

**thebestof**

# Pelvic Floor Pilates

Offer Expiry Date  
**20/05/2026**

Can only be used at  
**Pilates in Bridgwater**  
Bridgwater  
TA6 5DD.

Tel: 07931756554



## Description/Terms and Conditions

Exclusive Offer: Pelvic Floor Pilates in Bridgwater

Ready to build real core strength and feel more confident in your body? Join this supportive 6-week Pelvic Floor Pilates course designed to help you move beyond quick fixes and create lasting strength from within.

Victoria Park Community Centre, Bridgwater

Starts Wednesday 15th April at 6pm

Special Offer for members of thebestof Taunton & Bridgwater

Get £5 OFF the full course fee of £45 — pay just £40 when you mention this offer!

Improve core strength

Support pelvic health

Feel stronger, more resilient, and in control

Spaces are limited, so don't miss out!

Book now [www.pilatesinbridgwater.co.uk](http://www.pilatesinbridgwater.co.uk)

#Bridgwater #Pilates #PelvicFloor #Wellbeing #LocalOffer

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