



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

Live, Strive, and Thrive in 2025!

Youngstown Meltdown Dates to Remember



**Youngstown Area
Community Cup**

Week #1: June 2 – 8

*(First week of Youngstown Meltdown Competition)

Week #2: June 9 – 15

Week #3: June 16 – 22

Week #4: June 23 – 29

Week #5: June 30 – July 6

*(YMCA closed July 4)

Week #6: July 7 – 13

Week #7: July 14 – 20

*(More than halfway through the Youngstown Meltdown)

Week #8: July 21 – 27

Week #9: July 28 – August 3

Week #10: August 4 – 10

Week #11: August 12 – 17

Week #12: August 19 – 23

*(Last week of the Youngstown Meltdown)

** (Last day to weigh-in, Saturday, August 23)