Bemerton Live – December 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

4 December	Yoga and stretch with Samantha
11 December	Tai Chi with Gina
18 December	Christmas Fun with Debbie



Bemerton Live is taking a seasonal break returning on Friday 8 January 2027 with Pilates with Sam.
Best wishes for Christmas and the New Year!

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!