

# JUN-JUL


June 21 - July 4, 2020

USAG Hawaii Family and MWR created a variety of virtual programs to remain connected to our Hawaii Garrison communities during temporary closures in response to the COVID-19. Stay up-to-date on our MWR Hawaii Facebook.

- Virtual Workout of the Day • Boredom Busters
- Storytimes • Mindfulness & Resilience
- On-Demand Videos • Family Advocacy
- Fitness Classes • Family/Kid Workouts & more!



Schedule is subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>21</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <hr/>  <p>Father's Day Stay-cation Contest 9 a.m.-5 p.m. MWRHi Facebook For complete details, visit: <a href="#">HiMWR.com</a></p>	<p><b>22</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Strong Nation with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Family Advocacy Program: "Building Healthy Relationships" (video) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>6 p.m.: Strong Nation with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>23</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>12 p.m.: Information &amp; Referral: "Sponsorship Information" (Video) <a href="#">Army Community Service</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>  <p>More details, map &amp; information: <a href="#">MWRHi Facebook</a></p>	<p><b>24</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: • Pre-Recorded Workout • Strong Nation with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: • Employment Readiness: "How to Market Your Volunteer Experience on Your Resume" (Youtube) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>12 p.m.: FRP: "AER &amp; AER Campaign Extension" (video) <a href="#">Army Community Service</a></p> <p>6 p.m.: • Zumba with Liliana • Yoga with Katelyn (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>25</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Strong Nation with Liliiana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>26</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: • EFMP: "IEP during the COVID-19" (video) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>10:30 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>27</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10:15 a.m.: Strong Nation with Liliiana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>2:30 p.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p>
<p><b>28</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p><u>Videos On-Demand:</u></p> <ul style="list-style-type: none"> <li>Youth Sports &amp; Fitness Workouts:</li> <li><a href="#">Advanced Plyometrics</a></li> <li><a href="#">Medicine Ball Workout</a></li> </ul> <ul style="list-style-type: none"> <li>Outdoor Recreation Center</li> <li><a href="#">Ocean Safety</a></li> </ul>	<p><b>29</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Strong Nation with Liliiana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Family Advocacy Program: "Child Maltreatment and Intimate Partner Abuse Reporting" (video) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>6 p.m.: Strong Nation with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>30</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>12 p.m.: Information &amp; Referral: "Volunteer Overview" (Video) <a href="#">Army Community Service</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>JULY 1</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: • Pre-Recorded Workout • Strong Nation with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: • Employment Readiness: "Tips on Interviewing" (Youtube) <a href="#">Army Community Service</a></p> <ul style="list-style-type: none"> <li>Virtual Storytime <a href="#">Army Libraries Hawaii</a></li> </ul> <p>12 p.m.: Financial Readiness: "Financial Resiliency" (video) <a href="#">Army Community Service</a></p> <p>6 p.m.: • Zumba with Liliana • Yoga with Katelyn (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>2</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Strong Nation with Liliiana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: AVCC: "Virtual OPOC training" (Video) <a href="#">Army Community Service</a></p> <p>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>3</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) <a href="#">Health &amp; Fitness Center</a></p> <p>10 a.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p> <p>10:30 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p><b>4</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p>9 a.m.: Zumba with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>10:15 a.m.: Strong Nation with Liliiana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>2:30 p.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p>