



Bemerton Live

September 2025

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!

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| Sept 5 th | 10:30 Yoga and Stretch with Samantha |
| Sept 12 th | 10:30 New age Kurling and other sports |
| Sept 19 th | 10:30 Chair yoga with Tanya |
| Sept 26 th | 10:30 Sue's Moves |
| Oct 3 rd | 10:30 Music and Movement with Debbie |

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