

Group Exercise Calendar



February 2026

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



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



**WE ARE
HIRING**



Career Clarity. Expert Guidance. Proven Outcomes.

Every 1st 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

What You'll Gain?



Strategic resume review
aligned with current
hiring trends



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



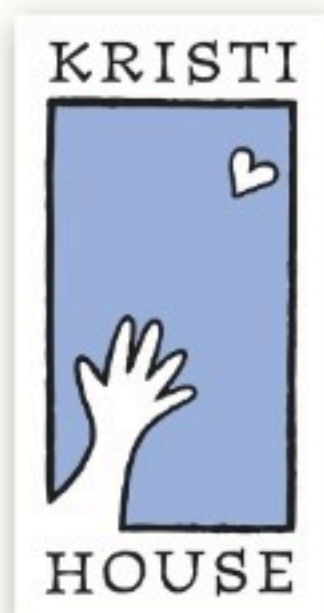
Insights into recruiter
expectations and
strategic networking
opportunities



U.S. ARMY



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



JOIN US

@KRISTIHUSECAC



USAG MIAMI FMWR



MWRMIAMI



U.S. ARMY MWR MIAMI



Miami BOSS FITNESS CLUB



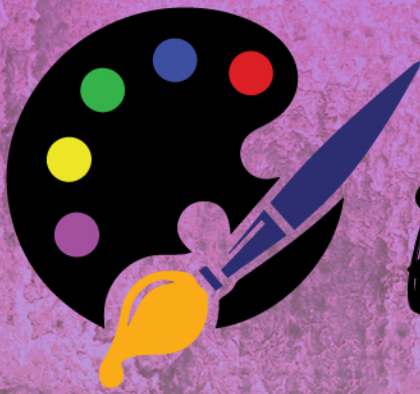
**EVERY FIRST FRIDAY OF
THE MONTH AT 0730**

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.



U.S. ARMY



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.



U.S. ARMY



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

Cupid's BOSS 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.



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.
- Reinstatements (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 Voters 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!

USAG-miami fmwr mwrmiami U.S. Army MWR Miami | miami.armymwr.com

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

CREATIVE
ENGAGEMENT WITH THE

Arts

HIP HOP DANCE

with Abbigale 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 12TH
TO MARCH 19TH

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

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

Open to all DoW ID cardholders and USSOUTHCOM badge holders.

