

Pink Ribbon FitFest

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Hurwitz Breast Cancer Fund
a fund of Frederick Memorial Hospital

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INSTRUCTORS



Amanda Bidlack Strand
Creator of BANG Power Dance®
and Freedom Barre



Brandi Sawyer-Harrington
Zumba Fitness® and
BANG Power Dance®



Heidi Fit
BANG Power Dance®, Freedom
Barre, and Zumba® Fitness



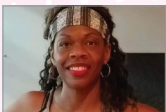
Lakisha Wade
BANG Power Dance®



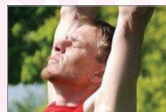
Linda Bessacque
BANG Power Dance®
and Freedom Barre



Katie Glaser LeClere
Zumba Fitness®



Kathy Brooks
BANG Power Dance®



Mic Mathers
Yoga



Tonja Street
Zumba Fitness®

DJ Rumba—Event MC and DJ

Kids Demo and Activity presented by **Frederick Gymnastics Club.**