



Join us in the award winning St John's Place – a newly renovated church building converted for use by church, school and community.



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

www.stjohnsplace.uk



St. John's Place
the heart of the community

Programme to
Easter 2019

Bemerton Live


*Friday Mornings, doors open 10:15 a.m.
St John's Place, Lower Bemerton*

*Activities aimed at the Over 55s.
Social coffee mornings with gentle exercise classes.
Try a new activity, meet new friends and stay mobile.*

Everyone welcome!

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

Contact: Margaret, sjp.commevents@gmail.com

 07593 555083

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Bemerton Live Programme for January to Easter 2019

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

<i>Date</i>	<i>Programme</i>
<i>Jan 4th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Louise Pitman</i>
<i>Jan 11th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea</i>
<i>Jan 18th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex</i> <i>Silver surfing support from Mike Lennard</i>
<i>Jan 25th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea</i>
<i>Feb 1st</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex</i>
<i>Feb 8th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 A Tai Chi taster with Stuart (t.b.c.)</i>
<i>Feb 15th</i>	<i>10:25 Circle dancing with Olivia McLennan</i> <i>Silver surfing support from Mike Lennard</i>
<i>Feb 22nd</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea</i>

<i>Date</i>	<i>Programme</i>
<i>March 1st</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex</i>
<i>March 8th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea</i>
<i>March 15th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Introduction to Mindfulness with Amber (t.b.c.)</i> <i>Silver surfing support from Mike Lennard</i>
<i>March 22nd</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex</i>
<i>March 29th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea</i>
<i>April 5th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Gentle Pilates with Alex</i>
<i>April 12th</i>	<i>10:25 Seated Zumba with Kirstie 11:00 Coffee break 11:30 Chair yoga with Anthea</i>
<i>April 19th</i>	<i>Good Friday – no Bemerton Live meeting</i>

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

No special clothing or equipment required – just wear loose & comfortable clothing.