



Bemerton Live – July 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

3 July	New Age Kurling & other sports
10 July	Yoga and Stretch with Samantha
17 July	Chair Yoga with Tanya
24 July	No session - Venue in use

**Please note Bemerton Live is taking a break during August
we begin again on 4 September with
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!