

JUNE


June 7 - June 20, 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 align="center">7</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <hr/>  <p>Now thru July 18 REGISTER ONLINE TODAY! Fort Shafter Library SGT Yano Library</p> | <p align="center">8</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Strong Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Family Advocacy Program: "Victim Restricted/Unrestricted Reporting" (video) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>6 p.m.: Strong Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> | <p align="center">9</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>10 a.m.: Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>12 p.m.: Information & Referral: "ACS Service Delivery with Virtual Appointments and Social Distancing" (Video) Army Community Service</p> <p>6 p.m.: Insanity with Liliiana (Live-Zoom) Health & Fitness Center</p> | <p align="center">10</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 Liliiana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: • Employment Readiness: "Building Your Federal Resume in USAJOBS, Part 3" (Youtube) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>12 p.m.: Financial Readiness Program Services (video) Army Community Service</p> <p>6 p.m.: Yoga with Katelyn (Live-Zoom) Health & Fitness Center</p> | <p align="center">11</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Insanity with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>6 p.m.: Insanity with Liliiana (Live-Zoom) Health & Fitness Center</p> | <p align="center">12</p> <p>EFMP: "Rice Stress Balls" (video) Army Community Service</p> <p>Youth Sports Footwork Friday's #3 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.: Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliiana (see HFC FB) Health & Fitness Center</p> | <p align="center">13</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>10:15 a.m.: Strong Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>2:30 p.m.: Virtual Storytime Army Libraries Hawaii</p> |
| <p align="center">14</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>Videos On-Demand: • Youth Sports & Fitness Workouts: • Rotation/Anti Rotation</p> <ul style="list-style-type: none"> • Plyometrics #1 • Plyometrics #2 • Footwork Friday's • Footwork Friday's #3 • Footwork Friday's #4 • Chair Routine #1 • Body Weight Basics • Baseball #1 • Backpack Workout #1 <p>• Outdoor Recreation Center • Ocean Safety</p> | <p align="center">15</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Strong Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: Family Advocacy Program: "Bathing Safety Tips for Infants and Toddlers" (video) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>6 p.m.: Strong Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> | <p align="center">16</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>10 a.m.: Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>12 p.m.: Information & Referral: "Cultural Class info with a Quick Craft" (Video) Army Community Service</p> <p>6 p.m.: Insanity with Liliiana (Live-Zoom) Health & Fitness Center</p> | <p align="center">17</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 Liliiana (Live-Zoom) Health & Fitness Center</p> <p>10 a.m.: • Employment Readiness: "Building Your Federal Resume in USAJOBS, Part 4" (Youtube) Army Community Service</p> <ul style="list-style-type: none"> Virtual Storytime Army Libraries Hawaii <p>12 p.m.: Financial Readiness: "Financial Resiliency" (video) Army Community Service</p> <p>6 p.m.: Yoga with Katelyn (Live-Zoom) Health & Fitness Center</p> | <p align="center">18</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Insanity with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>6 p.m.: Insanity with Liliiana (Live-Zoom) Health & Fitness Center</p> | <p align="center">19</p> <p>EFMP: "Parent Strategies: Chores for Kids with ADHD" (video) Army Community Service</p> <p>Youth Sports Footwork Friday's #3 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.: Virtual Storytime Army Libraries Hawaii</p> <p>*Pop-up Classes with Liliiana (see HFC FB) Health & Fitness Center</p> | <p align="center">20</p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) Health & Fitness Center</p> <p>9 a.m.: Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>10:15 a.m.: Strong Zumba with Liliiana (Live-Zoom) Health & Fitness Center</p> <p>2:30 p.m.: Virtual Storytime Army Libraries Hawaii</p> |