



St. John's Place
the heart of the community

Bemerton Live

October 2018

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.

5 Oct	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.40 am	Chair Yoga with Anthea
12 Oct	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.30 am	Gentle Pilates with Alex
19 Oct	10.15 am	Seated Zumba with Kirstie IT training with Mike Coffee Break
	11.40 am	Chair Yoga with Anthea
26 Oct	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.30 am	Gentle Pilates with Alex

Cost: 1 class £3 / 2 classes £5. 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

Contact: Sabine Dawson, sabinestjohns@gmail.com, 07593 555083

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