Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community, the Koret Health and Recreation Center will remain temporarily closed through mid-August.

Team Announcements

Check out our Zoom & Instagram events! Lost your key to class? 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 out the website for our NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

Workout #1

Get some resistance band exercises! Check out this at-home resistance band workout from USMS!

Workout #2

Use the zoom class "Challenge of the Week" to get in FREE 15 day boot plan!

Workout #3

Look for Your Workout...USMS USMSUSMS

Workout #4

Check out Yoga with Adriene on YouTube!

Workout #5

Try or one of these times here!

Inspiring Quote of the Week

Challenge of the Week

Try a new exercise or one that you’ve never done before!

Inspirational Quote: "Day by day, nothing seems to change, but pretty soon, everything is different." - ATLAS

Closing

Follow us on Instagram to keep up with what we’re up to! 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. To unsubscribe, click here.