



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITIES

# Fit Kit To Go

Ready to progress beyond your body weight routine? No workout equipment at home?  
Borrow some of ours - workout plans and video included with each kit.

**Curbside At The Skaneateles YMCA & Community Center**

## Program Details

**Free service for Skaneateles Y Members.**  
Weekly - Begins July 7

- Each week equipment will be available for rental Tuesday - Tuesday.
- You will be provided 2 written workouts and Video links via email featuring our Health & Wellness Director and Coordinator.

## How To Place Your Order

- Reservations must be made weekly
- Make your reservation Beginning the Friday prior to pickup online at:

**<https://www.auburnymca.org/skaneateles>**

\*\*\* Please note\*\*

Kits will be limited due to pieces available and some desired weights may be substituted based on availability.

## Pick Up Your Order

- Sanitized equipment will be available for pick up at the Skaneateles Y & CC front entrance Tuesdays 11am - 1pm
- Item rental will be for one week term and must be renewed weekly.
- Video content will be delivered via email on pick up day.

## Weekly Equipment Returns

Return to the Skaneateles Y & CC front entrance Tuesdays 11am - 1pm

**Questions? Contact our Health & Wellness Director [helen@auburnymca.net](mailto:helen@auburnymca.net)**