



St. John's Place  
*the heart of the community*

# Bemerton Live

# May 2019

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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

May 3 <sup>rd</sup>	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Louise
May 10 <sup>th</sup>	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex
May 17 <sup>th</sup>	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex Plus Silver surfing support from Mike Lennard
May 24 <sup>th</sup>	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Louise
May 31 <sup>st</sup>	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex

**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

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

[www.stjohnsplace.uk](http://www.stjohnsplace.uk)