

# ■ 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