

# Group Exercise Calendar



## February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mindful Meditation 1200	2 Spin 1200	3 Spin 1200	4 Warrior Wednesday Demo Class 1200	5	6 BOSS Fitness Club Ruck March 0730 Yoga 1200	7
8	9 Spin 1200	10	11	12	13 Yoga 1200	14
15	16 Spin 1200	17	18	19	20 Yoga 1200	21
22	23 Spin 1200	24	25	26	27 Yoga 1200	28 CEA Hip-Hop Dance Class 1000-1130

# MONTH OF THE MILITARY CHILD T-SHIRT DESIGN CONTEST

Submit your child's design  
for a chance to have it  
featured on our 2026  
Month of the Military  
Child T-Shirts.

Submissions from:

**February 1 - March 5**

Voting: **March 6, 2026**  
at the USAG Miami Food Court from  
11:00 a.m. - 1:00 p.m.

**Theme: Proud to Be a Military Child**

Open to military children up to 17 years old.

Submit your design online at:

[Miami.ArmyMWR.com](http://Miami.ArmyMWR.com)

MONTH OF THE MILITARY CHILD  
T-SHIRT DESIGN  
CONTEST

YOUR CHILD'S  
DESIGN HERE!

**MOMC 2026 THEME IS:  
Proud to Be a Military  
Child**



# Mindful Meditation Monday

Starting January 2026

Meet us the first Monday of every month  
from 1200 to 1300 at the MWR Gym Yoga/Spin Room

\*Except April and July - we meet the second Monday

Take a break from the hustle and bustle of daily life  
and join us for a dedicated hour of mindfulness.

During each session, you'll:  
Decompress in a quiet, supportive environment.  
What to Wear: Wear whatever feels comfortable.

What to Bring: Yoga mats are provided,  
but feel free to bring your own, headphones  
and a bottle of water.

To Register please call: Family Advocacy Program 305-437-2645

Open to DOW ID Cardholders.  
Spouses and children ages 12 and up are encouraged to attend.



Family Advocacy Program supports Service Members, their spouses, partners and families. Please visit the Family Advocacy Program at Army Community Services or call 305-437-2645 for resources and support. National Domestic Violence Hotline is 800-799-7233.



# Workforce Wednesday



Career Clarity. Expert Guidance. Proven Outcomes.

**Every 1<sup>st</sup> Wednesday**



- Individual 1:1 Sessions  
0900-1100  
Registration required

- Career Advancement Workshops  
1100-1200  
Registration required

**Let's Elevate Your Career**

Tynisa Eleby, MBA, MS  
(305) 437-2178

For more information or to register, please email:  
[tynisa.s.eleby.civ@mail.mil](mailto:tynisa.s.eleby.civ@mail.mil)



## What You'll Gain?



Strategic resume review aligned with current hiring trends

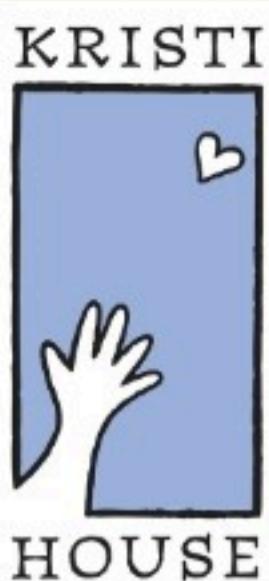


Expert guidance on career planning, interview mastery, and personal branding



Insights into recruiter expectations and strategic networking opportunities

FREE  
Event!



Kristi House Prevention Education  
&  
US Army Garrison Miami - Family Advocacy Program

## COMMUNITY PLAYDATE AT KRISTI HOUSE

**Everyone is Welcomed!**

**Families \* Parents \* Caregivers \* Children**

**Thursdays | 10 - 12 PM**

**February 5**

**April 2**

**July 9**

**October 8**

**WHERE: Kristi House, The Healing Sanctuary, Homestead**

250 N Krome Ave., Homestead, FL, 33030

Free Parking Available

No registration required

For more information, call

305-437-2645

**Join us for a fun, relaxed playdate with games,  
laughter, and connection**



**EFMP** Exceptional  
Family Member  
Program

**JOIN US**

**@KRISTIHOUSECAC**



**USAG MIAMI FMWR**



**MWRMIAMI**



**U.S. ARMY MWR MIAMI**



# Miami Bossy FITNESS CLUB



**EVERY FIRST FRIDAY OF  
THE MONTH AT 0730**

**LOCATION VARIES EACH MONTH**

**FOR MORE INFORMATION  
CONTACT THE FITNESS CENTER AT 305-437-0123**

**SCAN HERE  
TO REGISTER!**





# MISSION: MASTERPIECE PAINT and SIP

**\$15** Per Person  
\*No Refunds

Join us for a relaxed, social paint-and-sip experience! No artistic skills required.

- Step-by-step guided instruction
- Create your own canvas masterpiece
- Light snacks provided
- Includes a complementary wine, mocktail, or beverage of choice while supplies last  
(additional beverages available for purchase)

## February 7, 2026

Two sessions available: 3:00 p.m. & 5:30 p.m.

**USAG-Miami Fitness Center Basketball Court.**

Call the Fitness Center at 305-437-0123 to register.  
Registration opens January 6 – February 6.

- Each class is approximately 1.5 hours
- 3:00 p.m. class is family friendly and open to all ages; parental supervision required.
- 5:30 p.m. class is open to ages 16+.

Need childcare? Register for Parents Night Out,  
4:00 p.m. – 8:00 p.m., at (305) 437-2654. Only \$32 per child.



ARMY COMMUNITY SERVICE

# FUNDAMENTALS OF FINANCE

## READY TO GET FINANCIALLY SAVVY?

ACS will host a monthly training that covers everything you need to know about managing your money.

Learn practical tips on taxes, investing, saving, and more. Gain the confidence to build a secure financial future.

**WHEN:**  
**SECOND**  
**WEDNESDAY**  
**OF THE**  
**MONTH**

**TIME:**  
**12 P.M - 1 P.M.**  
**LOCATION:**  
**ACS**  
**CLASSROOM**

For more information and to register, please contact Army Community Service at 305-437-2659.

The office is located in the U.S. Army Garrison-Miami building, in Room E-2005 on the second floor.



# ACS VOLUNTEER ORIENTATION

VMIS  
TRAINING

EVERY 2ND THURSDAY OF THE MONTH.  
ACS CLASSROOM/TEAMS | 12 P.M.-1 P.M.

Want to  
Volunteer?  
We've  
Got You!

## Learn How to Use VMIS! Your Key to Volunteering!

Army Community Service (ACS) is offering an orientation session for individuals interested in volunteering at USAG Miami. The orientation will provide an overview of the garrison, outline relevant policies and procedures, and highlight current volunteer opportunities. Attendees will also receive assistance with enrolling in the Volunteer Management Information System (VMIS), ensuring a smooth start to their volunteer experience.

This is a great opportunity to learn how you can support the USAG-Miami community while gaining valuable skills and making a meaningful impact.

For more information, please contact: (305) 437-2659.



U.S. ARMY



USAG-miami fmwr  
 @ mwrmiami  
 U.S. Army MWR Miami  
[Miami.armymwr.com](http://Miami.armymwr.com)

# CUPID'S CROSSFIRE DODGEBALL TOURNAMENT



Join us for a Valentine's Day-themed dodgeball tournament hosted by the BOSS Program at the USAG-Miami Fitness Center basketball courts starting at 1500.

Participants ages 16 and older can register at the Fitness Center front desk for a \$5 fee, with all proceeds benefiting the BOSS Program. Teams will consist of five players and compete in a round-robin-style tournament.

Each team must come up with a clever team name and coordinate matching outfits. Individuals without a team may register as a free agent and will be assigned to a team.

12 FEBRUARY 2026 • STARTING AT 1500  
USAG-MIAMI FITNESS CENTER BASKETBALL COURTS





# FREE FAMILY FUN *Night*

**GAMES**

**KARAOKE**

**FAMILY ACTIVITIES  
FOR ALL AGES**

In partnership with The U.S. Army Garrison-Miami **Family Advocacy Program (FAP)** and **Exceptional Family Member Program (EFMP)**

**FRIDAYS | 5:00–7:00 PM**  
**Feb 20 • Apr 24 • Aug 28 • Oct 9**

**SOUTH DADE YMCA FAMILY CENTER**  
**9355 SW 134th St, Miami, FL 33176**

**FREE EVENT** |  **NO REGISTRATION REQUIRED** |  **EVERYONE WELCOME**



**EFMP** Exceptional Family Member Program

SPONSORSHIP DOES NOT IMPLY ENDORSEMENT BY THE U.S. ARMY, AND/OR UNITED STATES GARRISON-MIAMI.

**SUBJECT TO CHANGE**



**Florida Licensing on Wheels mobile offices brings motorist services directly to DOD ID Card holders. FLOW offers:**

- First time license (\$48.00)
- Convert out of state license (\$48.00)
- Renewals (\$48.00 for Class E; fees vary for CDL)
- Replacements for lost or stolen license (\$25.00)
- Address/name changes (\$25.00)
- ID cards (\$25.00)
- No FEE Poverty Letter.
- Restorations (fees vary)
- Emergency Contact Information Registration (free)
- Vehicle Registration Renewals (fees vary)
- Disabled Parking Placard Issuance and Renewals (Permanent- free; Temporary- \$15.00)

**FLOW accepts these methods of payment:**  
Cash, Check, and Credit Cards

**What to Bring to Obtain a Florida Driver License or Identification Card:**

1. Proof of Identification (An Original of One): U.S. Birth Certificate; Valid U.S. Passport or passport card; Consular Report of Birth Abroad; Certificate of Naturalization, form N-550 or N-570
2. For Name Changes: Marriage Licenses or Divorce Decree or Court Order
3. Proof of Social Security Number (An Original of One): Social Security Card; SSA-1099; Pay Stub/Check; W-2.
4. Two (2) Proofs of Resident Address: Must provide one (1) household information document with the residential address in the name of the certifier: Deed, Mortgage Agreement, Recent Monthly Mortgage Statement, or Rental/Lease Agreement. AND Must provide one (1) supporting document with the residential address in the name of the certifier: FL Voter Registration Card; JKV Maintenance Statement; Phone Bill; Correspondence from financial institution including checking, savings, or investment statements. Mail from federal, state, county, or city government agency. Credit Card Statement; Automobile/Renters Insurance policy or bill.

**U.S. Army Garrison-Miami Food Court Area**

**Dates: FEB 19, MAR 19, MAY 21, JUL 16 | Time: 1000-1400 (Sign-in begins at 0900) For more information call Army Community Service: (305) 437-2659**

**\*\*\*Only the first 30 customers who sign in will be served\*\*\***

**FIRST COME, FIRST SERVED**



U.S. ARMY



# FISHING CLUB

with *Vet*  
Info



JOIN VET INFO  
EVERY THIRD SATURDAY OF THE MONTH  
AND LEARN HOW TO FISH!

9:00 A.M. - 12:00 P.M. USAG-MIAMI WEST CANAL

(Equipment available while supplies last)

Open to all DoD ID cardholders and USSOUTHCOM badge holders.

FREE event. Open to all ages. No registration required!

[f](#) USAG-miami fmwr [@](#) mwrmiami [in](#) U.S. Army MWR Miami | [miami.armymwr.com](http://miami.armymwr.com)

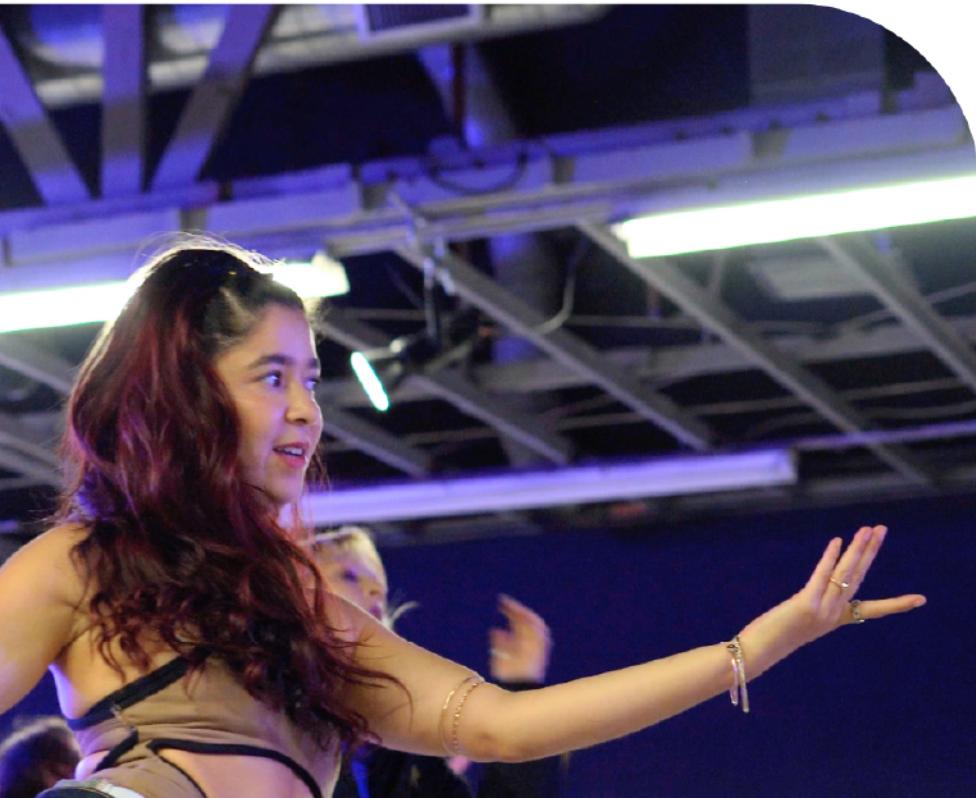
(305) 437-1340 • 9301 NW 33rd Street, Doral FL 33172

CREATIVE  
ENGAGEMENT WITH THE

Arts

# HIP HOP DANCE

*with Abbygale Chung*



**Feel the rhythm.  
Learn the moves.**

This 90-minute, beginner-friendly session introduces hip hop choreography. Participants will explore a variety of movement styles at a comfortable pace. No prior dance experience is required.

Registration is free.  
Register at the USAG-Miami Fitness Center, front desk or by calling (305) 437-0123.

**SATURDAY, FEBRUARY 28, 2026**

**10:00 A.M. - 11:30 A.M.**

**U.S ARMY GARRISON-MIAMI FITNESS CENTER**



# OUTDOOR ADVENTURE

## Bingo WINTER EDITION \*

JANUARY 12<sup>TH</sup>  
TO MARCH 19<sup>TH</sup>

Participants will complete outdoor activities on their own and track their progress throughout the program for a chance at something special.

### How to Participate:

- Pick up your Winter Adventure Bingo card at ODR
- Complete each activity on your own time
- Save proof of every square you complete (photo)
- Turn in your completed bingo card in person or email proof to:

[usarmy.miami.rrad.mbx.dfmwr-recreation@mail.mil](mailto:usarmy.miami.rrad.mbx.dfmwr-recreation@mail.mil)

FREE Event! Registration opens 15 December. Call 305-437-1340 for more information.

Open to all DoW ID cardholders and USSOUTHCOM badge holders.



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