Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community, we have made the decision to temporarily close the Koret Health and Recreation Center. This closure is consistent with the City of San Francisco’s shelter-in-place order, and will remain in place through mid-August.

Team Announcements

Check out our Zoom special Masters Workouts! We have a few spots left! Click here to sign up for classes. Please sign-up each week 24 hours in advance so we can send you the link to the class.

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

Looking for additional classes through Koret? Check our live updates for latest.

dryland workouts of the week

Workout #1

Own a resistance band? Check out this [at-home resistance band workout](#) from USMS!

Workout #2

Check out [Yoga with Adriene](#) on Youtube!

Workout #3

Use promo code “OnePvolve” to get a [FREE 14 day trial](#) from P.volve!

Workout #4

Follow [Orangetheory](#) 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 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!

Closing

Follow [KoretHealthRec](#) 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”.

If you wish to be removed from the Koret Health and Recreation Center mailing list, [click here](#).

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