

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!

Nov 5 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Chair based mindfulness movement and meditation with Claire
Nov 12 th	10:45 Chair yoga with Louise	11:15 Coffee break	11:45 Seated Sports with Sean
Nov 19 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
Nov 26 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Seated Sports with Sean
3 rd Dec	10:45 Chair yoga with Louise	11:15 Coffee break	11:45 Exercise to Music with Jane
10 th Dec	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
17 th Dec	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Seated Sports with Sean



Christmas/New Year break Dec 24th and 31st
Bemerton Live returns on Friday Jan 7th 2022



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

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