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May Recap

May was another busy month! Tandem Unified Wellness was happy to be a part of QueenCare's Miles for Moms Event.

We had a super fun Barre Band T-Shirt Party, where we got to workout to some fun songs chosen by the members!

[Website](#)

Summer of SUP (Paddleboard) 2026!

Beginning Monday June 1st, we begin our Summer of SUP (Paddleboard) Classes on the River! Choose from **Monday (SUP Yoga) or Thursday (SUP Pilates) (or BOTH!) at 6:45-7:30pm!** We are offering 2 6-week sessions over the summer. Members can purchase 1 class/week for \$60, or 2 classes/week for \$120 (non-members are \$90 and \$180 respectively)

Drop-ins are welcome at \$15/class for members, and \$25/class for non-members. Rentals available if arranged in advance for \$20/class

See more details on our event page with the button below!

Events

SPECIAL SUMMER SUP ANNOUNCEMENT!



Tandem Unified Wellness is pleased to announce our 2026 Summer of SUP!

SUP-Yoga Mondays 6:45-7:30pm

Relax on the water in a progressive Yoga Series that builds on skills weekly!

SUP-Pilates Thursdays 6:45-7:30pm

Hit the board and challenge your core and balance with Pilates on the board for 45 minutes! Great for beginners as there is little standing, and lots of modifications!

Series ONE: Mon Jun 1 - Jul 6, Thurs Jun 4 - Jul 9

Series TWO: Mon Jul 13- Aug 24, Thurs Jul 16 - Aug 20

***Please note, there is no class on Civic Holiday, Mon. Aug 3rd**

TWO 6 Week Sessions over the Summer

Choose 1 class/week (Members \$60, Non-Members \$90)

OR 2 classes/week (Members \$120, Non-Members \$180)

Drop In (Members \$15, Non-Members \$25)



BABY FIT

Summer Special Pricing!



Parents! We are continuing our Special Pricing of Baby Fit for the Summer!

For the Month of June, sign up for the Baby Fit Classes under our events page (5 Mondays, and/or 4 Fridays at 11:00 am) and get them for \$10/class!

Members may still use their membership packages as usual!

Sign up at www.tandemunifiedwellness.ca/events-current

Drop In price is \$20/class, save with booking the month!

Summer of Baby Fit

Baby Fit Special Offer continues!

Sign up for the special deal on our website at the button below! Signing up for the month gets you the special price of \$10/class! *no refunds for any missed classes. Drop in classes are still \$20, and members may still use their packages as usual.

Events

"ANYTHING BUT" WEEKEND!



JOIN US FOR A SILLY SATURDAY ON JUNE 27TH AS WE ATTEND CLASSES WEARING ANYTHING BUT WORKOUT CLOTHES AND USING ANYTHING BUT A DUMBBELL FOR YOUR WEIGHTS!

"Anything But" Day

Saturday, June 27th

Join us on a silly and fun workout day on Saturday, June 27th!

For any of the 3 classes, wear "anything but" workout wear (pj's, a dress, a costume... of course you can still wear shorts/pants underneath etc!) and bring "anything but" a dumbbell to use as a weight! (if you are doing bootcamp, maybe something a little heavier and something lighter, if you're doing barre, remember that 5 lbs is enough!) Maybe you'll bring a can or bottle to workout with, or something more creative, like a toaster!

Calendar

♥♥♥ We've got a Crush... ♥♥♥



A CANNONBALL CRUSH!

Tandem Unified Wellness has created a team for the Cannonball Crush Obstacle Race at Fort Henry in Kingston - **Saturday June 13th, 9:30am Wave**

Sign up at

<https://www.forthenry.com/event/cannonball-crush/>
Early Bird Pricing until Mar 31 \$75
Pricing from Apr 1-May 29 \$90

*If you would like our Cannonball/Tandem Event Tee for the race, they will be available at cost, \$15/shirt!
Email us with your preferred unisex size by May 1st!*

Cannonball Crush - Fort Henry Obstacle Race in June!

Join Team Tandem Unified Wellness

Team Tandem Unified Wellness is heading to the Fort **June 13th (9:30am start time)** for the Cannonball Crush OCR! A small, independently run OCR, this race will have you laughing, connecting and having fun while you get to run/jog/walk, climb, crawl, and see the Fort in a way you've never seen it before! Sign up online, and save \$5 when joining our team! All abilities are welcomed to join our team, and we will have different paces so you can attack this fast, or more leisurely!



Sound Bath Meditation

Our next event is **Friday, June 19th, 6-7pm, and running as an Aerial Sound Bath** Book your spot today for this amazing event! \$45/person. Experience the energy and relaxation of a live Sound Bath, using singing bowls and other instruments.

These events book up quickly, so grab your spot ASAP!

Book via EMT to autumnmoonhw@outlook.com or CASH in studio.

*prices subject to change

T-Shirt deadline has passed.

Book

at <https://www.trackie.com/team>

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[join/383vg5j6tasm6bhc38hw8/12864094/](https://www.trackie.com/team-join/383vg5j6tasm6bhc38hw8/12864094/)



INTRO TO PELVIC FLOOR JUNE 4 WEEK SERIES

Join Emily at Tandem Unified Wellness this April for our next Intro to Pelvic Floor series! This is a 4 week series.

Learn to connect with your Pelvic Floor
Learn the importance of breath on your Pelvic Floor
Connect with and train the Pelvic Floor and supporting muscles
Learn about common dysfunctions, alignment and posture to help you strengthen and support your body

TUESDAYS IN JUNE (2, 9, 16, 23) AT 11-1145AM

\$80 FOR NON-MEMBERS, \$40 FOR CURRENT MEMBERS
BOOK AT WWW.TANDEMUNIFIEDWELLNESS.CA/EVENTS-CURRENT



June Pelvic Floor Class

ARE YOU READY TO TEST YOUR LIMITS AND MEASURE YOUR PROGRESS?

Join us at Tandem Unified Wellness for a Special Bootcamp that will test your Cardio, Strength and Endurance with 9 measured fitness tests!

This is a test against YOURSELF!
This Bootcamp Challenge will be run every 2 months, so that you can re-assess your fitness level every 2 months if you choose!

Our Next Challenge
Saturday, June 20th at 8:15am!



Bootcamp Challenge

Saturday June 20th at 8:15am

Book your spot in the Bootcamp Challenge, and measure your fitness! This is a great challenge

Our next 4-week Deep-dive into the Pelvic Floor is live for booking in June! Join us on Tuesdays at 11-1145am, Tues Jun 2, 9, 16 and 23. Babies/Children are welcome to attend this class. Appropriate for all ages and stages! \$40 for members, \$80 for non-members.

[Current Events](#)

to see where you're at with our 3 Cardio, 3 Strength and 3 Endurance Challenges!

[Website](#)

Compelling headline

FOAM FEST!

A LITTLE
BIT OF MUD



A LITTLE MORE
FOAM



A WHOLE LOTTA FUN!!



Join us at Foam Fest Ottawa
At Wesley Clover Parks
Saturday August 22nd!
Sign up at foamfest.com
and join Team Tandem Unified
Wellness!!

This is not a timed race - it's a fun run, with super fun
obstacles! You can even walk the course!
We chose the 945am wave. Prices jump Jun 2!

Foam Fest Ottawa



We thank you for being a part of Tandem Unified
Wellness!

-Jenni & Denzel

Tandem Unified Wellness

555 California Ave, Unit 9A, Brockville
Ontario K6V 7N6 Canada

tandemunifiedwellness@gmail.com

613-246-8388



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