



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT KIT TO GO

CURBSIDE AT THE FREMONT FAMILY YMCA

The Y is here to support you during this challenging time. No workout equipment at home? Borrow some of ours!

HOW TO PLACE YOUR ORDER

Choose any 2 of the following items:

- Dumbbell pairs (1-15 lbs.)
- Bands with handles: light, medium or heavy
- Jump Ropes
- Exercise mat
- BODYPUMP Equipment (1 bar & set of plates)

Choose your pick up day:

- Tuesday or Thursday, 10am – 1pm

Email your order to

valeriep@fremontfamilyymca.org

PICK UP YOUR ORDER

No need to leave your vehicle, simply pull up to the front entrance curb and a Y staff member will deliver your Fit Kit to Go!

- You may keep the items for one week, please return equipment the next Tuesday or Thursday.
- Equipment will be sanitized prior to loan out.
- All equipment subject to availability
- Available to YMCA members only
- Will sign paper work when pick up

FREMONT FAMILY YMCA
810 N Lincoln Ave Fremont, NE 68025