Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community and to comply with the City of San Francisco’s shelter-in-place order, the Koret Health and Recreation Center will remain temporarily closed through mid-August.

Team Announcements

- Check out our Zoom special Masters Swimmers training classes! 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 8am: Strength and Conditioning with Maggie
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Looking for additional classes through Koret? Check out this online search for daily classes.

Dryland Workouts of the Week

Workout #1
Check out this full-body resistance band workout from USMS!

Workout #2
Check out this full-body resistance band workout from USMS!

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

Some Fun Stuff
Take this quiz to find out your personality type!

Put your crafting skills to the test and make a quilt that requires no sewing!

USMS How Top Masters Swimmers Are Spending Their Time Out of the Water

Join the conversation #USFCA

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