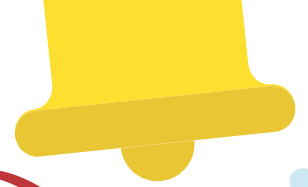


December 2025



SUN

MON

TUE

WED

THU

FRI

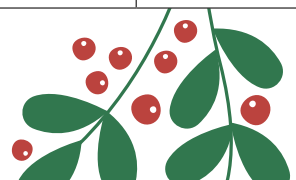
SAT

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Dec 24 - Christmas Eve

Dec 25 - Christmas Day

Dec 31 - New Year's Eve





Get Moving This December!



As we head into the New Year, let's stay active together!

Join us for our new exciting **30 for 30 Wellness Program**:

Move for just 30 minutes a day for 30 days!

You can lift weights, go for a walk, stretch, do yoga or Pilates, dance, play with your dog—whatever gets you moving and having fun!

Keep track of your daily activity on this calendar and return it back to Smith Fitness Center to earn a FREE prize—a stylish Nalgene water bottle!

Participation is FREE but make sure to submit your completed calendar by January 15, 2026.

Let's kick off the New Year with energy and enthusiasm!

Ready to take on the challenge? Sign up now!

#30Minutes30Days #SmithFitnessCenter #StayActive

For any questions or more information, contact Jamie Milburn at jamie.m.milburn.naf@army.mil.