

Check out what happened this December at Tandem Unified Wellness, and see what's happening in January!

[View in browser](#)



[About](#)

[Class Calendar](#)

[Pricing Plans](#)



We had so much fun in 2024!

Monthly Newsletter December 2024

We had an amazing December with you all, at Tandem Unified Wellness!! Our Christmas Food Drive gathered many items to benefit the local Food Bank! The Free Holiday Dance Fit was a blast! We gathered with new members, and shared memories with current and past members, and felt the love and joy of the season!

We look forward to many more fun-filled days with you all in the new year!

JANUARY 2024 EVENTS

Friday, January 10th, 5:30pm 80's Aerobics: Well, we had so much fun with our first 80's Aerobics event in November, we decided to run it again!! Dress up in your 80's inspired outfits to come and have a rad time at our 80's aerobics class!

Saturday, January 18th, 8:15am Bootcamp Challenge: Join us for our second, official Bootcamp Challenge Day! Take part in measured Cardio, Endurance and Strength challenges to see where you are at in your overall fitness *right now!* This is a challenge against yourself, as it is run every 2 months, and you can check in with your abilities throughout the year! This can be scaled for most levels!!

Friday, January 24th, 6-7pm Yin Yoga Sound Bath: We have our next Sound Bath event coming up, combined with Yin Yoga! *Early Bird Booking is open until Jan 18th*, where you save \$10 at the special price of \$40!! From Jan 19-24th, the price increases to \$50. We have a minimum # needed to run these events, so booking in advance helps to ensure that they run!

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!

Schedule Changes

Please note that we have updated our Fitness Schedule, with some minor changes. You will now find "LITE" classes in the morning time slots, which are Low Impact Toning Exercise classes. While they are Low Impact, they can still be a challenging workout, and can be scaled to higher fitness levels where required!

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 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

Tandem Unified Wellness

555 California Ave, Unit 9A,
Brockville
Canada



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

