



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MELT YOUR WAY TO VICTORY

The Great New Year's Meltdown
January 15 – March 12, 2024
YMCA OF MIDDLETOWN

Start the new year by giving yourself 8 weeks to lose weight, live healthier, make new friends, and win great prizes.

\$25 – A small fee for the opportunity to make a BIG CHANGE!

- 8 Weekly Weigh-Ins
- Motivational Meetings will be offered
- Special Group Workouts Included
- Weekly Incentives & Prizes

**Register by
January 16, 2024,
at our Welcome Center.**

For more information contact Kelly Patterson at (P) 845 956 1550 or (E) kpatterson@middletownymca.org.

YMCA OF MIDDLETOWN
81 Highland Avenue
Middletown, NY 10940
(P) 845 344 9622

www.middletownymca.org