



Bemerton Live – October 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

2 October	Pilates with Sam
9 October	Seated Dance Fitness with Jackie
16 October	Yoga with Samantha
23 October	Tai Chi with Gina
30 October	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!