

Activities aimed at the Over 55s.

Social coffee mornings with gentle exercise classes, in the wonderful setting of St John's Place - try a new activity, meet new friends and stay mobile.

Friday mornings - Doors open 10:30 - Everyone welcome!

April 8 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
April 15 th April 22 nd	EASTER BREAK		
April 29 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
May 6 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Seated Sports
May 13 th	10:45 Chair yoga with Louise	11:15 Extended Coffee break	
May 20 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
May 27 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Seated Sports with Sean



**There will be no Bemerton Live on Friday June 3rd
Platinum Jubilee Bank Holiday**



Cost: 1 class £5 / both classes £7. Refreshments included.

Your first Bemerton Live is free – so try a 'taster' session at no charge!

No special clothing/equipment required, just wear loose & comfortable clothing

St John's Place, Lower Road, Bemerton, Salisbury, SP2 9NP

www.stjohnsplace.uk