



City of Richmond and the Sports Backers announce schedule of events for second-annual RVA Streets Alive! on Saturday, June 21

~ More than 60 vendors help bring health and fitness fair to the streets of Richmond ~

Vendor	Activity	Time
Jazzercise of Richmond	30-minute Jazzercise Class Demo	10 a.m.
American Karate Center	15-minute Martial Arts Demo	10 a.m.
ACAC Fitness and Wellness Center	15-minute Zumbatonic	10 a.m.
The Greater Richmond Pickleball Group	Demonstrating and teaching pickleball	10 a.m.
Boho Cycle Studio	30-minute Cycle Class Demo	10:15 a.m.
American Karate Center	15-minute Martial Arts Demo	10:15 a.m.

ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	10:15 a.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	10:30 a.m.
American Karate Center	15-minute Martial Arts Demo	10:30 a.m.
AFX Fit & Boot Camp Challenge RVA	45-minute Boot Camp Challenge designed for any fitness level (arrive 10 minutes early)	10:30 a.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	10:45 a.m.
American Karate Center	15-minute Martial Arts Demo	10:45 a.m.
Mayor Dwight C. Jones Walking Tour	Tour of event course, beginning at info tent at 1st and Broad Streets	11 a.m.
Boho Cycle Studio	30-minute Cycling Class Demo	11 a.m.
The Greater Richmond Pickleball Group	Open play pickleball (for those who already know how to play)	11 a.m.
ACAC Fitness and Wellness Center	15-minute Zumbatonic	11 a.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	11 a.m.
American Karate Center	15-minute Martial Arts Demo	11 a.m.
American Heart Association	Simple Cooking with Heart Demo	11 a.m.
Virginia Repertory Theatre	Dance instruction by actors from <i>The Color Purple</i>	11 a.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	11:15 a.m.
American Karate Center	15-minute Martial Arts Demo	11:15 a.m.
ACAC Fitness and Wellness Center	15-minute Zumbatonic	11:30 a.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	11:30 a.m.
Boho Cycle Studio	30-minute Cycling Class Demo	11:45 a.m.
American Karate Center	15-minute Martial Arts Demo	11:45 a.m.
AFX Fit & Boot Camp Challenge RVA	30-minute Intro to Fitness class – kids welcome (arrive 10 minutes early)	11:45 a.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	11:45 a.m.

American Karate Center	15-minute Martial Arts Demo	11:45 a.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	12 p.m.
The Greater Richmond Pickleball Group	Demonstrating and teaching Pickleball	12 p.m.
ACAC Fitness and Wellness Center	15-minute Zumbatonic	12 p.m.
American Karate Center	15-minute Martial Arts Demo	12 p.m.
American Heart Association	Simple Cooking with Heart Demonstration	12 p.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	12:15 p.m.
American Karate Center	15-minute Martial Arts Demo	12:15 p.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	12:30 p.m.
ACAC Fitness and Wellness Center	Zumba class and salsa dance lessons (Abner Clay Park gazebo area)	12:30 p.m.
Boho Cycle Studio	30-minute Cycling Class Demo	12:30 p.m.
American Karate Center	15-minute Martial Arts Demo	12:30 p.m.
AFX Fit & Boot Camp Challenge	45-minute Kids Camp/Boot Camp Challenge – Family Oriented Class (arrive 10 minutes early)	12:45 p.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	12:45 p.m.
American Karate Center	15-minute Martial Arts Demo	12:45 p.m.
The Greater Richmond Pickleball Group	Mini Tournament for those who sign up	1 p.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	1 p.m.
American Karate Center	15-minute Martial Arts Demo	1 p.m.
American Heart Association	Simple Cooking with Heart Demonstration	1 p.m.
Boho Cycle Studio	30-minute Cycling Class Demo	1:15 p.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	1:15 p.m.
American Karate Association	15-minute Martial Arts Demo	1:15 p.m.
Jazzercise of Richmond	30-minute Jazzercise Class Demo	1:30 p.m.
American Karate Center	15-minute Martial Arts Demo	1:30 p.m.
ACAC Fitness and Wellness Center	15-minute Youth Fitness Circuit	1:45 p.m.
American Karate Center	15-minute Martial Arts Demo	1:45 p.m.
Anthem	Informational handouts	All Day
Dance Trance Richmond	Dance demos	All day
Richmond Road Runners	Group runs	All day
Black Girls RUN!	Run/walk entire course & cardio line dancing	All day
Ariya Family Chiropractic Centers, PC	Chair massages, spinal screenings, holistic nutritional counseling, and spinal strengthening and stabilization exercises	All day
Small Smiles Dental Clinic	Oral hygiene instruction, mask making and arts activities	All day
Richmond City Health District – 95210 Campaign	Hopscotch, jump rope, and hula hooping	All Day
Richmond City Medical Reserve Corps (Richmond City Health District)	Blood pressure screenings, chronic disease prevention information, and emergency preparedness tips	All Day
U-TURN Sports Performance Academy	Sports clinic with obstacle course for kids	All Day
Peak Physique	Hourly demos on proper running warm-ups (10-15 minutes), as well as free BMI assessments between the demos	All Day
JenCare Neighborhood Medical Center	Group walks	All Day

CO2 Fit	Team competitions – teammates solve clues and complete fitness challenges	All Day
Richmond Ski Club	Trampoline ski simulator; group competition to see who can assemble a simulator the fastest	All Day
VCU Department of Psychiatry/Children's Mental Health	Make your own stress ball activity	All Day
Richmond Volleyball Club	Mini-volleyball demo area for youth and toddlers; vertex jumping measurements for adults and youth	All Day
Fitting It In Personal Training & Nutrition	Ballroom Boogie dance demo, boot camp demos, battle ropes and zumba	All Day
Department of Veterans Affairs, McGuire VA Medical Center	Showcase of hand cycles and bocce ball	All Day
DentaQuest/Smiles for Children	Date screenings for children and adults	All Day
Road Runner Running Store	Assisting Road Runners Club with course runs, conducting gait analysis, and providing product testing	All Day
Downtown YMCA	Backyard games such as Kan Jam, Cornhole, Ladder Golf, as well as sidewalk chalk art, and bubbles	All Day
Richmond Kickers	Youth soccer drills and skills competition	All Day
United Way of Greater Richmond and Petersburg	United Way volunteers will be on hand to collect sports equipment donations	All Day
CrossFit RVA	Burpee contest	All Day
USTA/RTA 10-and-Under Tennis	Youth tennis courts will be set up, and information for summer camps, leagues, and events in the Richmond area will be available	All Day
Sportable	Demos of wheelchair tennis, wheelchair basketball, and handcycling or wheelchair racing. Attendees will have an opportunity to trial equipment and adaptive sports.	All Day
Goal High Performance Sports Training	Drills to measure acceleration, deceleration, change of direction, and power; fitness testing for participants of all skill levels available as well.	All Day
The American Heart Association	Hands Only CPR demonstrations	All Day
Clinical Research Partners	Blood pressure and diabetes screenings, nutrition counseling for diabetics and pre-diabetics	All Day
Mary Kay by Damacia J	Demos on importance of sunscreen and having a sun and skin care regimen; giveaway for a sun care package with Boogie Board	All Day

Richmond Flying Squirrels	Team information and inflatable cornhole	All Day
Virginia Capital Trail Foundation	VCTF pong game will be set up with prizes; also conducting video interviews with 'Humans of RVA' for insight and experiences	All Day

	riding a bike (or not!) in Richmond	
Richmond City Department of Parks and Recreation	Obstacle course for kids	All Day
The Rehabilitation Center at Retreat Doctor's Hospital	Sensation screening and basic blood flow assessment and education materials	All Day
Richmond Behavioral Health Authority	Activity TBA	All Day
City of Richmond Fire and Emergency Services	Activity TBA	All Day
Mainstreet Chamber of Commerce	Information on health benefits, small business needs, and more	All Day
River City Rollergirls	Demo roller derby in the streets!	All Day
DNA Fitness Studio	Kickboxing and bodies in motion demonstration	All Day
River City Chiropractic	EMG/Thermography testing to check for misalignments in the spine that put pressure on the nervous system	All Day
Master Cho's Tae Kwon Do	Spinning wheel for kids with prizes; instructors lead demos on basic techniques	All Day
ACAC Fitness and Wellness Center	Blood pressure test with Nurse Dan	All Day
Richmond Ultimate	Small scale demonstration of Ultimate, with participants running routes, catching, and throwing Frisbee	All Day
Richmond Area Bicycling Association/Richmond Cycle Smart	Safe cycling obstacle course and other cycling activities	All Day
DaVita Dialysis	Awareness education and discussion of risk factors for kidney disease; blood pressure and glucose monitoring will also be available	All Day
Groundwork RVA	Pop-up dog park	All Day
Mayhem Fitness	Agility course; strength and conditioning; trainers taking participants through challenges such as tire flips, battle ropes, sandbag drills, etc.	All Day
Bike Walk RVA	Pop-up bike lanes, cornhole, and information tent	All Day
Active RVA	Giveaways, obstacles, and event information	All Day
Sports Backers Merchandise	Merchandise sales available	All Day
Richmond Barre	'Trigger the Quiver' activity – participants see how long they can hold a barre before they start to shake, with prizes for winners; also drawings for free classes	All Day
Richmond Ambulance Authority	Information on Hands Only CPR, Wait To Text, and motorcycle safety Rider Alert Program; also providing blood pressure screenings	All Day
Sweet Frog	Mobile unit along with mascots	All Day
King of Pops	Popsicle sales	All Day

