimmers are Spending Their Time Outside the Water

Check out Masters Swimming on Twitter.

Closing

Follow Koret ([@usfkoret](https://twitter.com/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](#).

June 15, 2020

Martha Gerhan and Julie Ask helping out at a swim meet!