

Join us for a morning dedicated to movement, recovery & whole-body wellness

Open to all James River Country Club Members & Guests

# JRCC Health & Wellness

## EXPO

Sat / Feb 21  
9AM-1PM

Connect with  
Health Professionals

**\$10<sup>++</sup>**  
Registration Fee

- Individual Pricing for Treatments
- Register Today!



**CLASSES & DEMOS / 8-11AM / Get Your Heart Pumping—Explore Something New!**

*Limited Space, Registration Strongly Recommended*

**8AM**

**Early Bird Class**  
Carmen Kennedy

**Morning Breath & Meditation with Light Stretching**

- Beginner-friendly yoga instruction

Focus on:

- Stretching, mindfulness and relaxation

**8:45AM**

**Q&A**

**9AM**

**Group Beginner-Intermediate Yoga Experience**  
Carmen Kennedy

Carmen Kennedy

- Medium-intensity yoga instruction

Focus on:

- Full-body engagement, core strength and endurance

**9:45AM**

**Yoga Trapeze Demo**  
Taylor Mallory

**10AM**

**Intro to Pilates**  
Rachel Carpenter

- Beginner-friendly pilates instruction

- Low impact, full body movement focused on balance and core strength

**American Iron Club**

- Equipment instruction with a certified trainer

**10:45AM**

**Q&A**

**11AM**

**Stretch & Purr Yoga**  
Maggie & Daisy's Rescue

- A little yoga and lots of furry fun
- Try to stay focused as you enjoy a light yoga session with adorable cats

- Open to ages 12+ with an adult

**11:45AM**

**Cat Meet & Greet**

**Health Hub / 9AM-12NOON / Fitness Hallway**

*Open to all Members & Guests*

**Eat Better, Live Better / Zakia Woods, PharmD, CDCES**

**Health Starts with a Mindset / Standice Melvin, LPC, CF**

**Chronic Lower Back Pain Management / Dr. Allen R. Jones, Jr. PT, DPT**

**Refreshment Station**

House-made smoothies • Choice of toppings & boosters  
Infused water, fresh fruit, vegetable display

**Drip Lounge / 9AM-1PM / Bridal Suite**

**Minute Clinic - *Online registration required***

Hosted by Noelle Green, Concierge Nurse Practitioner

- Injectable Vitamins
- IV Therapy
- GLP1 - Botox
- Filler - Kybella

**Muscle Mend / 8AM-1PM / Bridal Suite**

Targeted Mini Massages / Yvette Lewis

Enjoy a private **30-minute luxury massage** in the bridal suite with a former Track & Field Olympian Licensed Massage Therapist.

Customized, therapeutic bodywork focused on easing muscle tension, enhancing circulation, and promoting deep relaxation and mobility of stress and overuse.