



## Bemerton Live – May 2026

St John's Place, Lower Road, Bemerton,  
Salisbury, SP2 9NP  
[www.stjohnsplace.uk](http://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

1 May	Tai Chi with Gina
8 May	New Age Kurling & other sports
15 May	Yoga and Stretch with Samantha
22 May	Chair Yoga with Tanya
29 May	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!**