

UNION COUNTY FAMILY YMCA

Winter



Meltdown

January 11 - April 2, 2010

**JOIN US IN A 12 WEEK CHALLENGE
TO LOSE WEIGHT AS A TEAM AND START
LIVING A HEALTHIER LIFESTYLE.
ROUND UP YOUR CO-WORKERS AND/OR FRIENDS AND ORGANIZE
YOUR TEAM OF 5 PARTICIPANTS**

RULES

- ***Have FUN, with team challenges, last chance workouts and a supportive environment.***
- ***Organize a team (5 Participants)***
- ***Nominate a Team Captain***
- ***Each team member sets a reasonable, yet challenging personal goal.***
- ***The first weigh-in will be scheduled at the Captains meeting.***
- ***YMCA professional staff will provide a mini-consult at each weigh-in to answer any questions about your program.***
- ***The final weigh-in will be the week of April 2nd. The team with the highest percentage of combined weight loss will be the division winner.***
- ***YMCA has final approval of all participating teams.***
- ***Captains meeting on January 5th at 6:00pm OR January 7th at noon.***

FEE: \$125.00 PER TEAM

Last Chance Workouts & Personal Training Packages Available for extra fees

Winning Team receives \$250.00 in gift certificates

Team Runner up receives \$150.00 in gift certificates

Top 3 Individuals will receive a T-Shirt

Register at the Union County Family YMCA

Participants do not need to be members to participate

Non-members can purchase a 3-month membership



Union County Family YMCA, 1150 Charles Lane, Marysville, OH 43040, 937-578-4250
www.unioncountyyymca.org

YMCA. We Build Strong Kids, Strong Families, Strong Communities

