

Bemerton Live

October 2021

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!

Oct 1 st	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
Oct 8 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
Oct 15 th	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Seated Sports with Sean
Oct 22 nd	10:45 Exercise to Music with Jane	11:15 Coffee break	11:45 Gentle Pilates with 'Girls Love Fit'
Oct 29 th	10:45 Chair yoga with Louise	11:15 Coffee break	11:45 Exercise to Music with Jane

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

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

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

