

APRIL - MAY

April 26 - May 9, 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
- Arts & Crafts • Storytimes • Mindfulness & Resilience
- Contest • Behind the Scenes • Family Advocacy
- Fitness Classes • Kid's Workouts & more!



Schedule is subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>26</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>QUICK FACEBOOK LINKS: (Click or Copy & paste urls)</p> <ul style="list-style-type: none"> • USAG Hawaii Family & MWR: https://hawaii.armymwr.com • SB Health & Fitness Center: https://www.facebook.com/SchofieldBarracksHealthandFitness • Army Community Service (ACS): https://www.facebook.com/Army-Community-Service-Hawaii-332495810239/ • Army Hawaii Libraries: https://www.facebook.com/US-AGHawaiiLibraries • USAGHI Youth Sports & Fitness: https://www.facebook.com/youthsports.hawaii 	<p>27</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: • Family Advocacy Program: "Safe Sleep" (video) Army Community Service</p> <p>• Virtual Storytime Army Libraries Hawaii</p> <p>6 p.m.: Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p>	<p>28</p> <p>Virtual Spirit Day Contest: Crazy Hat Day USAG Hawaii Family & MWR</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>10 a.m.: Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>12 p.m.: Cultural Activity "Lei Making Part 3" (video) Army Community Service</p> <p>6 p.m.: Insanity with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yoga Sweat with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>29</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: • Pre-Recorded Workout • Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: • Employment Readiness: "Resume Writing for the Private Sector" (Youtube) Army Community Service</p> <p>• Virtual Storytime Army Libraries Hawaii</p> <p>12 p.m.: Financial Readiness: "Military Saves Month" (video) Army Community Service</p>	<p>30</p> <p>Virtual Spirit Day Contest: Hero Day USAG Hawaii Family & MWR</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Insanity with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>1 p.m.: "Mental Health Minute" Army Community Service</p> <p>6 p.m.: Insanity with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yin Yoga with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>MAY 1</p> <p>Face Mask Contest USAG Hawaii Family & MWR</p> <p>Youth Sports Footwork Friday's USAGHI Youth Sports & Fitness</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) Health & Fitness Center</p> <p>10 a.m.: • EFMP topic: "Creating a Calming Bottle" (video) Army Community Service</p> <p>• Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliانا (see HFC FB) Health & Fitness Center</p>	<p>2</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>10:15 a.m.: Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>1:30 p.m.: Virtual Storytime Army Libraries Hawaii</p>
<p>3</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>On-Demand:</p> <ul style="list-style-type: none"> • Youth Sports & Fitness Workouts (Videos): • Plyometric Workout #1 • Footwork Friday's • Bowling Center (Videos): • Behind the Scenes • DIY Arts & Crafts (Videos): • Alone but not Lonely Painting with Dania • Serene Aloha Night Painting with Dania 	<p>4</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: • FAP "Couples Communication" (video) Army Community Service</p> <p>• Virtual Storytime Army Libraries Hawaii</p> <p>6 p.m.: Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p>	<p>5</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>10 a.m.: • Information & Referral: Volunteer/VMS Process (video) Army Community Service</p> <p>• Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>6 p.m.: Insanity with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yoga Sweat with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>6</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: • Pre-Recorded Workout • Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: • Employment Readiness: "Resume Writing for the Private Sector Part 2" (Youtube) Army Community Service</p> <p>• Virtual Storytime Army Libraries Hawaii</p> <p>12 p.m.: Financial Readiness: "TSP/BRS" (video) Army Community Service</p>	<p>7</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Insanity with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>1 p.m.: "Mental Health Minute" Army Community Service</p> <p>6 p.m.: Insanity with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>6:30 p.m.: Yin Yoga with Katelyn (Live-Zoom) Health & Fitness Center</p>	<p>8</p> <p>Youth Sports Footwork Friday's USAGHI Youth Sports & Fitness</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Bootcamp with Kristy (Facebook Live) Health & Fitness Center</p> <p>10 a.m.: EFMP topic: "Lockdown Learning Strategies" (video) Army Community Service</p> <p>• Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliانا (see HFC FB) Health & Fitness Center</p>	<p>9</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>10:15 a.m.: Strong Zumba with Liliانا (Live-Zoom) Health & Fitness Center</p> <p>1:30 p.m.: Virtual Storytime Army Libraries Hawaii</p>