Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community and to remain open as a safe and welcoming place for those in our community, the Koret Health and Recreation Center will remain temporarily closed through mid-August.

Team Announcements

Check out our Zoom 2020 Special Masters Class! Your Coach and Guru, Claire, have signed up. Please sign-up each week 24 hours in advance so we can send you the link to the class.

- Tuesday: 6pm & Thursday: Open-Polises with Marjorie
- Tuesday & Thursday: Strength and Conditioning with Maggie

Looking for additional classes through Koret? Check this for a list of classes:
- Team Announcements: Link to the website for lots of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

**Workout #1**

Find a new resistance band workout here!

**Workout #2**

Use your one more resistance band to get in a FREE 15 day barre fitness program.

**Workout #3**

Join Adriene on Instagram for daily workouts!

**Workout #4**

Join P.volve for a FREE 14 day trial!

**Workout #5**

Follow Orangetheory on Instagram for daily workouts!

**Inspiring Quote of the Week**

"I try, and care, or I make no mistakes."

"Try this week to boost your community’s mood!"

"Put your creativity to the test and make a quilt that requires no sewing!"

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

"Join the conversation on Instagram to keep in touch with USMS as you grow as a swimmer."

"Try out the latest USMS Newsletters!"