



## Presto Fitness Group Exercise

### Morning Group Exercise Schedule 12/1/25 – 12/24/25

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30AM - 10:30AM</b> <b>Pilates</b>	<b>9:30AM – 10:30AM</b> <b>Butts &amp; Gutts</b>	<b>9:30AM – 10:30AM</b> <b>TRX/Core</b>	<b>9:30AM – 10:30AM</b> <b>Kettlebell</b>	<b>9:30AM – 10:30AM</b> <b>HIIT/Boxing</b>

### Evening Group Exercise Schedule 11/18/25 – 12/24/25

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6:00PM – 7:00PM</b> <b>Pilates</b>		<b>6:00PM – 7:00PM</b> <b>Heavy Lifting</b>	<b>5:30PM – 6:30PM</b> <b>TRX</b>
	<b>7:00PM – 8:00PM</b> <b>Butts &amp; Gutts</b>		<b>7:00PM – 8:00PM</b> <b>Boxing/Core</b>	

Pre-purchase classes with Cash, Check or Venmo @Tara-Preston-9 (Credit Card Option coming soon)

\$100/10 Classes

\$60/5 Classes

\$15 Drop In

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