

Resting Metabolic Rate Screening

September 29 & 30
7:00am-9:30am

The resting metabolic rate screening measures the amount of energy (or number of calories) you burn each day at rest.

Using a handheld indirect calorimeter, a CFW staff member will measure each participant's oxygen consumption, the universal fuel of metabolism.

Cost: \$25

Sign up online today!

<http://screenings.ltwell.com/screenings/>
Username: GAO
Password: screenings



Tuesday, September 29
12:20 -1:20 pm

****This class will replace Core and More for the day****



Join Jessica for this action-packed class! Zumba is a fusion of Latin, African, Indian and Bollywood rhythms with easy-to-follow moves that create a one of a kind workout!

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