



Bemerton Live – June 2026

St John's Place, Lower Road, Bemerton,
Salisbury, SP2 9NP
www.stjohnsplace.uk

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 10:15, class starts 10:30

Coffee and biscuits after class, at 11:15 approx

5 June	New Age Kurling & other sports
12 June	Tai Chi with Gina
19 June	Yoga and Stretch with Samantha
26 June	Pilates with Sam

Cost: £8, Refreshments included

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

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

Everyone welcome!