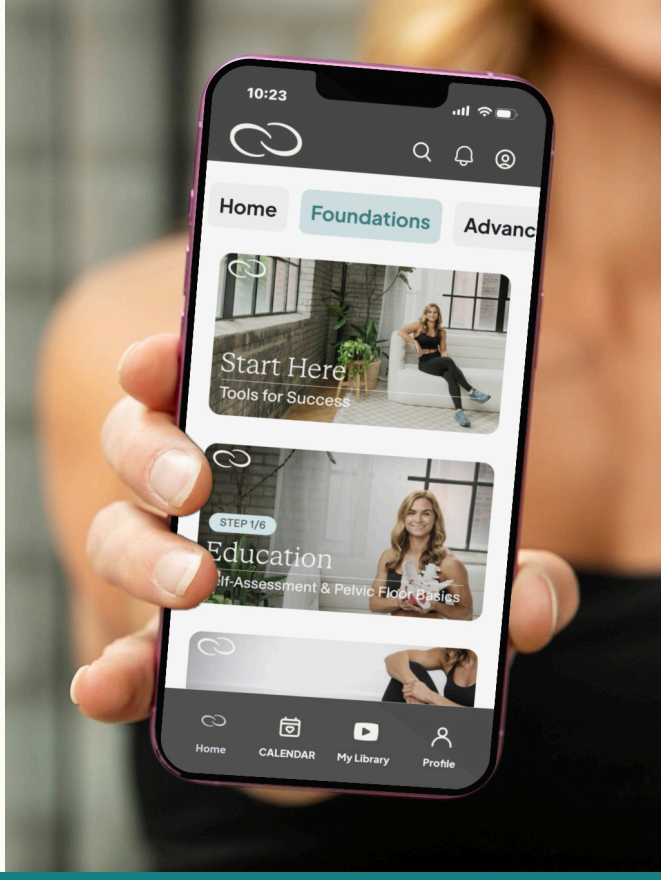
CONNECT
PELVIC FLOOR FITNESS

HOLIDAY GIFT GUIDE 2026

Give a year of strength that starts at the core

Pelvic floor-informed strength training built specifically for women and led by a pelvic floor physical therapist. Guided, progressive workouts build lasting, functional strength on her phone, computer or TV.



PERFECT FOR

New moms · Runners and lifters · Strong at 40, 50 and beyond · A gift to yourself · Last-minute digital gifts

GIFT A YEAR OF CONNECT

$180 one-time

12 months of full access with no auto-renewal. She has 90 days to activate it.

Shop the gift

BLACK FRIDAY · NOV. 16-30

$126 a year, reg. $180

Our biggest sale of the year: 30% off annual memberships and gifts with code **BFPR26**.

OR SUBSCRIBE

$30 a month, or $180 a year

14-day free trial on both plans. HSA/FSA eligible through Flex.

connectpelvicfloorfitness.com

How gifting works

1. Enter her name and email
2. She gets an activation email
3. Her year starts when she's ready

What's inside

- 19-week Pelvic Floor Foundations signature program
- 850+ guided workouts with expert instruction
- 10+ advanced programs, like Return to Running
- Monthly live Q&As, a members-only community and e-books
- On iOS, Android, web, Apple TV, Roku and Amazon Fire TV



MEET THE FOUNDER

Dr. Caroline Packard, DPT

A Doctor of Physical Therapy and pelvic floor physical therapist with 15+ years of clinical experience, Caroline is a mother of three who has helped more than 100,000 women address pelvic floor dysfunction and rebuild functional strength.

"I've never felt this strong in my entire life."
Gigi, Connect member

4.9 / 5
App Store rating

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