



St. John's Place
the heart of the community

Bemerton Live

April 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!



Fridays, except Good Friday. Doors open 10:15



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| April 5 th | 10:25 Seated Zumba with Kirstie
11:00 Coffee break
11:30 Gentle Pilates with Alex |
| April 12 th | 10:25 Seated Zumba with Kirstie
11:00 Coffee break
11:30 Chair yoga with Anthea |
| April 19 th | ✝ Good Friday – no Bemerton Live ✝ |
| April 26 th | 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

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

www.stjohnsplace.uk