

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 am.

<b>7 Sep</b>	10.15 am	Exercise to music with Hazel Coffee Break
	11.30 am	Gentle Pilates with Alex
<b>14 Sep</b>	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.40 am	Chair Yoga with Anthea
<b>21 Sep</b>	10.15 am	Seated Zumba with Kirstie IT training with Mike Coffee Break
	11.30 am	Gentle Pilates with Alex
<b>28 Sep</b>	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.40 am	Chair Yoga with Anthea

**Cost:** 1 class £3 / 2 classes £5. Refreshments included.

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Bemerton Live - Community Events at St. John's Place