



Monthly Newsletter November 2024

DECEMBER 2024 EVENTS

FRIDAY NIGHT SPECIAL CLASSES: We are offering a variety of Special Classes running Bi-Weekly on Friday Nights from 5:30-6:15pm.

Friday December 6th, Partner Circuit: Grab a Partner or a Buddy, and come to our Partner Circuit Workout! A great date night (or workout before a nice dinner out) or a great time to connect with a friend as we pair up for exercises! Using your partner to create challenging exercises, this circuit will have you laughing and sweating! If you don't have a partner, No Problem! We will partner you up with one of our other individual participants or one of our instructors!

Friday, December 13th, 6-7pm Yin Yoga Sound Bath: We have our next Sound Bath event coming up, this time it will be combined with Yin Yoga! *Early Bird Booking is open until Dec 7th*, where you save \$10 at the special price of \$40!! From Dec 8-13th, the price increases to \$50. Spaces are 50% SOLD, so book your spot today! You can book with us at Tandem Unified Wellness in Studio by Cash, or you can EMT Autumn Moon Holistic Wellness at autumnmoonhw@outlook.com. If sending an EMT, PLEASE follow up with an email with your name to confirm your booked spot!

Friday, December 20th, Holiday Dance Fit - FREE (with donation to our Food Drive) Join us for some Holly Jolly Dance Fit (Zumba) where we will shimmy and shake off any holiday stresses! Feel free to dress festively (we recommend not wearing anything TOO warm, as you will get hot and sweaty in this class!!) ***Book your spot early! As this is a FREE event, we anticipate that it will fill quickly!*** Book online at www.tandemunifiedwellness.ca, and choose the "Pay in Person" option. The fee will be waived with your donation to the Food Drive! Share this event with your friends!!

Schedule Changes

Please note the following interruptions to the schedule:

CLOSED: Tues Dec 24th-Thur Dec 26th (open Mon, Fri and Sat of this week)

CLOSED: Tues Dec 31st & Wed Jan 1st

Recurring Memberships Now Available! If you are committed to your fitness journey with us, and hate having to remember to sign up every month for your Unlimited Monthly Package, we now can offer Recurring Payments! As an incentive for recurring members, you will save \$10 off each Unlimited Monthly Package - with a MINIMUM COMMITMENT OF 6 MONTHS. (*any recurring membership that is cancelled before the 6 month minimum will be invoiced for the discounted value. Any hold requests - up to 2 weeks per calendar year - or cancellations must be made in writing via email at least 1 week prior to the hold/cancel date requested.*)



Seniors Special: New offer - Seniors who are 60+ can get *20% off of their FIRST* purchase of a Group Fitness Plan with us. Offer is good for a one time use, and purchase should be made in the studio. (Current members who are seniors and would like to use the one time code can purchase in the studio, or contact us for an online code if online purchasing is preferred) This information may be shared, however the discount is tracked and can only be used one time per senior.

Family Memberships - Updated Pricing

Do you have a family member, who resides with you, that also would like a Membership with us? **Get 25% of the second membership** (of lesser value). Family Membership Packages must be Purchased IN STUDIO to receive the discount, and proof of residence may be required.

Testimonials: Do you have something that you would like to share about your experiences at Tandem Unified Wellness? It can be written, or videoed (we can even ask you questions behind the camera to prompt you if that's easier!) The more you share the love, the better our community becomes! Your progress and journey inspire others to take that step to being healthier, stronger and more fit overall! Progress is not always measured by hard numbers - it's the way you feel that is the biggest marker of improvement! We love when you experience this, and share it with each other!

Referral Reward Program

Tandem Unified Wellness offers a Referral Rewards Program, which could mean up to a FREE Month Membership for YOU! If you refer a friend, and they join Tandem for a 5 Class, 10 Class or Unlimited Month Membership, you earn rewards!

Refer 1 friend who signs up, and receive \$10 off your next package

Refer 3 friends who sign up, and receive \$30 off your next package

Refer 5+ friends who sign up and receive a FREE UNLIMITED MONTHLY package!

BEFORE you book your next class package, be sure to inquire with us to see if you have any referrals to use! *Referral Credits have an expiry of one month from their creation*, so be sure to use them when you collect them! For those with 5 or 10 class packages, the 30 day period within that time with the greatest # referrals will be used.

We want your input! Please feel free to fill out a comment/suggestion card in the studio, email us with your comments at tandemunifiedwellness@gmail.com, or hit us up on our **Contact Us** form on the website at www.tandemunifiedwellness.ca!

Yours truly,

Jenni and Denzel