



Bemerton Live

February 2026

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!

6 Feb	10.30 Sue's Moves
13 Feb	10:30 Chair Yoga with Tanya
20 Feb	10:30 New Age Kurling & other sports
27 Feb	10.30 Yoga and Stretch with Samantha

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

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

www.stjohnsplace.uk