



OPTIONAL PROGRAM 2026

Yoga with Lalitha (Online)

Available to registered Yoga with Lalitha participants

Join our weekly yoga sessions led by Coach Lalitha, designed to support flexibility, strength, and recovery throughout the training season.

Location:

Zoom (link provided by Coach Lalitha to those who registered for yoga)

To receive the Zoom link, please email: info@sanjosefit.com

Schedule:

Tuesdays, starting May 5 through October 20

Time: 6:30 p.m.

What to Have Ready Before You Join Zoom:

- Comfortable workout clothes
- A yoga mat
- Two hand weights (optional)

Questions or More Info:

Email Coach Lalitha at info@sanjosefit.com

Subject line: Yoga with Lalitha