



St. John's Place
the heart of the community

Bemerton Live

March 2019

Activities aimed at the Over 55s.

Social coffee mornings, gentle exercise classes, occasional guest speakers.

Try a new activity, meet new friends and stay mobile.

Everyone welcome!

Always on Fridays. Doors open 10:15

March 1 st	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex
March 8 th	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea
March 15 th	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 A Tai Chi taster with Stuart Plus Silver surfing support from Mike Lennard
March 22 nd	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex
March 29 th	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea

Cost: 1 class £5 / 2 classes £7. Refreshments included.

No charge for the first Bemerton Live you attend – try it for free!

Special clothing or equipment not required – just wear loose & comfortable clothing

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

www.stjohnsplace.uk