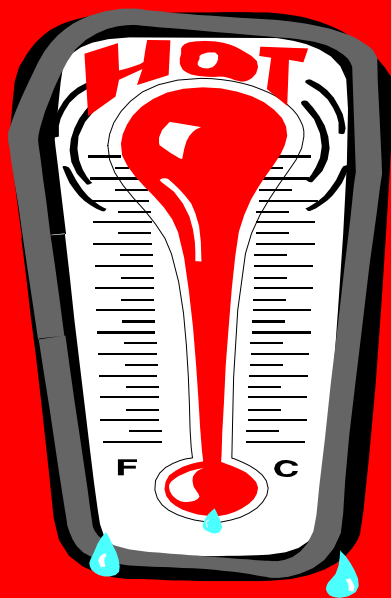


2010 YMCA Melt Down

January 4

January 4 thru March 26
March 26

First weigh-in
Program Runs
Final weigh-in



BUILD YOUR TEAM...

Grab a few co-workers and/or a group of friends. 4 participants on a team. \$100 per team. You do not have to be a member to join the Melt Down program.

TEAM WINNERS

The winner is the team with the highest percentage of weight loss of combined team weight. The winning team receives **\$1,000 CASH !!!**

SINGLE COMPETITION...

Participate as an individual, do not have to be a member, \$50 members \$70 non-members to compete and the winner receives **\$500 CASH!!!**

YMCA PROVIDES

- T-shirt
- Mini Fitness Consultation, along with required monthly weigh-in. Required weigh-ins must be done by YMCA Professional Staff during designated times. Weigh-in times to be distributed at 1st weigh-in.
- 3 month temporary membership available for \$99 starting January 4 and ending March 26.

FOR MORE INFORMATION CONTACT

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**United
Way**

