

# JULY

July 5 - 18, 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 style="text-align: center;"><b>5</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p>	<p style="text-align: center;"><b>6</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: "Infant Massage" (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 style="text-align: center;"><b>7</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: "Relocation Preparedness" (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 style="text-align: center;"><b>8</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: "Resume Writing for the Private Sector" (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: "Predatory Lending" (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 style="text-align: center;"><b>9</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>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p style="text-align: center;"><b>10</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: "At-Home Family Movie Night with Turtle Picnic Mix" (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 style="text-align: center;"><b>11</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 Liliana (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 style="text-align: center;"><b>12</b></p> <p>8 a.m.: Workout of the Day (Posted Daily Workout Plan) <a href="#">Health &amp; Fitness Center</a></p> <p><b>Videos On-Demand:</b></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> <p>• Outdoor Recreation Center • <a href="#">Ocean Safety</a></p>	<p style="text-align: center;"><b>13</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 style="text-align: center;"><b>14</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: "Spouse Sponsorship" (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 style="text-align: center;"><b>15</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: "Resume Writing for the Private Sector Part 2" (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: "Budgeting for the Holidays" (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 style="text-align: center;"><b>16</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>6 p.m.: Insanity with Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p>	<p style="text-align: center;"><b>17</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: "Family Photo Scavenger Hunt" (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 style="text-align: center;"><b>18</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 Liliana (Live-Zoom) <a href="#">Health &amp; Fitness Center</a></p> <p>2:30 p.m.: Virtual Storytime <a href="#">Army Libraries Hawaii</a></p>