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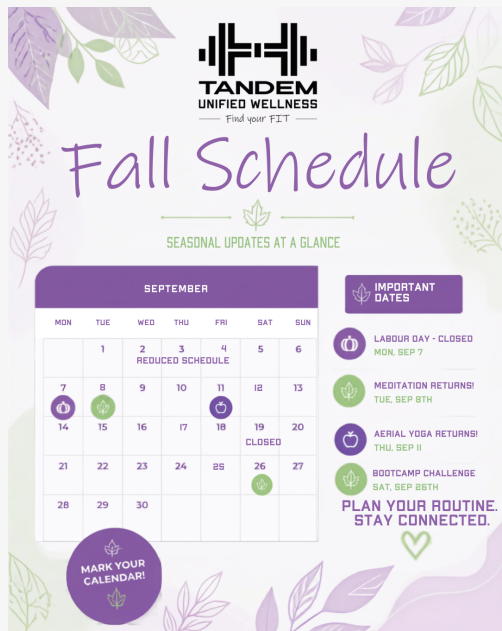
August Recap

We had a great turn out for 5K Foam Fest in Ottawa, and the weather was lovely as our team of 11 climbed obstacles and slip n' slid their way to the finish line!

We have continued to have a great summer, with a solid participation in our summer board games challenge, and we have had great attendance in classes all summer, which is so exciting!

Please be aware that we have a reduced schedule at the end of August and into the beginning of September.

[Website](#)



New Fall Schedule

Begins Tuesday, September 8th (after Labour Day)

Check out our September Schedule for changes for the Fall. Changes include Step on Monday evenings, and the return of Meditation on Tuesday nights and Aerial Yoga on Thursday nights!

[Calendar](#)

BABY FIT

Special Pricing!



Parents! We are continuing our Special Pricing of Baby Fit to support making time for YOU!

Members may still use their membership packages as usual!

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

Summer of Baby Fit

Baby Fit Special Offer continues!

September 2026. \$10 Drop in or sign up for those attending Baby Fit (Mondays or Fridays at 11:00am)

Events - Sign Up Here!

AUGUST 31 - SEPTEMBER 4

SCHEDULE

Mon Aug 31	Tue Sep 1	Wed Sep 2	Thu Sep 3	Fri Sep 4
9am Barre Lite			9am Cardio & Strength	9am Barre Lite
10am Yoga			10am Yoga	10am Dance Fit
11am Baby Fit Strong	11am Chair Yoga			11am Baby Fit Strong
12:15pm Functional Circuit			12:15pm Barre	12:15pm Pilates
4:30pm Cardio Kickboxing	4:30pm TRX	4:30pm Barre	4:30pm Functional Circuit	
5:30pm Pilates	5:30pm Dance Fit	5:30pm Kettlebell	5:30pm Dance Fit	
	6:30pm Step			

Schedule Upcoming Interruptions

Please be aware that the last week of August into the first week of September will see some schedule reductions.

Our schedule is posted online and in studio, and the booking app has been adjusted accordingly! Thank you for your support and flexibility!

CLOSED:

MON, SEPT 7th for Labour Day

SAT, SEPT 19th - Trail Run Weekend

Website



Sound Bath and Reiki Infused Yin Yoga

Fri, Sept 4th, 6-7pm

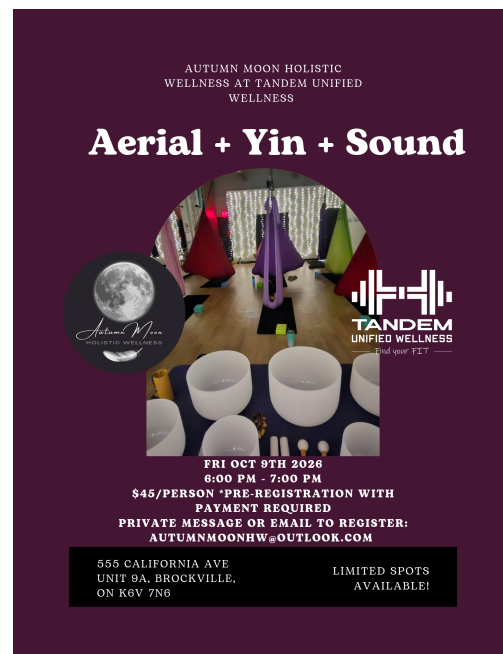
Book your spot today for this amazing event! \$45/person.

Experience the energy and relaxation of a live Sound Bath, using singing bowls and other instruments, combined with relaxing mat Yin Yoga poses, and Reiki Energy sharing. Feel the healing energy of the sound and Reiki as you relax your body and mind.

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



Sound Bath with Aerial Yin Yoga

Join us for a combination of Aerial Yin Yoga and Sound Bath

Fri, Oct 9th 6-7pm

This event may also be done without an aerial hammock.

\$45/person. Experience the relaxation and connection with your body with long, relaxing yoga poses combined with the healing vibrations of a live sound bath!

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

*prices subject to change

INTRO TO PELVIC FLOOR SEPTEMBER 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 SEPT 8TH TO 29TH AT 11-1145AM

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



September Pelvic Floor Class

Our next 4-week Deep-dive into the Pelvic Floor is live for booking in September! Join us on Tuesdays at 11-1145am, Tues Sept 8, 15, 22 and 29. Babies/Children are welcome to attend this class. Appropriate for all ages and stages! \$40 for members, \$80 for non-members.

[Current Events](#)



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

-Jenni & Denzel

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, September 26th at 8:15am!



September Bootcamp Challenge

Get yourself ready for our September Bootcamp Challenge which will run Sat. Sept 26th at 8:15am! Test your endurance, strength and cardio in one class! This class will test your limits as you push yourself against your own stats!

[Website](#)

Tandem Unified Wellness

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