Mission Statement
The mission of the Recreational Sports Department and Koret Health and Recreation Center is to provide desired recreational sports activities, programs, and services to USF students, faculty, staff, alumni, and limited neighborhood patrons. The department will offer these groups opportunities to enhance their knowledge, interest and behavior to promote healthy lifestyles.

Sport Clubs include coached practices and competition with students from other schools. Open to USF students, faculty & staff only. Fees vary by club. Enrollment is ongoing throughout the year.

Intramurals are recreational sports leagues where USF students, faculty and staff compete with others from USF. Leagues include basketball, dodgeball, volleyball and soccer (outdoor & indoor). $5 fee for unlimited sports. Register as a team (or free agent) before Sunday, 9/10.

USF Students, Faculty & Staff
Visit usfca.edu/koret
Click ‘Activate My Student/Fac/Staff Account’
Click ‘Forgot Password’
Enter your USF email (NO ‘dons’) Enjoy priority access and discounts to Koret programs & services

Questions?
415-422-2944
KHRC@usfca.edu
www.usfca.edu/koret

Labor Day
Monday, 9/4
(8am-8pm)

Follow us on the go...
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Monday
7:30am Shallow Aqua Fit (Annette)
9am Hatha Alignment Yoga (Andrea)
10:45am Beginner Yoga (Wendy)
11:30am Shallow Aqua Fit (Annette)
12pm Fac/Staff Yoga (Wendy)
12:15pm Zumba (Michelle)
12:15pm Interval Training (Melissa) ▶ 45 min.
2:15pm Beginner TRX (Maggie) ► 45 min.
3pm TRX* (Maggie) ► 45 min.
4pm Hip Hop (Alene)
5:15pm Body Sculpting (Deirdre) 45 min.
6:15pm Cardio Kick (Deirdre) ► 45 min.
6:15pm Spin (Melissa) 45 min.
7:30pm Vinyasa Yoga (Mara)

Tuesday
10:45am Spin (Rosemary) 45 min.
11am Deep Aqua Fit (Annette)
11:35am Abs & Glutes (Rosemary) 30 min.
12:15pm TRX* (Brian) ► 45 min.
12:15pm Interval Training (Melissa) □ 45 min.
12:15pm Pilates Mat (Rosemary)
3pm TRX* (Maggie) ► 45 min.
3:45pm Intro to Rip Training (Maggie) ►
4:30pm Vinyasa Yoga (Nina)
5:15pm TRX* (Brian) ► 45 min.
6:15pm Spin (Melissa) 45 min.
7pm Abs & Glutes (Melissa) 30 min.

Wednesday
7:30am Shallow Aqua Fit (Annette)
9am Hatha Yoga (Rosemary) ● 90 min.
10:45am Beginner Yoga (Rosemary) ●
11:30am Shallow Aqua Fit (Annette)
12pm Fac/Staff Yoga (Rosemary) ●
12:15pm Body Sculpt (Brian) 45 min.
12:15pm Interval Training (Melissa) ► 45 min.
5:15pm Body Sculpting (Deirdre) 45 min.
6:15pm Cardio Kick (Deirdre) ● 45 min.
6:15pm Bollywood Dance (Alene)
7pm Vinyasa Yoga (Mary) ►

Thursday
7:30am Beginner Pilates Mat (Annette)
10:30am TRX -Metabolic Conditioning Bootcamp* (Brian) ►
10:45am Spin (Melissa) 45 min.
11am Deep Aqua Fit (Annette)
11:35am Abs & Glutes (Melissa) 30 min.
12:15pm Fitness Interval Training (Melissa) ► 45 min.
12:15pm Pilates Mat (Rosemary)
4:30pm Vinyasa Yoga (Nina)
5:15pm TRX* (Melissa) ► 40 min.

Friday
7:30am Shallow Aqua Fit (Annette)
9am Gentle Yoga Flow (Mary) 90 min.
10:45am Beginner Yoga (Adrian)
11:30am Shallow Aqua Fit (Annette)
12pm Bellydance (Cynthia) 45 min.
12:15pm Fitness Interval Training (Melissa) □ 45 min.
2:15pm Beginner TRX (Maggie) ►
3pm Vinyasa Yoga (Mara)

Saturday
8:15am Spin (Carrie)

Sunday
4pm Vinyasa Yoga (Mara)
6pm Zumba (Michelle)
6:45pm Serenity Yoga (Deborah) ●

● = Combatives Room (Level B)
□ = Swig #3 (Level 1)
► = Boxing Room (Level B)

* Register for TRX classes online at usfca.edu/koret