



## Presto Fitness Group Exercise

### Morning/Afternoon Group Exercise Schedule 4/1/26 – 4/30/26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM – 6:15AM Stronger You - Full Back & Biceps	5:15AM – 6:15AM Stronger You - Full Lower Body		5:15AM – 6:15AM Stronger You - Full Chest & Triceps		
9:30AM - 10:30AM Stronger You Back & Biceps	9:30AM – 10:30AM Stronger You Lower Body	9:30AM – 10:30AM TRX Sweat Circuit Tara	9:30AM – 10:30AM Stronger You Chest & Triceps	9:30AM – 10:30AM Boxing/Core Circuit Nicole	8:00AM – 9:00AM Kettlebell Chrissy
10:30AM – 11:30AM TRX Pilates Tara	10:30AM – 11:30AM Zumba + Lift Karen	10:30AM-11:30AM Butts & Gutts Tara	10:30AM – 11:30AM Rebounder 20/20/20 Tara		
11:30AM – 12:30PM Stronger You Back & Biceps	11:30AM-12:30PM Stronger You Lower Body		11:30AM – 12:30PM Stronger You Chest & Triceps		
		12:30PM – 1:30PM Total Body Bounce Karen			

### Evening Group Exercise Schedule 4/1/26 – 4/30/26

Monday	Tuesday	Wednesday	Thursday	Friday
5:30PM – 6:30PM Stronger You - Full Back & Biceps	5:30PM – 6:30PM Stronger You - Full Lower Body	5:30PM – 6:30PM Rebounder 20/20/20 Tara	5:30PM – 6:30PM Stronger You - Full Chest & Triceps	5:30PM – 6:30PM TRX Sweat Circuit Tara * No Class 4/3
	6:30PM – 7:30PM TRX Pilates Tara		6:30PM – 7:30PM Circuit Class Tara	

Sign up for classes at [www.prestofitness.net](http://www.prestofitness.net) Studio will be closed on Monday 4/6 for Easter Monday

510 Dublin Pike, Suite B, Dublin, PA 18917  
 (Behind The Tile Gallerie)  
[Prestofitness1@gmail.com](mailto:Prestofitness1@gmail.com)  
 (267) 664-0534

**Class Name/ Description:**

**TRX Pilates:** Beginner to Advanced Class. A dynamic full-body workout blending traditional Pilates principles (breath, control, Flow) with TRX suspension training, using body weight and instability to build core strength, flexibility, balance and muscle tone.

**Butts and Guts:** All level class focusing on strengthening and toning your glutes (butt), core (guts), and lower body (hips, thighs, hamstrings) using dumbbells, kettlebells, resistance bands and gliders for a defined physique, better posture, and foundational strength.

**TRX Sweat Circuit:** Beginner Options to Advanced High-Intensity, full body workout using the TRX Suspension trainer, blending strength, cardio, and core work in timed intervals, often rotating between challenging suspension exercises and functional movements with dumbbells or kettle bells for a calorie burning, muscle toning session.

**Rebounder 20/20/20:** Beginner to Advanced low impact cardio, strength and core exercises on a mini trampoline combining gentle bouncing, jogging or jumping jacks with core engagement for a full-body exercise that is easy on the joints but builds endurance, strengthens bones, improves balance and boosts lymphatic drainage. 20 minutes warmup/cardio, 20 minutes strength, 20 minutes core/cool down.

**Boxing/HIIT:** Beginner to Advanced class that blends high intensity interval training with boxing drills, combining explosive punches (jabs, crosses, hooks, uppercuts) and defensive moves (slips, weaves). Expect a full body workout using heavy bags, gloves and mitts (gloves available to borrow).

**Kettlebell:** All level full body workout using cast iron weights, blending strength training and cardio through dynamic, ballistic movements like swings, cleans, and snatches, alongside strength focused exercises such as squats, presses, and rows, making it efficient for building power, endurance, and functional fitness for all levels, from beginner to advanced.

**Total Body Bounce:** Beginner to Advanced low impact cardio, strength and core exercises on a mini trampoline combining gentle bouncing, jogging or jumping jacks with core engagement for a full-body exercise that is easy on the joints but builds endurance, strengthens bones, improves balance and boosts lymphatic drainage. Instructor chooses steady cardio dance or interval style.

**Circuit Class:** Move through a series of exercise stations using Presto Fitness modern and classical equipment for a class that feels like it's over as soon as it started, leaving you wanting to come back every week. The class is designed for beginners to advanced participants.

**Stronger You:** All level six week program designed to build muscle by breaking down the major muscle groups into three one hour workout sessions. This program is separate from our regular classes, however if there is open space in the class, there will be a sign up option on the Group Sign up page on Presto Fitness website to use your regular group class purchase.

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