



**32 YEARS COMMITTED
TO COMMUNITY
HEALTH AND WELLNESS**

Unity Within Community! Community Cup 2023

**Youngstown Meltdown
Dates to Remember**



**Youngstown Area
Community Cup**

Week #1: June 5 – 10

*(First week of Youngstown Meltdown Competition)

Week #2: June 12 – 17

Week #3: June 19 – 24

Week #4: June 26 – July 1

Week #5: July 3 – 8

*(YMCA closed July 4)

Week #6: July 10 – 15

Week #7: July 17 – 22

*(More than halfway through the Youngstown Meltdown)

Week #8: July 24 – 29

Week #9: July 31 – August 5

Week #10: August 7 – 12

Week #11: August 14 – 19

Week #12: August 21 – 26

*(Last week of the Youngstown Meltdown)

** (Last day to weigh-in, Saturday, August 26)



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