



# FIT KIT TO GO

## Curbside at the Don Sjogren Community YMCA



The Y is here to support you during this challenging time with equipment borrowing services so you can workout at home.

- No need to leave your vehicle  
We will bring equipment to your car
- You may keep items for one week
- All equipment subject to availability
- Available to YMCA members only

**Email order to [jbrown@ymcaoftheprairie](mailto:jbrown@ymcaoftheprairie)**

### EQUIPMENT LIST

**Dumbbells**  
5, 8, 10, 15, 20, 25, 30 lbs

**Jump ropes**

**Foam rollers**

**Steps**

**Kettlebells**  
9, 13, 18, 12, 16 kg

**Bands red or green**

**TRX**

**Yoga mat**



**DON SJOGREN COMMUNITY YMCA**

1415 Broadway, Holdrege | 308.995.4050 | [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)