



## Presto Fitness Group Exercise

### Morning/Afternoon Group Exercise Schedule 6/1/26 – 6/30/26

| Monday  | Tuesday  | Wednesday                                      | Thursday  | Friday  | Saturday  |
|---|--|--|---|---|---|
| 5:15AM – 6:15AM<br>Stronger You<br>Back & Biceps - Tara | 5:15AM – 6:15AM<br>Stronger You<br>Lower Body  | 5:30AM-6:15AM<br>HIIT<br>Chrissy               | 5:15AM – 6:15AM<br>Stronger You<br>Chest & Triceps  |   |   |
| 9:30AM - 10:30AM<br>Stronger You<br>Back & Biceps- Tara | 9:30AM – 10:30AM<br>Stronger You<br>Lower Body | 9:30AM – 10:30AM<br>Butts & Gutts<br>Tara      | 9:30AM – 10:30AM<br>Stronger You<br>Chest & Triceps | 9:30AM – 10:30AM<br>Boxing/Core Circuit<br>Nicole | 8:00AM – 9:00AM<br>Strength Training<br>Chrissy |
| 10:30AM – 11:30AM<br>TRX Pilates<br>Tara                |  | 12:30PM – 1:30PM<br>Total Body Bounce<br>Karen | 10:30AM – 11:30AM<br>Rebounder 20/20/20<br>Tara     |   |   |

### Evening Group Exercise Schedule 6/1/26 – 6/30/26

| Monday   | Tuesday   | Wednesday                                     | Thursday   | Friday |
|--|---|---|--|--------|
| 5:30PM – 6:30PM<br>Stronger You<br>Back & Biceps | 5:30PM – 6:30PM<br>Stronger You -<br>Lower Body | 5:30PM-6:00PM<br>Stretch<br>Tara              | 5:30PM – 6:30PM<br>Stronger You<br>Chest & Triceps |        |
|  | 6:30PM – 7:30PM<br>TRX Pilates<br>Tara          | 6:00PM – 7:00PM<br>Rebounder 20/20/20<br>Tara | 6:30PM – 7:30PM<br>Circuit Class<br>Tara           |        |

Sign up for classes at [www.prestofitness.net](http://www.prestofitness.net)

**Stronger You is open to everyone for the summer, sign up to hold your spot on our website!**

510 Dublin Pike, Suite B, Dublin, PA 18917  
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**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.

**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/Core:** 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).

**Strength Training:** All level full body workout using a mixture of TRX, kettlebells, dumbbells and bands designed to increase muscle mass, bone density, and endurance.

**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 strength training program designed to build muscle by breaking down the major muscle groups into three one hour workout sessions. Mondays are Back & Bicep, Tuesdays are Lower Body and Thursdays are Chest & Tricep. Class includes mobility training

**HIIT:** Alternates short bursts of intense exercise with periods of rest or low intensity recovery, efficiently building cardiovascular endurance, burning fat and boosting metabolism.

**Stretch:** All level stretch session focused on improving flexibility, joint mobility, and overall posture.

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