

Bedford Womenade 6th Annual Spring Fundraiser

"Cabin Feva Diva Relieva"



Treat yourself to a day of health and pampering while supporting Bedford families in need and local businesses.

Bedford
Womenade

Enjoy manicures, brow waxing, chair massage, exercise classes and more while shopping for jewelry, fitness clothing, cosmetics, and spa products.

March 14, 2015 (Saturday)

8:30am - 11:30am at

St. Michael's Parish Hall
90 Concord Road, Bedford

Proceeds will benefit a Bedford High School student who lost her only parent.

Event Class Schedule:

9:00am-9:45am *BODYPUMP™

10:00am-10:45am **BODYJAM™

\$25 admission at door, includes light breakfast, manicure, brow waxing, fitness classes, chair massage

Sponsored by



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www.kamatefitness.com

*BODYPUMP™ - the fastest way to get in shape weight lifting to music class

**BODYJAM™ - the cardio dance class that puts as much emphasis on fun as breaking a sweat