



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

Do the Challenge, Be the Challenge! Community Cup 2024

Youngstown Meltdown Dates to Remember



**Youngstown Area
Community Cup**

Week #1: June 3 - 8

*(First week of Youngstown Meltdown Competition)

Week #2: June 10 - 15

Week #3: June 17 - 22

Week #4: June 24 - 29

Week #5: July 1 - 6

*(YMCA closed July 4)

Week #6: July 8 - 13

Week #7: July 15 - 20

*(More than halfway through the Youngstown Meltdown)

Week #8: July 22 - 27

Week #9: July 29 - August 3

Week #10: August 5 - 10

Week #11: August 12 - 17

Week #12: August 19 - 24

*(Last week of the Youngstown Meltdown)

** (Last day to weigh-in, Saturday, August 24)



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