

■ Welcome to January at LUTAN! ■

New year. New energy. New opportunities—together.

Happy New Year, LUTAN family! ■ Thank you for being part of our incredible community at **Lift Up Tumbling and Nutrition**. January is already off to a strong start!

■ New Adult Fitness Programs

We're expanding our adult fitness and personal training offerings with programs designed for real people and real schedules:

- **Adult Strength & Conditioning**
- **Mobility & Flexibility**
- **Adult Tumbling & Conditioning**

■ Seniors and adaptive fitness options coming soon. Build strength, improve flexibility, and move with confidence at any age.

■ LUTAN Fitness App — Now Live

Train anytime, anywhere with guided workouts and strength, flexibility, and conditioning programs—all in one place.

■ New Ebook Available

Our new ebook is here—designed to support strength, consistency, and confidence as you reset your health journey in 2026. **Available now on our website.**

■ Cheer Spotlight: Flames ■

French Lick, IN | January 10th

We are so proud of our Flames and wish them the best of luck at competition!

Thank you, LUTAN Family!

Everything we're building is because of YOU. Thank you for supporting our mission through fitness, cheer, and wellness.

Here's to a strong, healthy January!

— Coach Vanessa & the LUTAN Team