



Bemerton Live – September 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 September	Pilates with Jackie
11 September	Tai Chi with Gina
18 September	New Age Kurling & other sports
25 September	Yoga with Tanya

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!