

# SCHEDULE OF EVENTS

August 7-14, 2021

## SATURDAY

AUGUST 7, 2021

- 10AM** ESPN Honolulu  
**Virtual Sports Fest Kickoff** [CLICK TO JOIN](#)
- 12PM** UnitedHealthcare  
**Tai Chi for Beginners** [CLICK TO JOIN](#)
- 2PM** **Sports Cards 101** [CLICK TO JOIN](#)
- 4PM** **Busting Open NBA Packs** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Strength Training** [CLICK TO JOIN](#)

## SUNDAY

AUGUST 8, 2021

- 10AM** UnitedHealthcare  
**Chair Yoga** [CLICK TO JOIN](#)
- 12PM** UnitedHealthcare  
**Total Body Workout** [CLICK TO JOIN](#)
- 2PM** The Pilates Store  
**Essential Pilates Mat with Props** [CLICK TO JOIN](#)
- 4PM** **The Ultimate Travel & Sports Experience** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Everyday Movement Workout** [CLICK TO JOIN](#)

## MONDAY

AUGUST 9, 2021

- 10AM** UnitedHealthcare  
**Lower Body Stamina Workout** [CLICK TO JOIN](#)
- 12PM** **"Lunch Break" with Dave Kawada** [CLICK TO JOIN](#)
- 2PM** **Baseball Outside the Box feat. Keoni DeRenne** [CLICK TO JOIN](#)
- 4PM** **Sports Trivia Battle: NBA Edition** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Balance & Fall Prevention** [CLICK TO JOIN](#)

## TUESDAY

AUGUST 10, 2021

- 10AM** UnitedHealthcare  
**Stretch & Release Workout** [CLICK TO JOIN](#)
- 12PM** **"Lunch Break" with Tiff Wells** [CLICK TO JOIN](#)
- 2PM** **Backside 360 Trick Tip** [CLICK TO JOIN](#)
- 4PM** **How to Shoot a Basketball with Derrick Low** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Get Moving with Dance** [CLICK TO JOIN](#)

## WEDNESDAY

AUGUST 11, 2021

- 10AM** UnitedHealthcare  
**Stability, Agility & Mobility Workout** [CLICK TO JOIN](#)
- 12PM** **"Lunch Break" with Josh Pacheco** [CLICK TO JOIN](#)
- 2PM** **Collegiate E-Sports in Hawaii: An Inside Look into UH's Program** [CLICK TO JOIN](#)
- 4PM** **Sports Trivia Battle: Pro Wrestling Edition** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Upper Body Strength** [CLICK TO JOIN](#)

## THURSDAY

AUGUST 12, 2021

- 10AM** UnitedHealthcare  
**Circuit Training** [CLICK TO JOIN](#)
- 12PM** **"Lunch Break" with The Sports Animals** [CLICK TO JOIN](#)
- 2PM** **1-on-1 with Rich Hill** [CLICK TO JOIN](#)
- 4PM** **E-Sports in Hollywood: Integrating Technology into Entertainment** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Walk for Fitness** [CLICK TO JOIN](#)

## FRIDAY

AUGUST 13, 2021

- 8AM** **Sports & Youth Concussion Seminar** [CLICK TO JOIN](#)
- 10AM** ESPN Honolulu  
**Fan Friday: Talk Story with Nick Castello** [CLICK TO JOIN](#)
- 12PM** **"Lunch Break" with Bobby Curran** [CLICK TO JOIN](#)
- 4PM** **Football Drills with Chad Owens** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Balance & Fall Prevention** [CLICK TO JOIN](#)

## SATURDAY

AUGUST 14, 2021

- 10AM** UnitedHealthcare  
**Barre Basics** [CLICK TO JOIN](#)
- 12PM** **Mental Action with David Perreira** [CLICK TO JOIN](#)
- 2PM** **Mental Action Pt. 2 with David Perreira** [CLICK TO JOIN](#)
- 4PM** **Golf Etiquette 101** [CLICK TO JOIN](#)
- 6PM** UnitedHealthcare  
**Lower Back Conditioning** [CLICK TO JOIN](#)

