Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community, we have decided to temporarily close the Koret Health and Recreation Center to ensure the safety of our community.

The center will remain closed through mid-August. We will keep you updated on the reopening date.

Team Announcements

Check out our Zoom special Masters Workouts and sign up! Click here to sign up for classes.

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

Please sign up each week 24 hours in advance so we can send you the link to the class.

Dryland Workouts of the Week

**Workout #1**
[At Home Resistance Band Workout](https://example.com)

**Workout #2**
[Virtual Classes](https://example.com)

**Workout #3**
[Free 14 Day Trial](https://example.com)

**Workout #4**
[Follow Orangetheory on Instagram](https://example.com)

**Workout #5**
[Try out these stretches!](https://example.com)

Inspiring Quote of the Week

“Try something new every day. Life’s too short to be dull.”

Challenge of the Week

Take this quiz to find out your personality type!

Some Fun Stuff

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

Closing

Follow us on Instagram to keep up with all the fun we have at Koret! And be sure to check out our [USMS Twitter](https://example.com) and [USMS Instagram](https://example.com) for daily workouts.

If you wish to be removed from the Koret Health and Recreation Center mailing list, please click here.

[View this email online](https://example.com). To continue receiving our emails, add us to your address book.

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**USFCA**

- [University of San Francisco](https://example.com)
- [Coronavirus Resource Page](https://example.com)

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**USFKoret**

- Instagram
- [usfaquatics@gmail.com](mailto:usfaquatics@gmail.com)
- [usfkoret](https://example.com)

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**Join the conversation #USFCA**

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**DIRECTIONS**

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**CONTACT US**

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