TANDEM UNIFIED WELLNESS
Find your FIT

November 2026 Fall Schedule

Time of Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45a			Cardio & Strength 💪🔥		Tabata 💪🔥		
9:00-9:45a		Barre - LITE 💪⭐	Total Body - LITE 💪⭐🔥	Dance Fit LITE ⭐🔥	Cardio & Strength - LITE 💪⭐🔥	Barre - LITE 💪⭐	Bootcamp **(8:30-9:15a)** 💪🔥
10:00-10:45a		Yoga - Hatha ⭐	Chair Yoga ⭐	Pilates - LITE 💪⭐	Yoga - Hatha ⭐	Dance Fit LITE ⭐🔥	Barre **(9:30-10:15a)** 💪⭐
11:00-11:45a		Baby Fit - Strong 💪⭐👶		Chair Fit & Stretch 💪⭐	Pelvic Floor 💪⭐👶	Baby Fit - Strong 💪⭐👶	Aerial Yoga **(10:30-11:15a)** ⭐
12:15-12:45p		Functional Circuit 💪🔥	Tabata 💪🔥	Total Body 💪	Barre 💪⭐	Pilates 💪⭐	***Bootcamp Challenge** **November 14th (8:15-9:15a)** 💪🔥
4:30-5:15p		Cardio Kickboxing 💪🔥	TRX 💪⭐	Barre 💪🔥	Functional Circuit 💪🔥		
5:30-6:15p		Pilates 💪⭐	Dance Fit 🔥	Kettle Bell 💪⭐	Dance Fit 🔥		
6:30-7:15p		Step 🔥	Meditation & Relaxation ⭐		Aerial Yoga ⭐	****Aerial Sound Bath Nov 20th 6-7pm** ⭐	

💪- Strength ⭐ - Low Impact 🔥- Cardio 👶 - Baby-friendly Instructed by Jenni Instructed by Denzel Instructed by Emily ***Special Event**

Requires registration - www.tandemunifiedwellness.ca/events-current

****** This is a special event which requires registration email autumnmoonhw@outlook.com or by cash in the studio: Aerial Sound Bath***

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LITE Classes indicate our Low Impact Toning Exercise Classes - these classes are Lower Impact Classes.

Aerial Yoga - Experience the weightlessness of aerial yoga, as you use silk hammocks to support your body in this yoga practice. The silks offer support for your balance, and help you find depth and comfort in the poses.

Baby Fit - Strong - Maintain or regain strength during all stages in our Baby-Strong Class. The use of weights, bands or other items may be used, and babies may be used as weights. 30 min class with 15 min social time available after the class.

Barre - This low-impact workout combines high repetition and light weights or resistance with aspects of balance and coordination. Barre is a combination of muscular conditioning, Pilates, Yoga and Mobility.

Bootcamp - If you are looking for a high-intensity workout to get your heart-pumping and muscles working! Appropriate for all-levels, as every exercise is adaptable, but be ready to bring your A-game, and kick-butt attitude as you are put through your paces!

Cardio & Strength - This class will get your heart pumping, and your muscles working as we combine Cardio exercises with Strength exercises to target the whole body in one, effective workout.

Cardio Kickboxing - This class will offer you a high intensity workout, combining cardio kickboxing moves with some bodyweight conditioning to bring your workout to the next level. Low Impact options can be provided when needed.

Chair Fit & Stretch - A great low-impact option for those who have balance and mobility challenges. This class focuses on building functional strength and maintaining balance and range of motion.

Chair Yoga - Take part in an accessible Hatha Yoga, while seated in the Chair, or at times using the Chair for balance. This class spends some time stretching and connecting the breath and body.

Dance Fit - Enjoy getting fit while grooving to music. Follow the instructor as they lead you through simple to moderate choreographies that are repeated over several weeks so you learn the moves and really give it your own energy and style.

Functional Circuit - Get ready for a class that keeps you moving, as this circuit style class combines functional movements and strength to challenge you, no matter what level you are at!

Kettle Bell - Challenge yourself with the dynamic movement of a Kettlebell Strength Class. Kettlebells give a great strength workout that also uses balance, core, coordination, agility and grip strength.

Meditation & Relaxation - Relax in an aerial hammock (or laying on a mat as desired) while being led through some easy breath connection, body relaxation and different guided meditation practices.

Pelvic Floor - Fix or support dysfunction, or prevent future dysfunction. If you want to run, jump, sneeze or lift weights without stress incontinence ruining things, try this class out! Great for pregnant, post-natal, athletes, heavy weight lifters, aging populations or those who have had pelvic surgeries.

Pilates - A low-impact core workout, this class will focus on your alignment, balance and stability through the core as your limbs are moving. This class is based on the Classic Mat Pilates and allows you to focus on your core combined with mobility work.

Step - Ramp up your cardio game with our aerobic step class! This can be done with or without a step, for those who may need a lower impact option. Follow along as we work through basic to intermediate step combinations.

Tabata - Challenge your Cardio and Strength in this class set to the Tabata Timing Protocol of 20 seconds of work followed by 10 seconds rest. This HIIT style class provides a moderate to high intensity workout.

Total Body - Total Body is a concise workout that utilizes bodyweight and equipment to exercise all the main muscle groups of the body. It is appropriate for all levels, as all exercises can be modified or leveled up to match your fitness level.

TRX - TRX is a suspension trainer where one uses hung straps and their body weight against gravity to exercise in a functional way. Train your grip strength, range of motion and core stability from all angles with this workout!

Yoga - Hatha - Hold poses while focusing on the breath, and allowing the body and muscles to relax into each pose. This practice is appropriate for all levels, with modifications, mobility aids and variations being offered to meet the needs of most.