

FEBRUARY 2016 MOVEMENT OPPORTUNITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Faculty/Staff Yoga @ Koret (12:00 - 1:00 p.m.)</p> <p>TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Zumba @ Koret (5:15 - 6:00 p.m.)</p>	<p>2 TRX* @ Koret (7:00 - 7:45a.m.)</p> <p>10 minute circuit training @ Welch Field (drop in 12:00 - 1:00 p.m.)</p>	<p>3 Go Move Kick-Off Party @ McLaren 252 (1:00 - 2:15 p.m.)</p> <p>Get your challenge t-shirt and a chance to earn your first minutes!</p>	<p>4 Swim Clinic @ Koret pool (12:00 - 1:00 p.m.)</p> <p>Free lunch @ Koret upper cardio (12:30 - 1:30 p.m.)</p>	<p>5 TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Intro to Fitness @ Koret (12:10 - 12:50 p.m.)</p> <p>Zumba @ Koret (12:15 - 1:00 p.m.)</p>	<p>6 GoMove Challenge Tailgate @ UC 1st floor (6:00 p.m.)</p> <p>USF vs. SCU men's basketball game @ War Memorial Gym (8:00 p.m.)</p>
<p>8 Faculty/Staff Yoga @ Koret (12:00 - 1:00 p.m.)</p> <p>TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Zumba @ Koret (5:15 - 6:00 p.m.)</p>	<p>9 TRX* @ Koret (7:00 - 7:45 a.m.)</p> <p>Fitness Walk: Hidden Stairs of USF @ Parker and Turk (12:00 - 1:15 p.m.)</p>	<p>10 Leadership Walk @ top of Spanish Steps (12:00 - 1:00 p.m.)</p>	<p>11 Swim Clinic @ Koret pool (12:00 - 1:00 p.m.)</p>	<p>12 TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Zumba @ Koret (12:15 - 1:00 p.m.)</p>	<p>13 Spin @ Koret (8:15 - 9:15 a.m.)</p>
<p>15 President's Day: USF Closed Take your movement outside!</p>	<p>16 TRX* @ Koret (7:00 - 7:45 a.m.)</p> <p>Irish Dance @ McLaren 252 (12:00 - 1:00 p.m.)</p>	<p>17 ROTC Obstacle Course @ Underhill Building (12:00 - 1:00 p.m.)</p>	<p>18 Swim Clinic @ Koret pool (12:00 - 1:00 p.m.)</p>	<p>19 TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Zumba @ Koret (12:15 - 1:00 p.m.)</p>	<p>20 Spin @ Koret (8:15 - 9:15 a.m.)</p>
<p>22 Faculty/Staff Yoga @ Koret (12:00 - 1:00 p.m.)</p> <p>TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Zumba @ Koret (5:15 - 6:00 p.m.)</p>	<p>23 TRX* @ Koret (7:00 - 7:45 a.m.)</p> <p>Fitness Walk: Sacred Spaces @ Loyola House (12:00 - 1:00 p.m.)</p> <p>Free lunch @ Koret upper cardio (12:30 - 1:30 p.m.)</p>	<p>24 Leadership Walk @ Wolf & Kettle statue, Gleeson Plaza (12:00 - 1:00 p.m.)</p>	<p>25 Swim Clinic @ Koret pool (12:00 - 1:00 p.m.)</p> <p>Kathak Dance @ LM 100 (12:00 - 1:00 p.m.)</p>	<p>26 TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p> <p>Zumba @ Koret (12:15 - 1:00 p.m.)</p>	<p>27 Dons 5K Fun Run, race, or challenge @ Crissy Field (9:30 a.m.)</p>
<p>29 Faculty/Staff Yoga @ Koret (12:00 - 1:00 p.m.)</p> <p>TRX Interval Training* @ Koret (12:15 - 1:00 p.m.)</p>					

GO MOVE

— CHALLENGE —

Other Opportunities:

- Email Koret at fitness@usfca.edu, mention the Go Move calendar, and get a FREE body composition assessment (\$20 value)!
- Grab a colleague and enjoy a walk around lower or upper campus following the Don's Meaningful Mile routes. Visit gousf.usfca.edu to download and print the maps.
- Email skisyliya@usfca.edu to plan a 10-minute Wellness on Wheels session for your next team meeting.
- Visit usfca.edu/koret to view all Koret fitness classes.

*sign up for TRX classes in advance to reserve your spot: usfca.edu/koret

