

# Bemerton Live

March/April 2025

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

Everyone welcome!

Mar 7 <sup>th</sup>	10:30 New age Kurling and other sports
Mar 14 <sup>th</sup>	10:30 Music and Movement with Debbie
Mar 21 <sup>st</sup>	10:30 New age Kurling and other sports
Mar 28 <sup>th</sup>	10:30 Yoga and Stretch with Samantha
Apr 4 <sup>th</sup> Apr 11 <sup>th</sup> Apr 18 <sup>th</sup>	 <p>Easter Holiday Break</p> 
Apr 25 <sup>th</sup>	10:30 Yoga and Stretch with Samantha

Cost: £7, 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

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

[www.stjohnsplace.uk](http://www.stjohnsplace.uk)