

Sit and Be Fit at the Library

Each Programming Kit contains:

- Sit and Be Fit DVDs, Complete Seasons 11-14 (vendor: sitandbenefit.org)
- 30 bands (vendor: sitandbenefit.org)
- 30 small exercise balls (vendor: sitandbenefit.org)
- 30 exercise towels (vendor: sitandbenefit.org)
- 1 mobile folding cart with lid
- 1 LCD projector
- 1 sound bar
- 1 tabletop screen
- 1 DVD player
- 1 6' extension cord
- 1 6' HD cable
- 1 roll of 3" masking tape or similar for covering cords