

Physical activities and healthy living

Pilates

Activity	Ages	When	Where	Accessibility	Contact
Chair-based Pilates		Wednesdays 11.15am to 12pm	Thrive and Shine Women's Wellness Studio Corner House Woodborough Road Winscombe BS25 1AQ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Roberta 07862 620 259 roberta@thriveandshinestudio.co.uk
Clinical/Rehab Pilates (Equipment based) Personalised equipment-based Pilates for people with injuries, chronic pain, long term health conditions, back pain and improving posture. Learn about how your body functions naturally, gain strength with ease using supportive Pilates equipment.	18+	Tuesdays to Saturdays between 9am and 7pm	47 Parsonage Road Berrow TA8 2NJ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above (Please note the studio is on 1 st floor, accessed by stairs)	Jenny Adams 07896 742 505 consciouspilates@outlook.com https://www.consciouspilates.co.uk

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Open Level Mat Pilates Understand how to move with precision and breath. and how to benefit from every exercise to reach your ultimate potential. We focus on opening our shoulders, lengthening and aligning our postures, mobilising major joints, strengthening and toning for your maximum benefit to lead pain and injury free life.	All ages	Wednesdays 9.15am to 10.10am and 6.30pm to 7.25pm	WI Hall 10 Station Road Backwell BS48 3QW	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Svetlana Ovsyannikova- Woodgate 07794 111 608 svetlana.ovsyannikova1@gmail.com Book online here: https://bookwhen.com/oवादance#focus=ev-syky-20250508200000

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Pilates fitness for wheelchair users Gentle, flowing exercise which focuses on maintaining flexibility and strength of the upper body. Followed by a relaxation session	16+	Thursdays 1pm	@Worle sports Centre 58 New Bristol Road Weston-super-Mare BS22 6AQ	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Dax Corlett 07813 939 806 dax.james.corlett@gmail.com https://www.mssociety.org.uk/care-and-support/local-support/local-groups/north-somerset-group
Fitness Pilates Uses all of the principals and includes many of the mat work exercises in traditional Pilates, but offers modifications to provide a controlled body conditioning programme appropriate for all		Mondays 2pm to 3pm Thursdays 9am to 10am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Pilates Community Class – Haywood Village Gentle, flowing exercise which focuses on core strength, balance and posture	16+	Mondays 8pm	Haywood Village Academy School 20 Whitney Crescent Weston-super-Mare BS24 8ES	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Emma Duffill 07973 839 453 emma@pilatesinuphill.co.uk www.pilatesinuphill.co.uk
Pilates Community Class – Uphill Gentle, flowing exercise which focuses on core strength, balance and posture	16+	Mondays 9.15am Fridays 9.30am	Uphill Victory Hall Westfield Road Uphill Weston-super-Mare BS23 4XG	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Emma Duffill 07973 839 453 emma@pilatesinuphill.co.uk www.pilatesinuphill.co.uk

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Activity	Ages	When	Where	Accessibility	Contact
Pilates - Clevedon Reduce non-specific back pain. Increase core strength. Improve balance	16+	Wednesdays 9am to 10am	Christchurch Chapel Hill Clevedon BS21 7LL	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Claire Lewis 07769 748 989 Clairelewis75@hotmail.co.uk
Pilates - Clevedon Reduce non-specific back pain. Increase core strength. Improve balance	16+	Wednesdays 10.15am to 11.15am	Clevedon Community Centre 2 Princes Road Clevedon BS21 7SZ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Claire Lewis 07769 748 989 Clairelewis75@hotmail.co.uk

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Pilates - Clevedon Pilates teaches you how to use your muscles in a controlled way, so they work in harmony with your breathing	16+	Thursdays 10.35pm	Strode Leisure Centre Clevedon BS21 6QG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleisure.org www.placesleisure.org
Pilates - Nailsea Reduce non-specific back pain. Increase core strength. Improve balance	16+	Fridays 10am to 11am	Nailsea Tithe Barn Church Lane Nailsea BS48 4NG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Claire Lewis 07769 748 989 Clairelewis75@hotmail.co.uk

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Pilates – Portishead Teaches you how to use your muscles in a controlled way so that they work in harmony with your breathing. It strengthens the body through movement and is ideal for all levels of fitness		Mondays 9am to 10am Tuesdays 8.15pm to 9.15pm Wednesdays 9am to 10am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Pilates – Portishead Variety of different Pilates classes, including physio led, seated and mat work	16+	Tuesdays: 10am to 11am - mat work 2pm to 3pm - seated physio Wednesdays: 6.57pm to 7.45pm - physio led Thursdays: 1.15pm to 2.15pm - seated physio 5pm to 6pm - mat work 6pm to 7pm - mat work	Walnut Grove Studio 81 Papermill Gardens Portishead BS20 7RL	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above *Please call first to discuss*	Walnut Grove Clinic 01275 818 303 healthcare@walnutgroveclinic.com www.walnutgroveclinic.com

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Activity	Ages	When	Where	Accessibility	Contact
Pilates - Shipham		Wednesdays 9.30am to 10.30am 10.45am to 11.45am	Shiphams Village Hall New Road Shiphams BS23 1SG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Corrinne Mutlow 07919 532 960 coz@cmutlow.com
Pilates - Weston		Mondays 6.30pm to 7.30pm	The Campus Highlands Lane Weston-super-Mare BS24 7DX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	The Campus 01934 427 427 campus@n-somerset.gov.uk www.the-campus.org.uk

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Pilates - Winscombe		<p>Mondays 10.15am to 11.15am 6.30pm to 7.30pm 7.45pm to 8.45pm</p> <p>Wednesdays 10am to 11am</p>	<p>Thrive and Shine Women's Wellness Studio Corner House Woodborough Road Winscombe BS25 1AQ</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>Roberta 07862 620 259</p> <p>roberta@thriveandshinestudio.co.uk</p>
<p>Restorative Pilates Mat based exercises designed to improve physical strength, flexibility, posture and enhance mental awareness. Includes the aspect of rehabilitation</p>		<p>Tuesdays 9am to 10am</p>	<p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>01275 848 494</p> <p>https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</p>

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Strength and Mobility Pilates		Tuesdays 9.30am to 10.30am	Winscombe Community Centre Annexe 11 Sandford Road Winscombe BS25 1JA	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Madi Hearne 07896 076 387 Madi.hearne@btinternet.com