



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

## **Live, Strive, and Thrive in 2025!**

**Youngtown Meltdown  
Designated Weigh-In Times  
Davis Family YMCA**



**Youngstown Area  
Community Cup**

Monday	5:00 am to 9:00 pm
Tuesday	5:00 am to 9:00 pm
Wednesday	5:00 am to 9:00 pm
Thursday	5:00 am to 9:00 pm
Friday	5:00 am to 9:00 pm
Saturday	7:00 am to 6:00 pm
Sunday	12:30 pm to 6:00 pm

Please note the following dates:

- \*The first week of weigh-ins will be the week of June 2.
- \*The YMCA and Community Cup office is closed on July 4.
- \*The last week of weigh-ins will be the week of August 18.
- \*The last day for weigh-ins will be Saturday, August 23.