



Bemerton Live – November 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

6 November	Yoga and stretch with Samantha
13 November	New Age Kurling and other sports
20 November	Chair Yoga with Tanya
27 November	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!