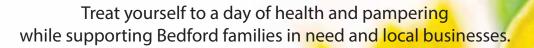
Bedford Womenade 6th Annual Spring Fundraiser

"Cabin Feva Diva Relieva"



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

Event Class Schedule:

9:00am-9:45am *BODYPUMP™

10:00am-10:45am **BODYJAM™

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

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



facebook.com/BedfordWomenade www.kamatefitness.com

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

**BODYJAM $^{\mathbf{m}}$ - the cardio dance class that puts as much emphasis on fun as breaking a sweat