



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-1:00PM <b>Open Mat</b>	9:30AM-10:30AM <b>Heated Vinyasa Flow</b> Anna Paiva	9:30AM-10:30AM <b>Aerial Yoga</b> Kerry Ann McCarthy	9:30AM-10:30AM <b>Heated Vinyasa Flow</b> Anna Paiva	9:30AM-10:30AM <b>Aerial Yoga</b> Kerry Ann McCarthy	10:00AM-11:00AM <b>Aerial Yoga</b> Beth Kilmore	9:30AM-10:30AM <b>Aerial Yoga</b> Kerry Ann McCarthy
	10:45AM-11:45AM <b>Yoga Sculpt</b> Kerry Donnelly	9:45AM-10:45AM <b>Juniko60</b> Mike Eaton	9:30AM-10:30AM <b>Mommy &amp; Me</b> Inspire Kids Yoga with Kim & Adrienne	9:45AM-10:45AM <b>Juniko60</b> Mike Eaton	12:00PM-1:00PM <b>Yoga Sculpt</b> Kerry Donnelly	10:30AM-11:45AM <b>Yoga CX</b> Kerry Donnelly
	12:00PM-1:00PM <b>Surfset Blend</b> Kerry Ann McCarthy	12:00PM-1:00PM <b>Adult BJJ</b> Ariel Sexton	10:45AM-11:45AM <b>Surfset Blend</b> Kerry Ann McCarthy	12:00PM-1:00PM <b>Adult BJJ</b> Ariel Sexton	7:00PM-8:00PM <b>Adult BJJ</b> Ariel Sexton	
	4:00PM-4:45PM <b>Kids BJJ</b> (Ages 4-8) Ariel Sexton	4:00PM-4:45PM <b>Kids BJJ</b> (Ages 4-8) Ariel Sexton	4:00PM-4:45PM <b>Kids BJJ</b> (Ages 4-8) Ariel Sexton	4:00PM-4:45PM <b>Kids BJJ</b> (Ages 4-8) Ariel Sexton		
	4:45PM-5:30PM <b>Kids BJJ</b> (Ages 8-12) Ariel Sexton	4:45PM-5:30PM <b>Kids BJJ</b> (Ages 8-12) Ariel Sexton	4:45PM-5:30PM <b>Kids BJJ</b> (Ages 8-12) Ariel Sexton	4:00PM-4:35PM <b>Inspire Kids Yoga</b> (Ages 8-12) with Laura		
	4:45PM-5:25PM <b>Inspire Kids Yoga</b> (Ages 4-8) with Kristie	5:45PM-6:45PM <b>Vinyasa Flow</b> Kerry Ann McCarthy	5:30PM-6:30PM <b>Aerial Yoga</b> Kerry Ann McCarthy	4:45PM-5:30PM <b>Kids BJJ</b> (Ages 8-12) Ariel Sexton		
	5:30PM-6:15PM <b>Inspire Kids Yoga</b> (Ages 8-12) with Kirstie	6:00PM-7:00PM <b>No Gi</b> Mike Gresh	6:30PM-7:30PM <b>Adult BJJ</b> Ariel Sexton	4:45PM-5:25PM <b>Inspire Kids Yoga</b> (Ages 4-8) with Laura		
	6:30PM-7:30PM <b>Power Yoga</b> Kerry Ann McCarthy	7:00PM-8:00PM <b>Muay Thai Fitness</b> Mike Gresh		6:00PM-7:00PM <b>No Gi</b> Mike Gresh		
	6:30PM-7:30PM <b>Adult BJJ</b> Ariel Sexton	8:00PM-9:00PM <b>Competition Team</b> Mike Gresh		7:00PM-8:00PM <b>Muay Thai Fitness</b> Mike Gresh		
				8:00PM-9:00PM <b>Competition Team</b> Mike Gresh		

## GROUP X SCHEDULE

WWW.JUNIKO.COM

1376 WASHINGTON STREET  
HANOVER, MA 02339  
781.924.1257

92 BARNSTABLE ROAD  
HYANNIS, MA 02601  
508.827.7814

MON - FRI 8:00 AM - 9:00PM  
SAT 8:00AM - 12:00PM  
SUN 10:00AM - 1:00PM

CONNECT WITH US



## YOGA CX

Yoga Cross offers a unique style of yoga as a training aid for all around fitness. The goal of yoga practice is always to regain, maintain, or create balance. In Yoga CX, we add components of core work, strength and agility throughout the practice. Balance is achieved utilizing different tools in the yoga studio. Yoga CX is a great option for members looking to add more to balance an overall training program.

## YOGA SCULPT

This class is a total body workout designed to sculpt every major muscle group and blast calories by combining yoga postures and muscle conditioning exercises. This intense workout is the perfect compliment to your regular yoga practice. In class, Juniko instructors combine core work with strengthening, lengthening, and toning your body in all aspects of your yoga practice.

## KIDS YOGA

The main focus of the Kid's Yoga program is to instill the balance and strengthening aspects of yoga in a fun and interactive manner. These classes are lead by certified yoga instructors whom also have education in working with children.

## HEATED VINYASA YOGA

Heated Vinyasa practice becomes a moving meditation that create strength, freedom and fluidity in the mind and body. In these classes, temperatures range anywhere from 85-95 degrees. The heat is used to help sweat out toxins while working toward increased strength and flexibility.

## JUNIKO60

Juniko60 is an hour long class of constant movement at moderate to high intensity. Goals in this class include maximum calorie burn via a variety of domains. These include body weight movements, kettle bells, dumbbells, and TRX. Class will begin with a dynamic warmup to target the entire body followed by a variety of circuits and end with a dynamic cool down. Get ready to sweat, have fun, and get one step closer to your personal fitness goal or goals.

## AERIAL YOGA

Integrated yoga using the support and momentum of the "swinglike" silk hammocks. Members can achieve more length and depth with less strenuous effort, yet also challenge your core body strength. TRX: Born in the Navy SEALs, suspension training uses bodyweight to exercise. These classes develop strength, balance, flexibility and core stability simultaneously.

CHANGE YOUR LIFE... TODAY IS YOUR TOMORROW.

## SURFSET BLEND

SURFSET® workouts use the SURFSET® Board, the world's first total-body surf trainer designed to mimic the movement of a surfboard on water. The Board allows you to build aerobic conditioning, burn fat, build lean muscle, power, agility, stability and tone, all while offering core and balance training.

## BRAZILIAN JIU JITSU

Known as "The Gentle Art," Brazilian Jiu Jitsu is the celebrated self-defense method that also delivers a total body workout. It's no wonder this authentic fitness regimen is constantly ranked as our #1 most popular program. Classes are structured into three distinct parts: 1) warm-up, 2) technique lesson and 3) partner training / technique practice. We also provide an open mat class to reinforce and drill the moves that you learned at your own pace.

## KIDS BRAZILIAN JIU JITSU

We've applied all the fundamentals of Jiu Jitsu into a specially curated kids program that emphasizes both self-confidence and discipline, while fostering the growth of human character. Our smallest clients absorb this fun and friendly self-defense method, all while enjoying real-world physical fitness conditioning utilizing coordination, motor skills, agility and flexibility. Kids Jiu Jitsu will be an experience and critical foundation treasured for a lifetime.

## MUAY THAI FITNESS

Muay Thai Fitness is not your typical "cardio kickboxing" class, it's a program designed as a holistic solution to push you to your personal best. The martial arts style of Muay Thai blends with other body weight and cardiovascular exercises to improve strength, aerobic fitness, speed, flexibility, coordination and balance... a real full-body knockout!

## SERVICES+AMENITIES

### "THE SOCIAL"

A full service natural juice and smoothie bar experience.

### CUSTOMIZED SPA PRODUCTS

+ LOCKERS + SHOWERS

+ TOWEL SERVICES

### "THE SOCIAL EXTENSION"

Relax and unwind at our unique table seatings. WIFI equipped and with a view of wide screen HDTV. Book your next big Event or Occassion here, inquire within.