USF Students, Faculty & Staff
VISIT usfca.edu/koret
CLICK ‘activate my account’
CLICK ‘forgot password’
ENTER USF email (NO ‘dons’)
ENJOY priority access, discounts and online registration for TRX

New to the gym?
VISIT usfca.edu/koret
CLICK the Personal Training tab, ‘schedule an equipment orientation’

Want to try a new class?
ARRIVE on time (or 5 min. early)
NOTIFY instructor of injuries
MODIFY to stay safe in class
BRING yoga mat (Yoga/Pilates only)

Want class updates?
Contact fitness@usfca.edu to request notification emails

www.usfca.edu/koret
khrc@usfca.edu
415.422.2944

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.
Monday
7:15am Body Sculpting (Brian) 45 min.
7:30am Shallow Aqua Fit (Annette)
9am Hatha Yoga (Andrea) ● 90 min.
10:45am Beginner Yoga (Wendy) ●
11:30am Shallow Aqua Fit (Annette)
12pm Fac/Staff Yoga (Wendy) ●
12:15pm Interval Training (Maggie) ► 45min.
2:15pm Beginner TRX (Maggie) ► 45 min.
3pm TRX* (Maggie) ► 45 min.
5:15pm Body Sculpting (Deirdre) 45 min.
6:15pm Cardio Kick (Deirdre) ► 45 min.
7:30pm Vinyasa Yoga (Mara)

Tuesday
11am Deep Aqua Fit (Annette)
12pm Beginner Bellydance (Cyndi) ●
12pm Pilates Mat (Annette)
12:15pm TRX* (Brian) ► 45 min.
12:15pm Interval Training (Maggie) □ 45min.
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.
8:30pm Vinyasa Yoga (Mary) ●

Wednesday
7:30am Shallow Aqua Fit (Annette)
9am Hatha Yoga (Rosemary) ● 90 min.
9am Fitness 101 (Elise) ►
10:45am Beginner Yoga (Rosemary) ●
11:30am Shallow Aqua Fit (Annette)
12pm Fac/Staff Yoga (Rosemary) ●
12:15pm Body Sculpt (Brian) 45 min.
5:15pm Body Sculpting (Deirdre) 45 min.
6:15pm Cardio Kick (Deirdre) ● 45 min.
7pm Bollywood (Alene)

Thursday
7:30am Beginner Pilates Mat (Annette)
10:30am TRX-Metabolic Conditioning Class* (Brian) ►
11am Deep Aqua Fit (Annette)
11:35am Abs & Glutes (Maggie) 20 min.
12pm Pilates Mat (Annette)
12pm Zumba (Cyndi) ●
12:15pm Fitness Interval Training (Maggie) ► 45 min.
4:30pm Vinyasa Yoga (Nina)
5:15pm Zumba (Michelle) ● 55 min.
5:15pm TRX* (Deirdre) ► 40 min.

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

Saturday
8:15am Spin (Carrie)

Sunday
4pm Vinyasa Yoga (Mara) 75 min.
6pm Zumba (Michelle)
6:45pm Serenity Yoga (Deborah) ●

● = Combatives Room (Level B)
□ = Swig #3 (Level 1)
► = Boxing Room (Level B)
* TRX online registration is available at usfca.edu/koret (Group Exercise Schedule)