

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!

July 4 th	10:30 Yoga and Stretch with Samantha
July 11 th	10:30 Chair yoga with Tanya
July 18 th	10:30 Music and Movement with Debbie
July 25 th	10:30 New age Kurling and other sports
<div>  <p>There is no Bemerton Live in August. We return after our summer break on Friday September 5th</p>  </div>	

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