

Spiders Around Town Descriptions

Saturday, August 22, 2026

Flow Fusion Yoga Class (10:00-11:00am) – On-Campus

Want to take some time to yourself and decompress during a busy orientation weekend and help begin the school year with a calm mindset? Come in and unwind with Flow Fusion Yoga. This class will take participants through the breathing techniques and poses associated with beginning to intermediate level yoga. All equipment will be provided, and all levels are welcome.

Barre Class (11:15am-12:15pm) – On-Campus

Barre combines elements of yoga, Pilates, ballet, and strength training. This class puts an emphasis on small movements to aide in building strong muscles, all set to fun music. All equipment will be provided, and all levels are welcome.

Cycle and Strength (9:15-10:00am) – On-Campus

Cycle & Strength incorporates cardiovascular work on the spin bike to keep your heart rate up and strength work off the bike to help build muscle. The instructor will guide participants through a ride that can be tailored to any fitness level through resistance and speed, followed by a quick and effective strength workout using weighted and bodyweight exercises. All equipment will be provided, and all levels are welcome.

Building Spider Pride: *Creating Your Richmond Story Through Creativity, Connection, and Community using LEGO Serious Play* (10:00-11:30am) – On-Campus

Build your own Spider story through creativity, connection, and community! Join us for an interactive LEGO® Serious Play® session where you'll use hands-on building and reflection to explore your experiences, connect with fellow new Spiders, and think about what it means to be part of the University of Richmond community. No building experience needed—just bring your imagination and curiosity as we create, share, and discover what makes each Spider's journey unique.

Pick-up Volleyball (Time TBD, about 2 hours) – On-Campus

Get moving and meet new friends at a casual pick-up volleyball game! Whether you've played for years or are trying volleyball for the first time, this is a fun, low-pressure opportunity to stay active, connect with fellow new Spiders, and enjoy some friendly competition. Just bring your enthusiasm and get ready to jump in!

OAR-ientation: YoUR Next AdventURe (8:45am-12:30pm) – On-Campus Ropes Course

Ready to find your footing and elevate your Spider experience? Join Outdoor Adventure and Recreation (OAR) at the Challenge Course for an unforgettable team-building experience! Managed by OAR and led by our professional facilitation partners, Challenge Discovery, this program is designed to help you tackle fun low-ropes problems and high-flying elements. Together, you'll conquer challenges, secure new friendships, and burst out of your comfort zone before classes even start. No experience necessary. Just bring your energy and an open mind!

University of Richmond EMS Demonstration (Time TBD, about 1 hour) – On-Campus

Learn how you can make a difference in your community through emergency response! Join members of UREMS for an interactive session where you'll learn basic bystander skills to respond to situations like alcohol poisoning, seizures, and cardiac emergencies. Students interested in health professions can also connect with UREMS members to learn more about becoming an EMT, getting involved with emergency response organizations, and

gaining hands-on experience in the medical field. Whether you're exploring a future in healthcare or simply want to be prepared to help others, this session is a great opportunity to build confidence and practical skills.

Latino Farmer's Market Trip (9:30am-12:00pm) – Off-Campus

Experience the vibrant culture of the local Latino Farmers Market! Browse fresh produce, authentic Latin American cuisine, handmade crafts, and unique small businesses while supporting local entrepreneurs. Whether you're looking to try new foods, enjoy live entertainment, or simply explore the Richmond community, this off-campus excursion offers a fun and meaningful cultural experience.

Spiders in the City! (10:00am-12:00pm) – Off-Campus

Explore the Richmond community and discover the city beyond campus! Join us for a trip downtown to learn more about the history and culture of the Richmond Region, connect with a local nonprofit making a positive impact, and gain a deeper understanding of the community we call home. This excursion offers a meaningful opportunity to build connections, learn something new, and see how Spiders can engage with Richmond beyond the University.

Spiders on the Run (8:00am-9:30am) – Off-Campus

Lace up your running shoes and explore Richmond one stride at a time! Join recent Spider alum and avid runner Marianne Packer as she shares some of her favorite running routes around campus, offers tips for getting started, and introduces you to the University of Richmond's running community. Whether you're a seasoned runner or just looking for a fun way to stay active, come ready to hit the road and connect with fellow new Spiders!

Virginia Museum of Fine Arts (VMFA) Trip (9:30am-12:30pm) – Off-Campus

Spend some time exploring one of Richmond's most popular destinations! The Virginia Museum of Fine Arts (VMFA) is home to incredible artwork from around the world, peaceful outdoor spaces, and plenty to discover—whether you're an art lover or just looking for a fun way to experience the city. Come explore, take in something new, and enjoy one of Richmond's cultural gems with fellow new Spiders.