



Monthly Newsletter August 2024

Another fun month with the members of Tandem Unified Wellness is in the books! We had an incredible time at **Foam Fest** in Ottawa, even if it started in the rain! We have, or are shortly wrapping up our outdoor workouts: the Hardy Park Kids Workout (Aug 26th), Total Body (Aug 29th), and SUP Yoga (Sept 5th) It has been a great summer both in the studio and outside!

September 2024 Events

Bring a Buddy: The week of Sept 1-7th, Bring a Buddy to Class for Free! If you are currently not a member, you can purchase a BOGO free pass for you and a friend to come to a class together! (You must attend the same class together) Members have the opportunity to **Bring a Buddy 5x** during the week to classes they attend! (5 friends 1 time each, or a couple buddies to a couple classes, you choose!) ***Please contact us when bringing a friend to class so that we can save spots!!**

Open House: Saturday, September 7th from 11a-1p. Snacks, cake, and FREE Class Demos! Please come celebrate with us our 1 year Anniversary during the Open House! We will also have Jessica from **Autumn Moon Holistic Wellness** with us explaining her upcoming event, and giving short **Sound Bath Meditation Demos** in between Class Demos!

11:00-11:20 TRX
Sound Bath Meditation Demo

11:40-12:00 Aerial Yoga
Sound Bath Meditation Demo

12:20-12:40 Dance Fit
Sound Bath Meditation Demo

Friday Night Special Classes: We are offering a variety of Special Classes running Bi-Weekly on Friday Nights from 5:30-6:15pm

Friday September 13th: Pop Line-Dancing

Friday September 27th: Partner Yoga (5:30-6:30p)

Friday September 20th: Sound Bath Meditation SPECIAL GUEST INSTRUCTOR

5:30-6:30p Jessica from Autumn Moon Holistic Wellness will be in the studio offering a special Sound Bath Meditation! **This event is \$40 (to be paid to Autumn Moon Holistic Wellness at autumnmoonhw@outlook.com, and pre-registration is required.** Join Jessica as she guides you through a guided meditation that includes various sound healing instruments (singing bowls, chimes, drums, gongs etc). Please email Autumn Moon Holistic Wellness to book your spot today!



Schedule Changes

NO CLASSES Monday September 2nd for Labour Day

Class Changes for the Fall are now available on the September Fall Schedule.

Price Increases As part of yearly cost analysis and projections, we have to increase our prices effective September 1 2024. Price increases will be on all services but the major ones are on the Group Fitness Packages and drop in as follows: Drop In: \$20 (+tx), 5 Class Pack: \$92.50 (+tx), 10 Class Pack \$170(+tx), Unlimited Monthly \$120(+tx)

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!

Share & Win!

Every month, anyone who creates a social media post sharing their experiences at Tandem Unified Wellness, and tags us (Insta, FB, or both!), will be entered into a draw for a special prize! Are you feeling mighty proud of an Aerial Yoga move? Share the picture on your socials, and tag us! Are you showing off your growing pipes? Share and tag us! Do you want to sing our praises with a video testimonial? Share and tag us! It ALL counts! *Note that Tandem Unified Wellness must be tagged in the post so we are able to track it. **Message us directly as well about your share - we do not want to miss your entry!***

OUR AUGUST WINNER IS: JEFF M! CONGRATULATIONS!

Who will be our September Winner? (All attendees to the Studio will be entered into a special draw for a swag item AND a free unlimited month's membership!!)

We are continuing to gather video testimonials, or written testimonials from YOU! If you want to share some love about Tandem, please connect with us to discuss ways to do this! We really appreciate your feedback!

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

Tandem Unified Wellness
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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.

Family Memberships

Do you have a family member, who resides with you, that also would like a Membership with us? Get 50% 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.

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
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