Family Weekend 2022
Friday, November 4 – Sunday, November 6

Schedule of Events

**Friday, November 4**

9:30 am – 10:30 am  **Walking Tour of Downtown Evanston** (Weber Arch, Corner of Sheridan Road and Chicago Ave)
Discover the fascinating shared history of Northwestern University and the city of Evanston. The tour will begin at the gateway arch located at Sheridan Road and Chicago Avenue, aka "the eyebrow of beauty." Walking south on Chicago Avenue into downtown Evanston, we will explore the interrelationship of the university and the town it founded and how the progressive ideals of both created a unique community. Please [purchase tickets](#) for the tour in advance.

10:00 am – 6:00 pm  **Family Weekend Check-In** (101 Wildcat Room, Norris University Center)
- Families will check in for Family Weekend and get their pre-purchased wristband for the tailgate, a Family Weekend postcard with QR code to access the online schedule, a Parent & Family Guide and a 10% off coupon for the Norris Bookstore.
- If families are unable to check in on Friday, we highly recommend they send their student to check in on their behalf.
- Complimentary water and coffee will be available all day.

11:00 am – 12:00 pm  **Faculty Lecture Series: Round 1**
Northwestern’s world-class faculty showcase their teaching expertise during various lecture for families. Lecture descriptions are listed below.

*Hail to Purple: Northwestern History & Traditions*
*presented by Kevin Leonard, University Archivist*
(Guild Lounge, 601 University Place, 2nd Floor of Scott Hall)
Join University Archivist Kevin Leonard in a discussion about the history and traditions of our beloved Northwestern.
Reimagining Love: Sex, Intimacy, and Commitment During a Time of Global Upheaval presented by Alexandra Solomon, School of Education and Social Policy
(McCormick Auditorium, Norris University Center)
Dr. Alexandra H. Solomon is adjunct faculty in the School of Education and Social Policy and a licensed clinical psychologist at The Family Institute at Northwestern University. She teaches the popular undergraduate course, “Building Loving and Lasting Relationships: Marriage 101.” She is the author of two bestselling books: Loving Bravely and Taking Sexy Back and the host of the hit podcast, Reimagining Love with Dr. Alexandra Solomon. In this talk, Professor Solomon will bridge theory, clinical wisdom, and research to explore the question, “How can we be certain about love when the world is so uncertain?” She will offer strategies and insights to help us bring our best and bravest selves to our intimate relationships.

Adventures in Home Automation presented by Ilya Mikelson, McCormick School of Engineering and Applied Science (Louis South 205B, Norris University Center)
We learn through failure, right? Then call me frickin Einstein. In this talk, I will take you on my home automation journey, showing you the various and numerous ways in which I have failed while attempting to make my home just a little smarter. Society has come to view failure as something to be avoided, but I try to instill the idea in my students, every day, that failure is actually the only way to learn. In this talk, I will try to demonstrate why we shouldn’t fear failure, but rather embrace it.

What do you “know?” A brief journey into the sociology of knowledge presented by Lilah Shapiro, School of Education and Social Policy (SESP) (Lake Room 203, Norris University Center)
What does it mean to know something? What counts as fact vs. opinion vs. belief and so on; who gets to decide and under what conditions? How is knowledge produced and how does it gain traction? How does the source and type of knowledge interact with socio-political-cultural constructs and systems of power and, in turn, how can “knowledge” be used to produce and/or perpetuate power and privilege or to empower those who are marginalized? In this session we will work together to analyze a common, popular piece of “folk knowledge” to explore these questions and piece together what it means to “know.”

Making the invisible visible: Measuring water security presented by Sera Young, Weinberg College of Arts and Sciences (Northwestern Room 202, Norris University Center)
We are unquestionably experiencing a global water crisis. However, well-recognized limitations in current techniques for assessing water insecurity mean that water hardships remain invisible for many people in the US and globally. Come learn about global problems with water access, use, quality, and reliability around the world (including right here in Chicago), and how your Northwestern professors are using cutting-edge social science and synthetic biology methods to make the invisible, visible. You’ll leave with a renewed thirst for global water security!
11:00 am – 1:00 pm  
**Tours of Multicultural Students Affairs (MSA) Spaces**  
(Multicultural Center, 1936 Sheridan Road, Black House, 1914 Sheridan Road, Gender and Sexuality Resource Center, 3rd FL of Norris University Center, 1999 Campus Drive)  
We invite families to visit the three spaces Multicultural Student Affairs oversees that center the experiences of Black, Indigenous Students of Color (BiPOC) and LGBTQIA+ students on campus. Learn about their histories and the resources available to our communities.

11:00 am - 1:00 pm  
**Dia De Muertos Ofrenda (Day of the Dead Altar)** (Multicultural Center, 1936 Sheridan Road)  
During your tour of MSA spaces, we invite you to engage with our *Dia De Muertos Ofrenda* (Day of the Dead Altar). You are invited to visit our altar, learn about Day of the Dead, and fill out a "remembrance card" which you can add to our altar to honor a departed loved one.

11:00 am - 1:00 pm  
**Postcard to the 7th Generation** (Norris University Center, 1999 Campus Drive, 1st Floor)  
As stated in the Haudenosaunee's Great Law of Peace, the Seventh Generation Principle asks us to consider in our every deliberation, the impact of our decisions on the next seven generations. This way of thinking encourages decision-making that looks beyond short-term benefits in favor of decisions that will have a positive impact on the faces that have yet to come. Join MSA on the first floor of Norris between 11:00 and 1:00pm to write a postcard with your commitment to the next 7 generations.

11:00 am – 1:30 pm  
**Campus Tours** (Leave from The Rock, near Harris Hall)  
Family Ambassadors will lead one-hour, campus-walking tours which leave at 11:00 am, 11:30 am, 12 pm, 12:30 pm, 1:00 pm, 1:30 pm.

1:10 pm – 2:00 pm  
**Ju’mah (Muslim Friday Prayer)** (Parkes Hall, Room 122, 1870 Sheridan Road)

1:30 pm – 2:30 pm  
**Faculty Lecture Series: Round 2**  
Northwestern’s world-class faculty showcase their teaching expertise during various lecture for families. Lecture descriptions are listed below.

*From Greek Tragedy to the Hollywood Ending: the art and politics of dramatic storytelling presented by Zayd Dohrn, School of Communication*  
(Northwestern Room 202, Norris University Center)  
From Aristotle's *Poetics* to Pixar films to *Squid Game*, dramatic storytelling is a powerful tool, not simply for entertainment, but for political education and coercion as well. In this interactive lecture, we will discuss how dramatic structures work, what they tell us about a particular culture or historical moment, and how we can be more sophisticated writers, thinkers, and consumers of theatre, film, and TV.
**Who's to Say? Ideologies and myths of language correctness** presented by Lisa Del Torto, The Cook Family Writing Program, Weinberg College of Arts and Sciences (Guild Lounge, 601 University Place, 2nd Floor of Scott Hall)
Has your language ever been corrected? Have you ever been told (or told someone else) to stop saying like or ain’t or ya know? Or that you shouldn’t end a sentence with a preposition? Or that certain words aren’t “real?” This session will combine lecture and interactive discussion to consider notions of correctness and incorrectness in language and the value systems that underlie those notions. Participants will be asked to reflect on and discuss their own language experience.

**Before Day One: What You Can Learn About Life’s Transitions from the Business World** presented by Bill White, McCormick School of Engineering and Applied Science (Louis South 205B, Norris University Center)
We all experience significant transitions in our life. Some expected and some sudden. Things like becoming empty nesters, looking forward to a major move, or maybe a wedding, or a funeral, retirement . . . Business folks may have seven to nine significant transitions throughout a career. Most of these changes have elements in common. Lessons (good and bad) can be gleaned from studying a series of successive changes. These tips can then drive new activities or behaviors to avoid when approaching a new situation. We will review a number of examples to see how major, and sometimes surprising, elements of business transitions might be applied to our personal life changes.

**Variations on a Revolution from Newton to Hamilton** Presented by Nathaniel Stern, Weinberg College of Arts & Sciences (Kresge 2415)
Classical understanding of motion is based on Newton’s Laws, which many of us learned, and some of us even remember. Although the idea of “force” intuitively describes how things move, there is a different way to understand motion that turns these laws on their head: what if movement is determined not by the local forces at every moment but rather the global properties of the full path? We will trace this alternative way of thinking with a story intersecting with some of the most famous names of the Enlightenment and discover the foundational language for modern theories of physics (which certainly **do not** use Newton’s Laws).

**Lights, Camera, Action on the Front Lines of Climate Change** presented by Patty Loew, Medill School of Journalism, Media & Integrated Marketing Communications (McCormick Auditorium, Norris University Center)
Learn how Native American youth in four tribal communities are documenting the effects of climate change on their cultural and natural landscapes. In a series of empowering short documentaries, tribal teens show not only the detrimental effects of climate change, but also how their communities are responding to these changes with innovation and ingenuity.

**Fake News: Racialized Propaganda, Media Responsibility** presented by Christopher Benson, Medill School of Journalism, Media & Integrated Marketing Communications (Lake Room 203, Norris University Center)
This talk will examine the framing and representation of certain groups in our society in ways that have raised anxiety about the integrity of national elections.
Afternoon with the Undergraduate Schools

Bienen School of Music

Observe rehearsals at various times throughout the afternoon. Times and locations listed below:

- Baroque Music Ensemble: 12:00 pm – 2:00 pm (Galvin Recital Hall)
- Symphonic Wind Ensemble 2:10-4:10pm (Pick-Staiger Concert Hall Stage)
- Northwestern University Symphony Orchestra 2:10-4:10pm (Pick-Staiger Rehearsal Room)
- University Chorale: 2:00-3:20pm (RCMA McClintock 1-190)
- University Singers: 3:30-4:50pm (RCMA McClintock 1-190)
- Contemporary/Early Vocal Ensemble 5:00-6:20pm (RCMA McClintock 1-190)
- Northwestern University Jazz Orchestra: 4:30-6:20pm (REG 011)

2:30 pm – 4:00 pm  Medill School of Journalism. Media, Integrated Marketing Communications  
(McCormick Foundation Center Forum)  
A brief showcase of innovative student work and a panel featuring Medill leadership.

2:45 pm - 3:45 pm  School of Communication  
(Wirtz Center for Performing Arts, Room 201, 1949 Campus Drive)  
Associate Dean for Undergraduate Programs and Advising Lori Barcliff Baptista will speak briefly, and academic advisors will mingle with guests.

2:45 pm – 3:45 pm  Weinberg School of Arts and Sciences  
(Cahn Auditorium)  
Presentation and panel discussion on resources and opportunities for Weinberg students.

3:00 pm - 4:00 pm  School of Education and Social Policy (SESP)  
(Annenberg Hall, Room 123)  
An open house and conversation with SESP faculty and advising team will take place in the SESP Student Affairs Office on the first floor of Annenberg Hall. Light refreshments will be served.

3:00 pm – 4:00 pm  McCormick School of Engineering and Applied Science  
(205 Louis Room, Norris University Center – set up for 300)  
McCormick family members are invited to this presentation and Q&A with Dr. Burghardt, Associate Dean of Undergraduate Engineering, and current engineering students.

4:00 pm – 4:30 pm  Mindfulness Meditation Drop-In (Multi-Belief Space, Parkes Hall, Room 204, 1870 Sheridan Road)

4:30 pm – 5:30 pm  Conversation with the President (Cahn Auditorium)  
Join the President of Northwestern University to learn more about current events on campus and the student experience.

5:30 pm – 6:00 pm  Northwestern Hillel Family Reception (629 Foster St.)  
Join us at Northwestern's center for Jewish life before Shabbat services and dinner.
6:00 pm – 7:00 pm  **Northwestern Hillel Shabbat Evening Services** (629 Foster St.)
Join us for student-led Reform and Conservative services to welcome in Shabbat.

6:00 pm – 8:00 pm  **S’Morewestern at the Lakefill** (Lakefill Fire Pit)
Students and families are welcome to make and enjoy s’mores and beverages in the early dusk of the lakefront. No registration required, first come first serve. Free event sponsored by Student Organizations & Activities.

7:00 pm – 8:00 pm  **Northwestern Hillel Shabbat Dinner** (629 Foster St.)
Join the Hillel community for a catered Shabbat dinner.

7:00 pm  **Women’s Volleyball vs. Ohio State** (Welsh-Ryan Arena)
Northwestern Volleyball is inviting Family Weekend participants to our match vs. #6 Ohio State. We are offering discounted tickets **(only $3)** and the opportunity to receive our giveaway item, mini volleyballs (available to the first 300 fans in attendance). When purchasing tickets, please use promo code: **VBFAM22** for $3 group rate tickets. Follow the steps below to redeem!

**STEP ONE:** Go to [nusports.com/groups](http://nusports.com/groups)

**STEP TWO:** Input ‘**VBFAM22’**

**STEP THREE:** Purchase discounted tickets!

8:00 pm – 10:00 pm  **Acapalooza—hosted by NUDM** (Cahn Auditorium)
Join Northwestern University Dance Marathon (NUDM) and Family Engagement for a night of a cappella music and fun! Hear from Northwestern’s incredible a cappella groups and learn about NUDM 2023 primary beneficiary, Little Heroes League and secondary beneficiary, the Evanston Community Foundation. Tickets are $5 for students and $10 for the general public plus a credit card fee and can be purchased through the [Norris Box Office](http://norrisboxoffice.northwestern.edu).

8:00 pm – 10:00 pm  **Dearborn Observatory** (2131 Tech Drive)
Families are invited to drop in and tour the Observatory free of charge. Weather permitting, they will be able to view the night sky with our historic Dearborn Telescope.

8:00 pm – 11:00 pm  **“Smocks and Mocks”** (Ground Floor, Norris University Center)
Enjoy complimentary fall beverages and arts & crafts hosted by NU Nights, Northwestern’s student-run late-night programming board. First come first serve, no registration required.
Saturday, November 5

9:00 am – 11:00 am  **Family Weekend Tailgate**  
(Wildcat Alley, the Football Practice Field located east of Drysdale Field)  
Join us for our annual Family Weekend Tailgate! The tailgate will feature breakfast tailgate food, music, and great company! Tickets for the tailgate must have already been pre-purchased when registering for Family Weekend and are now sold out.

10:00 am – 5:00 pm  **Alice Millar Chapel Open for Visits and Tours**  
(Alice Millar Chapel, 1870 Sheridan Road)  
Alice Millar Chapel is open for quiet reflection, visits, and student-led tours.

11:00 am – 2:00 pm  **Northwestern Football vs. Ohio State**  
(Ryan Field)  
Cheer on your Northwestern Wildcats as they take on Ohio State! Tickets available at nusports.com

11:00 am – Noon  **Walking Tour of Downtown Evanston**  
(Weber Arch, Corner of Sheridan Rd and Chicago Ave)  
Discover the fascinating shared history of Northwestern University and the city of Evanston. The tour will begin at the gateway arch located at Sheridan Road and Chicago Avenue, aka "the eyebrow of beauty." Walking south on Chicago Avenue into downtown Evanston, we will explore the interrelationship of the university and the town it founded and how the progressive ideals of both created a unique community. Please purchase tickets for the tour in advance.

3:00 pm & 4:00 pm  **Campus Tours led by Family Ambassadors**  
(Leave from The Rock, near Harris Hall)  
Family Ambassadors will lead one-hour, campus-walking tours.

3:15 pm – 4:00 pm  **Campus Resource Sessions Round 1**  
(Norris University Center)  

**Career Services for Northwestern Students**  
(Northwestern Room 202, Norris University Center)  
Northwestern Career Advancement (NCA) will offer an overview of the career resources available to your student including career counseling and advising services, internships and summer experiences, and the post-graduation success of our students. Come learn about how Northwestern prepares its students for life after graduation.

**Study Abroad Information Session**  
(McCormick Auditorium, Norris University Center)  
Northwestern students participate in study abroad programs around the world. The Global Learning Office will provide insight into the process and possibilities of studying abroad.

**Undergraduate Research Information Session**  
(Wildcat Room 101, Norris University Center)  
The Director of the Office of Undergraduate Research will explain how students can get involved as well as the extensive resources and funding available.
Office of Fellowships Session (Lake Room 203, Norris University Center)
The Office of Fellowships helps students find and apply for external sources of funding to
do many different things, including research, internships, language study, and tuition
support, with international options available for all opportunities.

4:15 pm – 5:00 pm  Campus Resource Sessions Round 2 (Norris University Center)
Career Services for Northwestern Students (Northwestern Room 202, Norris University Center)
Northwestern Career Advancement (NCA) will offer an overview of the career resources
available to your student including career counseling and advising services, internships and
summer experiences, and the post-graduation success of our students. Come learn about
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7:00 pm – 8:15 pm  “Before I Grow Up” Freshman Cabaret (Lutkin Hall)
The 80th Annual Dolphin Show presents our annual Freshmen Cabaret: “Before I Grow Up.”
The Dolphin Show is the largest student-produced musical in the country and we are
excited to present a cabaret this family weekend entirely produced, directed, music
directed, stage managed, and performed by the freshmen class. This January the Dolphin
Show presents Matilda which reminds us to embrace “growing up” and to revel in the
spontaneity and joy of our future selves. Like Matilda, the Dolphin Show Freshman
Cabaret, When I Grow Up, invites audiences to reconnect with our youthful optimism and
to imagine the biggest and brightest futures for ourselves outside of Northwestern. Our set
list includes songs from 13, Into the Woods, Fun Home, Tuck Everlasting, and even Matilda.
We hope you can join us for this free event!

8:00 pm – 9:30 pm  Chris Carter the Mentalist & Hypnotist (Cahn Auditorium)
A Northwestern tradition returns. Chris Carter has performed for sold-out Wildcat
Welcome and Homecoming Week audiences dating back at least 10 years. Enjoy this free
event in Northwestern’s largest indoor performing arts venue and leave wondering, “how
exactly did he do that?” Sponsored by Student Organizations & Activities.

8:00 pm – 10:00 pm  Dearborn Observatory (2131 Tech Drive)
Families are invited to drop in and tour the Observatory free of charge. Weather
permitting, they will be able to view the night sky with our historic Dearborn Telescope.
**Sunday, November 6**

9:30 am, 11 am, 5 pm  **Sheil Catholic Center Sunday Mass** (2110 Sheridan Road)
All families are invited to join the Catholic campus community for Mass, followed by hospitality.

9:30 am – 11:30 am  **Northwestern Hillel Family Open House Bagel Brunch** (629 Foster Street)
Join us before you head home for some hospitality and bagels.

9:30 am – 10:30 am  **Fraternity & Sorority Life Panel Presentation**  
(McCormick Auditorium, Norris University Center)
Families are invited to a presentation provided by the Fraternity & Sorority Life staff that will overview the values of our community, benefits of membership, and pathways to joining across our four councils: the Interfraternity Council (IFC), the Multicultural Greek Council (MGC), the National Pan-Hellenic Council (NPHC), and the Panhellenic Association (PHA). Families will also have a chance to ask questions and engage with a panel of upper-class student leaders within the FSL community about their experiences.

10:00 am -12:00 pm  **Lutheran Campus Ministry Breakfast & Worship** (2204 Orrington Avenue)
All students and families are invited to a continental breakfast at 10:00 am and then worship at 11:00 am with Lutheran Campus Ministry.

10:00 am  **Krispy Kreme 5K** (Southern End of Northwestern Lakefill)
The Krispy Kreme 5K is a typical 5K with a twist as every donut you eat takes time off your run! It’s a fun way to combine everyone’s love of donuts with friendly competition. Be sure to [register online](#) to participate.

11:00 am – 12:00 pm  **Student Panel Presentation with Family Ambassadors**  
(McCormick Auditorium, Norris University Center)
Take part in a panel presentation and Q & A with Family Ambassadors regarding student life and their experiences at Northwestern.

11:00 am – 12:00 pm  **Alice Millar Chapel University Service** (Alice Millar Chapel, 1870 Sheridan Road)
All students and families are welcome to join us for an interdenominational Christian worship service in the resplendent beauty of Alice Millar Chapel led by the internationally recognized Alice Millar Chapel Choir. Coffee, and light refreshments will be available before and after the service.

12:00 pm - 1:00 pm  **Alice Millar Chapel Open for Visits and Tours** (Alice Millar Chapel, 1870 Sheridan Road)
Take a tour with Religious & Spiritual Life Staff or the University Chaplain and see the iconic stained-glass windows and the 5,235 pipe Aeolian-Skinner organ.

1:00 pm  **Women’s Volleyball vs. Nebraska** (Welsh-Ryan Arena)
Before you leave town, stop by Welsh-Ryan and cheer on Northwestern Volleyball vs. Nebraska. Tickets can be purchased at [nusports.com](#).
Additional Family Weekend Events and Information

Visit the Art Institute of Chicago
111 S. Michigan Ave Chicago, IL
11:00 am – 5:00 pm
November 3 – 6, 2022
Northwestern undergraduates enjoy free access to the museum when they present their Wildcard at the ticket counter. For family weekend, this benefit extends to up to two guests who will be allowed free entry when they visit the ticket counter with a Wildcard-wielding undergraduate! Information about visitor policies, special exhibits and more available at: artic.edu This program is supported by the Division of Student Affairs and managed by Student Organizations & Activities

Block Museum of Art
40 Arts Circle Drive
Visit Northwestern’s campus art museum! The Block is a dynamic, imaginative, and innovative teaching and learning resource for Northwestern and its surrounding communities. The main exhibition on display is Taking Shape: Abstraction from the Arab World, 1950s – 1980s. The museum is open November 4 from 12 pm – 8 pm & November 5-6 from 12 pm – 5 pm. The Block is always free and open to all. For more information, please visit www.blockmuseum.northwestern.edu.

Check out Norris University Center!
Norris University Center, 1999 Campus Drive

Dining
If you are looking for a quick bite during the weekend, check out the Norris University Center for dining options:

Friday
Wildcat Deli and Patty Squared: open until 3:00p
Viet Nom Nom: open until 7:00pm
Starbucks, Mod Pizza, and The Market: open until 10:00pm

Saturday
Wildcat Deli and Patty Squared: CLOSED
Viet Nom Nom: 12:00-7:00pm
Starbucks and The Market: 9:00am-9:00pm
Mod Pizza: 11:00am-9:00pm

Sunday
Wildcat Deli and Patty Squared: CLOSED
Viet Nom Nom: 12:00-7:00pm
Starbucks and The Market: 10:00am-10:00pm
Mod Pizza: 11:00am-10:00pm
**Bookstore**
Pick up a 10% off coupon at Family Weekend Check in (Norris Wildcat Room 101, Friday 10 am – 6 pm) and visit the University Bookstore on the lower level of Norris.

Family Weekend Bookstore Hours:
- Friday November 4th: 9a – 6p
- Saturday November 5th: 9a – 5p
- Sunday November 6th: 10a – 2p

**Game Room**
Visit the [Game Room](#) in the lower-level of Norris University Center for some family fun! The game room will be open Friday and Saturday from Noon – 10 pm and Sunday from 2 pm – 10 pm. The Norris Game Room has six Brunswick Gold Crown billiards tables, two ping pong tables, and a variety of video games on Xbox One, Playstation 4, and the Nintendo Switch, as well as several board games and a foosball table. All activities are free for NU Families.

**Visit the Henry Crown Sports Pavilion**
Engage in the Northwestern recreational student experience! Offering six recreation facilities, three intramural sport seasons with nine sports, 38 club teams, open recreation, a vast array of fitness equipment, wellness programs and services, indoor and outdoor water activities, and tennis - NU Recreation has something for everyone! Learn how fitness, wellness, recreation, and sports activities can help your student deal with the stresses of academic life, enhance their overall well-being, and improve their everyday life. The Henry Crown Sport Pavilion will be open from 6:00 am - 10:00 pm on Friday, 8:00 am - 9:00 pm on Saturday, and 8:00 am - 10:00 pm on Sunday. Northwestern parents and families will have complimentary access to Henry Crown and all Group Exercise classes throughout Family Weekend.

**Group Exercise Classes**

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<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
<th>Location</th>
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<tr>
<td>Friday</td>
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<tr>
<td>9:00 - 10:00 a.m.</td>
<td>Aqua Fitness</td>
<td>Dee</td>
<td>Pool</td>
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<td>Noon - 1:00 p.m.</td>
<td>Vinyasa Flow Yoga</td>
<td>Chelsea</td>
<td>Studio 2</td>
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<tr>
<td>5:30 - 6:30 p.m.</td>
<td>Mindful Yoga</td>
<td>Katherine</td>
<td>Studio 2</td>
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<td>Saturday</td>
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<td>8:30 - 9:15 a.m.</td>
<td>Cycle Express</td>
<td>Tina-Marie</td>
<td>Spin Studio</td>
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<td>9:30 - 10:30 a.m.</td>
<td>BODYPUMP™</td>
<td>Bev</td>
<td>Studio 1AB</td>
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<tr>
<td>11:00 a.m. - Noon</td>
<td>Vinyasa Flow Yoga</td>
<td>John</td>
<td>Studio 2</td>
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<td>Sunday</td>
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<tr>
<td>11:00 a.m. - Noon</td>
<td>Hatha Yoga</td>
<td>Katherine</td>
<td>Studio 2</td>
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<tr>
<td>Noon - 1:00 p.m.</td>
<td>BODYPUMP™</td>
<td>Rachelle</td>
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