



Bemerton Live

March 2026

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!

6 Mar	10.30 Gina – Tai Chi trial session
13 Mar	10:30 Yoga and Stretch with Samantha
20 Mar	10:30 Sam – Pilates trial session
27 Mar	SJP is being used by the school on 27 March and the following week is Good Friday. Bemerton Live returns on Friday 10 April 2026
3 Apr	

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

St John's Place, Lower Road, Bemerton, Salisbury, SP2 9NP

www.stjohnsplace.uk



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