



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 - Everyone welcome!

 <p>Summer Break – 16/8, 23/8 &amp; 30/8 No Bemerton Live</p> 			
Sept 6 <sup>th</sup>	10:30 Seated Zumba with Kirstie	11:00 Coffee break	11:30 Chair yoga with Louise
Sept 13 <sup>th</sup>	10:30 Chair yoga with Chiara	11:00 Coffee break	11:30 Gentle Pilates with Alex
Sept 20 <sup>th</sup>	10:30 Seated Zumba with Kirstie	11:00 Coffee break	11:30 Gentle Pilates with Alex
Plus Silver surfing support from Mike Lennard			
Sept 27 <sup>th</sup>	10:30 Seated Zumba with Kirstie	11:00 Coffee break	11:30 Chair yoga with Louise

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

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

No special clothing/equipment required, just wear loose & comfortable clothing

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

