



St. John's Place
the heart of the community

Bemerton Live

June 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

June 7 th	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Louise
June 14 th	10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex
June 21 st	10:25 Tai Chi taster with Stuart - 1 11:00 Coffee break 11:30 Tai Chi taster with Stuart - 2 Plus Silver surfing support from Mike Lennard
June 28 th	10:25 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!

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

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

www.stjohnsplace.uk