



December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Group Fitness Class 11:15am	3 Mental Health Discussion 12:30pm-1:30pm	4 Cooking Class with Wellness 12pm	5 Group Fitness Class 10:30am
8 ***For more information, check out our website MiccosukeeHealth.com and our Instagram @MiccosukeeHealthCenter ***	9 Group Fitness Class 11:15am	10	11 Reindeer Run 5k 4:30pm	12 Group Fitness Class 10:30am
	16 Group Fitness Class 11:15am	17	18 Wellness Day 10am-4pm	19 Group Fitness Class 10:30am
22	23 Group Fitness Class 11:15am	24	25 WELLNESS CLOSED HOLIDAY	26 WELLNESS CLOSED HOLIDAY
29	30 Group Fitness Class 11:15am	31		

