



MIAMI MWR

MARCH 2026



Visit our website.

Beach Breeze & Heat Wave Fitness

Choose your challenge this March with Beach Breeze & Heatwave Fitness! Whether you're stretching into flexibility or powering up with high-energy training, this multi-week event will keep you moving, motivated, and having fun!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 • ACS: Mindful Meditation from 12:00 - 1:00 p.m. Aerobics Room • Beach Breeze & Heat Wave Fitness Challenge Begins	3	4 • ACS: Workforce Wednesday One-one-One Session: 9:00 a.m. - 12:00 p.m. Workshop: 12:00 p.m. - 1:00 p.m. ACS Classroom Registration Required	5	6 • BOSS: Fitness Club 7:00 a.m. - 8:00 a.m. MWR Fitness Center	7 • CYS: Parents Night Out 5:00 p.m. - 9:00 p.m. USAG-Miami CDC
8	9	10	11 • ACS: Fundamentals of Finance 12:00 p.m. - 1:00 p.m. ACS Classroom	12 • ACS: Volunteer Orientation 12:00 p.m. - 1:00 p.m. ACS Classroom	13	14
15	16	17	18	19 • ACS: Florida Licensing on Wheels (FLOW) 10:00 a.m. - 2:00 p.m. USAG-Miami Food Court	20	21 • BOSS Discovery Scuba Course • Outdoor Recreation: Fishing Club 9:00 a.m. - 12:00 p.m. USAG-Miami
22	23	24	25	26	27	28 • CYS: MOMC Spring Fling Eggstravaganza 12:00 p.m. - 3:00 p.m. CDC Parking Lot
29	30	31 • BOSS: Monthly Meeting 11:30 a.m. - 12:30 p.m. CCA				

Group Exercise Calendar



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Heatwave HIIT 0700 Spin 1200	4 Warrior Wednesday 1200	5	6 BOSS Fitness Club 0700 Yoga 1200	7
8	9	10 Tabata Tuesdays 0700 Spin 1200	11 Warrior Wednesday 1200	12	13 Yoga 1200	14
15	16	17 Heatwave HIIT 0700 Spin 1200	18 Warrior Wednesday 1200	19	20 Yoga 1200	21
22	23	24 Tabata Tuesdays 0700 Spin 1200	25 Warrior Wednesday 1200	26	27 Yoga 1200	28
29	30	31 Heatwave HIIT 0700 Spin 1200				

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



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





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!**



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.

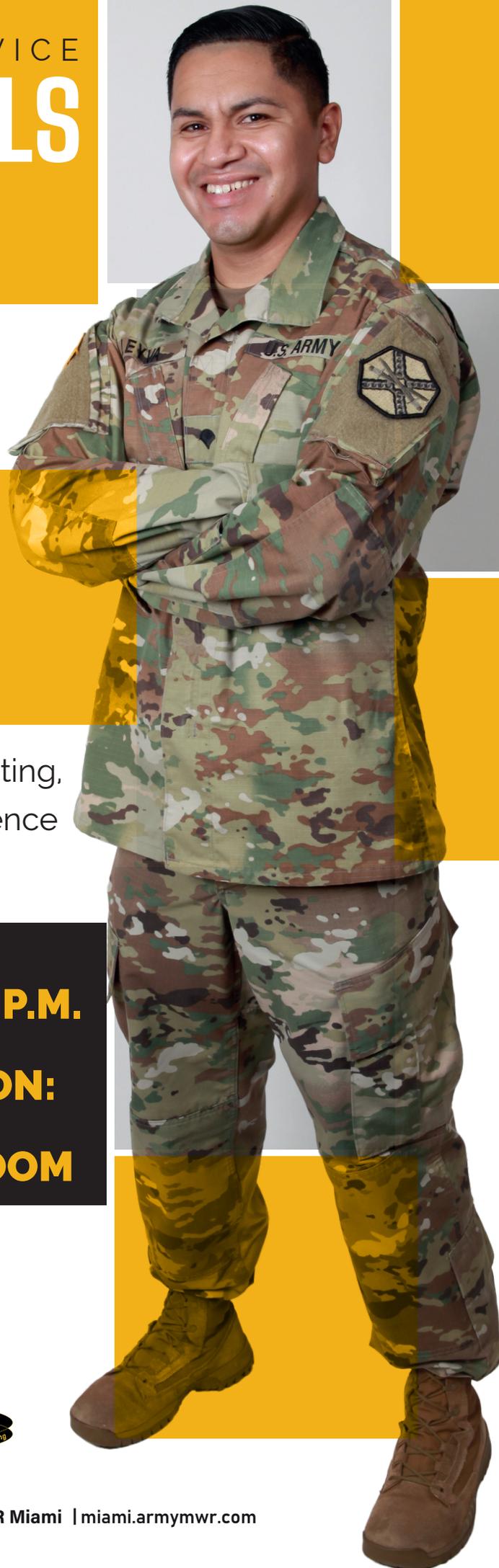
**WHEN:
SECOND
WEDNESDAY
OF THE
MONTH**

**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.



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Miami.armymwr.com

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.
- 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

MONTH OF THE MILITARY CHILD KICKOFF CELEBRATION!

MOMC SPRING FLING EGGSTRAVAGANZA

Saturday, March 28, 2026

12:00 p.m. - 3:00 p.m.

USAG-Miami CDC Parking Lot

Open to DOW ID Card Holders & USSOUTHCOM Badge Holders

Special Guest Appearance:
The Spring Bunny

Activities Include:

Egg Hunt,
Bouncy Houses,
Photo Booth,
Face Painting,
Obstacle Course,
Crafts, Music,
...and more!

Food & Beverage for Purchase

T-SHIRT GIVEAWAY!

Be there to receive the official USAG Miami Month of the Military Child T-Shirt, featuring this year's winning design by a military child!

Available while supplies last!

For more information, please visit miami.armymwr.com or call the Child & Youth Services office at: (305) 437-2251.



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.

