



4 HEALTH & FITNESS
EXPO
PRESENTED BY  **Quest**
Diagnostics™

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4 HEALTH & FITNESS
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WELCOME / BIENVENIDA

Welcome! – NBC 4 New York is thrilled to welcome you to the fourth annual Health & Fitness Expo, presented by Quest Diagnostics.

We are committed to bringing you a free, family-friendly health and fitness event. And we're even more thrilled to team up with the New York Giants and our title sponsor, Quest Diagnostics.

Together, we hope to inspire you to get and stay healthy. Experience MetLife Stadium like never before! Walk the field, tour the locker rooms, and even shake hands with a New York Giant! Enjoy riding a zip line, take a cooking class from a Top Chef, and be inspired by a Biggest Loser. In anticipation of the Rio 2016 Olympic Games in August, we hope that you'll stop by our Champions Village and take part in volleyball, boxing, soccer, gymnastics, basketball and more! Be sure to stop by the NBC 4 and Telemundo 47 "Meet and Greet" area to say hello to all your favorite anchors and reporters. We love covering and being a part of your community, bringing you breaking news and weather on Today in New York starting at 4:30am, and News 4 New York weeknights at 5pm, 6pm and 11pm. Coming soon, we'll bring you even more breaking news and weather with the start of our new 4pm newscast.

We could not have planned such a great weekend without the support of our sponsors and non-profit partners. And we thank all the health and fitness professionals and volunteers who have joined us this year.

Thank YOU for making this event a part of your life. We hope you have a weekend of fun and fitness.

Eric Lerner

NBC 4 New York President & General Manager
NBCNEWYORK.COM

Welcome, Bienvenidos to the Fourth Annual Health & Fitness EXPO!

Telemundo 47 New York / WNJU is proud to return as co-host of the Health & Fitness EXPO presented by Quest Diagnostics® alongside our sister station NBC 4 New York / WNBC, at the home of the New York Giants.

Dos días consecutivos, repletos de actividades divertidas que les proveerán a todas las familias las herramientas para que puedan mantener una vida saludable.

Este año, contamos con la presencia de nuestra presentadora de deportes Verónica Contreras y Bruce Beck, presentador de deportes de NBC 4, junto a Rashad Jennings de los Giants como los anfitriones del evento.

También ofrecemos clínicas de fútbol gratuitas para los jóvenes proveídas por el Euro Youth Football Association, en donde nuestros jóvenes pueden aprender los fundamentos del fútbol.

Además los invito a que pasen por nuestra demostración interactiva del clima: "Interactive News Weather Station" para ver cómo nuestro nuevo equipo de La Autoridad en el Tiempo - los meteorólogos Andrea Romero y Pedro Montoro y los presentadores del tiempo Janice Bencosme y Miguel Bedoy, junto al equipo Storm Team 4 de NBC 4 reportan el clima los siete días de la semana a través del área triestatal de Nueva York.

Este año también contamos con la participación del Hispanic Federation, quien se une a la campaña de las estaciones de Telemundo #YODECIDO, un extenso esfuerzo multiplataforma para registrar, informar, empoderar, e involucrar a los votantes hispanos a votar en este año electoral.

Y por último, todos nuestros presentadores de noticias y reporteros del Noticiero 47 Telemundo y Acceso Total estarán presentes para compartir con ustedes.

Disfruten de todo de lo que ofrece la EXPO de Salud y Bienestar, totalmente GRATIS.

Gracias por acompañarnos.

Cristina Schwarz

Presidente y Gerente General, Telemundo 47 New York / WNJU
Visite nuestra página web www.Telemundo47.com

NOTICE: YOU MAY BE VIDEOTAPED OR RECORDED. Please be advised that WNBC and WNJU, television stations owned by of NBCUniversal Media, LLC ("NBCUniversal"), are taping the WNBC/Telemundo47 Quest Diagnostics Health and Fitness Expo (the "EXPO") for a broadcast television program. Your entrance into the EXPO area will serve as a voluntary grant to NBCUniversal of the right to photograph your image and record your voice, and to own, license, assign and/or use the same (and/or any portion thereof) forever and throughout the world in any manner and/or media including, without limitation, in NBCUniversal and other programming and the advertisement and promotion thereof. You will not receive any payment for such use and waive any right to bring any action in law or equity against NBCUniversal, New York Giants, New Meadowlands Stadium Company LLC, its parent and related companies, subsidiaries (whether or not wholly-owned), affiliates, divisions, and their past, present and future officers, agents, representatives, employees, successors and assigns for such use. If you do not agree to the above terms and do not wish to be taped as part of the program, please do not attend the EXPO where filming is taking place.

AVISO: Está siendo Filmado o Grabado. Favor de tener en cuenta que WNBC y WNJU, estaciones de televisión de NBCUniversal Media, LLC ("NBCUniversal"), Están filmando y/o fotografiando el WNBC/Telemundo47 Feria de Salud y Bienestar (la "Expo") para uso en los medios incluyendo internet y televisión. Su entrada a la Expo sirve como acuerdo voluntario para aparecer (o para que su hijo (a) menor de 18 años aparezca) en escenas a exhibirse como parte de esta y cualquier otra producción de NBC Universal en cualquiera y todos los medios del mundo, sin limitación, incluyendo publicidad y promociones. Usted no recibirá ninguna forma de pago por el uso de su imagen y renuncia a cualquier derecho de ejercitar cualquier acción legal en contra de NBC Universal, New York Giants, New Meadowlands Stadium Company LLC., compañías relacionadas, subsidiarias (que sean o no enteramente propias), afiliaciones, divisiones y sus oficiales, agentes, representantes, empleados, sucesores y asignados para ese uso. Si usted no está de acuerdo con las condiciones mencionadas y no desea ser grabado en cámara como parte del programa, por favor no atienda a la EXPO donde se estará grabando. Agradecemos su cooperación.



The **NBC 4 New York & Telemundo 47 Health & Fitness Expo** at **MetLife Stadium** is produced and managed by Network Events, Inc. Network Events, Inc. is an event development, marketing, sales and management firm specializing in the production of large-scale consumer events for media partners and professional sports teams. www.networkevents.tv

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NOTE: In case of inclement weather, some outdoor booths and activities may not be open, but all indoor activities will be open regardless of weather. All information current as of May 4, 2016.



THE NBC 4 NEW YORK TEAM



Lynda Baquero



Kerry Barrett



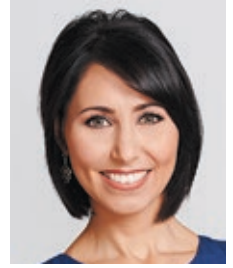
Pat Battle



Bruce Beck



Checkey Beckford



Lori Bordonaro



Greg Cergol



John Chandler



Pei-Sze Cheng



Harry Cicma



Chris Cimino



Katherine Creag



Jonathan Dienst



Michael Gargiulo



Michael George



Chris Glorioso



Erica Grow



Stefan Holt



Janice Huff



Jen Maxfield



Raphael Miranda



Rana Novini



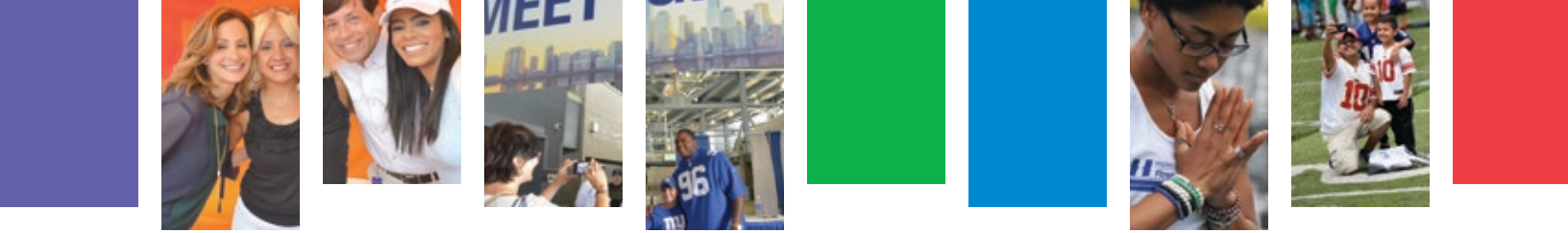
Natalie Pasquarella



Gabe Pressman

CONNECT WITH NBC 4 NY

NBC 4 NEW YORK — #NBC4NY



Dave Price



Produce Pete



Darlene Rodriguez



Gus Rosendale



Melissa Russo



Marc Santia



Lauren Scala



Chuck Scarborough



Rob Schmitt



Ida Siegal



Andrew Siff



Tracie Strahan



Brian Thompson



David Ushery



Sarah Wallace



Sibila Vargas



Ray Villeda

NEW YORK LIVE



Sara Gore



Jacque Reid



Ben Aaron

GEORGE TO THE RESCUE



George Oliphant

TALK STOOP



Cat Greenleaf

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TELEMUNDO 47 TEAM

NOTICIERO
47 TELEMUNDO
(5:30PM, 6PM
& 11PM)



Jorge Ramos



Yaima Crespo



Pedro Montoro



Verónica Contreras

NOTICIERO
47 TELEMUNDO
PRIMERA
EDICIÓN
(5AM-7AM)



Allan Villafaña



Odalys Molina



Andrea Romero



Janice Bencosme

NOTICIERO
47 TELEMUNDO
FIN DE SEMANA
(5:30PM & 11PM)



Alberto Rullán



Nilda Rosario



Miguel Bedoy



Darío López-Capera

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WWW.TELEMUNDO47.COM**



**NOTICIERO
47 TELEMUNDO
REPORTEROS**



Liz González



Luis Alejandro Medina



Yolanda Vásquez



Ricardo Villarini



Rafael Pujols



Nadia Torres



Pablo Gutiérrez



Alfredo Acosta



Fernando Gómez



Luis Gerardo Núñez



Cristian Benavides

**ACCESO TOTAL
(10AM-10:30AM)**



Victoria Sosa



Janice Bencosme



Audris Rijo



EXPO HOSTS / ANFITRIONES DE LA EXPO



BRUCE BECK

NBC 4 NEW YORK, SPORTS ANCHOR

Bruce Beck is NBC 4 New York's Emmy award-winning sportscaster. Beck has held the title of "New York State Sportscaster of the Year" for eight years from the National Sportscasters and Sportswriters Association. He is host of NBC 4's popular Sunday night sports show, *Sports Final*, and serves as host and sideline reporter for New York Giants pre-season football. Connect with Bruce on Twitter at @BruceBeck4NY.

**MEET BRUCE AT THE NBC 4 & T47 MEET & GREET
SATURDAY 11:30AM-12:30PM & SUNDAY 1:30-2:30PM**

PRESENTADOR DE DEPORTES, NBC 4 NEW YORK

Bruce Beck es el presentador de deportes de NBC 4 ganador del prestigioso premio Emmy. Beck ha ganado por 8 años consecutivos el título como "Cronista Deportivo del Año del Estado de Nueva York" de la Asociación Nacional de Escritores y Comentaristas Deportivos. Bruce es el presentador del popular programa "Sports Final" que se transmite los domingos por NBC 4 y también presenta y reporta desde el banquillo de los New York Giants en la pre-temporada de fútbol Americano. Conéctate con Bruce en Twitter en @BruceBeck4NY.

**CONOCE A BRUCE EN EL ÁREA DE MEET AND
GREET DE NBC 4 Y TELEMUNDO 47
SÁBADO 11:30AM-12:30PM Y DOMINGO 1:30-2:30PM**



VERÓNICA CONTRERAS

NOTICIERO 47 TELEMUNDO

Veronica Contreras is Telemundo 47 New York's Emmy award-winning sportscaster serving the Spanish-speaking community in the tri-state area. While working for Telemundo Phoenix, she had the opportunity to cover the 2012 World Cup. Contreras has received an Emmy for her coverage of Major League Baseball. She also received two Emmy Awards for 'Best Newscast' in the NY tri-state area. Connect with Veronica on Twitter at @VeroT47.

**MEET VERONICA AT THE NBC 4 & T47 MEET & GREET
SATURDAY & SUNDAY, 10-10:30AM AND 12-1PM**

NOTICIERO 47 TELEMUNDO

Verónica Contreras es ganadora del Premio Emmy como presentadora de deportes en New York para Telemundo 47 sirviendo a la comunidad de habla hispana en el área tri-estatal. Mientras trabajaba para Telemundo en Phoenix, tuvo la oportunidad de cubrir la Copa Mundial del 2012. Contreras recibió un Emmy por su cobertura de las Grandes Ligas de Baseball, también recibió 2 premios Emmy por el "Mejor Noticiero" del área tri-estatal. Conéctate con Verónica Contreras en Twitter @VeroT47

**CONOCE A VERÓNICA EN EL ÁREA DE MEET AND
GREET DE NBC 4 Y TELEMUNDO 47
SÁBADO 10-10:30AM Y DOMINGO 12-1PM**



STEVE WEATHERFORD

SUPER BOWL WINNING PUNTER, HEALTH & FITNESS ROLE MODEL

Steve was signed by the Giants on July 30, 2011. He has played in 142 regular-season games (64 for the Giants) and in 11 postseason games for 3 teams. His career regular-season totals include a 44.5-yard gross average and a 37.8-yard net average. He set a Super Bowl record with 3 punts downed inside the 20-yard line in Super Bowl XLVI. Steve's passion for football and fitness is equally matched by his passion for charitable work. Steve and his wife Laura have a son Ace, and three daughters, Carney, Aurora and Josie. Connect with Steve Weatherford on Twitter and Instagram @Weatherford5.

MAIN STAGE/OPENING CEREMONY, SATURDAY 9:45AM-10AM

SELFIES WITH A NY GIANT, SATURDAY 10AM-12PM
MAIN STAGE PRESENTATION, SATURDAY 12:30-1PM

PATEADOR DE DESPEJE DEL SUPERBOWL MODELO A SEGUIR EN SALUD Y ATLETISMO

Steve firmó con los New York Giants el 30 de Julio del 2011. Ha jugado en 142 partidos de la temporada (64 con los Giants) y en 11 juegos de posttemporada con 3 diferentes equipos. Su carrera en la temporada regular incluye un total de 44.5 yardas de promedio completo y 37.8 yardas de promedio neto. Steve estableció un record en el Super Bowl XLVI con tres pateadas de despeje dentro de las 20 líneas de yarda. La pasión por el fútbol Americano y el atletismo es igual a su pasión por sus trabajos caritativos. Steve y su esposa Laura tienen un niño que se llama Ace, y sus tres hijas, Carney, Aurora y Josie. Conéctate con Steve en Twitter @Weatherford5.

ESCENARIO PRINCIPAL CEREMONIA DE APERTURA, SÁBADO 09:45AM-10AM

SELFIES CON UN NY GIANTS, SÁBADO 10AM-12PM
PRESENTACIÓN EN EL ESCENARIO PRINCIPAL, SÁBADO 12:30-1PM



RASHAD JENNINGS

RUNNING BACK, NEW YORK GIANTS

Jennings enters his eighth NFL season and third with the Giants. Jennings was originally a 7th round (250th overall pick) draft choice by the Jacksonville Jaguars in 2009. Jennings was signed as a free agent by the Giants on March 12, 2014. He has played in 80 career games with 42 starts and his career totals include 749 rushing attempts for 3,179 yards (4.2-yard avg.) and 20 touchdowns, plus 156 receptions for 1,268 (8.1-yard avg.) and 1 score. Off the field, Jennings leads the Rashad Jennings Foundation (rashadjenningsfoundation.com), which focuses on health, fitness, education and youth mentorship. He also launched the Rashad Jennings Reading Challenge. The Reading Challenge is an incentive-based program designed to motivate elementary students to read more, improve their comprehension skills, boost their confidence and build a love for reading. Connect with Rashad on Twitter and Instagram @RashadJennings.

ZEN IN THE ZONE, YOGA ON THE FIELD EVENT, SUNDAY 9-10AM

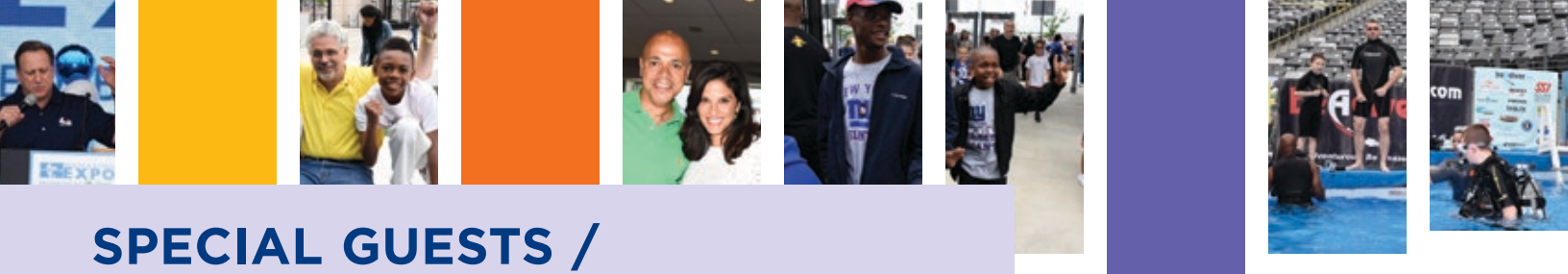
SELFIES WITH A NY GIANT, SUNDAY 10AM-12PM

CORREDOR DE LOS NEW YORK GIANTS

Jennings entra en su octava temporada de la NFL y la tercera con los Gigantes. Jennings fue originalmente a una 7ª ronda (selección global número 250) del draft por los Jaguares de Jacksonville en 2009. Jennings fue firmado como agente libre por los Gigantes el 12 de marzo de 2014. Ha jugado en 80 partidos en su carrera con 42 aperturas y sus totales de la carrera incluir 749 acarrees para 3,179 yardas (4.2 yardas avg.) y 20 touchdowns, además de 156 recepciones para 1,268 (8.1 yardas promedio.) y 1 puntuación. Fuera del campo, Jennings lleva la Fundación Rashad Jennings (rashadjenningsfoundation.com), que se centra en la salud, condición física, la educación y orientación juvenil. También lanzó el Desafío de Lectura Jennings Rashad. El Reto de Lectura es un programa basado en incentivos diseñado para motivar a los estudiantes de primaria para leer más, mejorar su capacidad de comprensión, aumentar su confianza y construir un amor por la lectura. Conectar con Rashad en Twitter o Instagram @RashadJennings.

ZEN EN LA ZONA, YOGA EN EL CAMPO EVENTO, DOMINGO 9-10AM

SELFIES CON UN NY GIANTS, DOMINGO 10AM-12PM



SPECIAL GUESTS / INVITADOS ESPECIALES



NICOLE BREWER GURGANIOUS

THE BIGGEST LOSER, SEASON 14

Since her appearance on NBC's The Biggest Loser, it has been Nicole Brewer Gurganious' mission to help women feel good in their curves-with exercise and fashion that flatters. When she married her TBL partner, Damien Gurganious, they also committed to keeping fitness in their lives forever, as certified fitness instructors at the YMCA in Bedford-Stuyvesant-Brooklyn, where they first met. Recently widowed, and raising their 3 year-old daughter Giselle, Nicole continues the legacy she and Damien began by combining her passion for fitness and fashion as a Group Fitness Instructor at the YMCA, 24 Hour Fitness NYC, and Wardrobe Stylist for fellow celebrities and fashion magazines. This Brooklyn based working mom loves what she does!

MAIN STAGE, SATURDAY AT 12PM

THE BIGGEST LOSER, TEMPORADA 14

Desde su aparición en el programa de NBC el perdedor más grande, ha sido la misión Nicole Brewer Gurganious 'para ayudar a las mujeres se sienten bien en sus curvas con el ejercicio y la moda que adula. Cuando se casó con su pareja TBL, Damien Gurganious, que también se comprometieron a mantener la aptitud en sus vidas para siempre, como instructores certificados en ejercicios en la YMCA en Bedford-Stuyvesant en Brooklyn, donde se conocieron. Enviudada recientemente, y elevar su hija de 3 años de edad, Giselle, Nicole continúa el legado que ella y Damien se inició mediante la combinación de su pasión por el gimnasio y la moda como instructor de Fitness Group en el YMCA, 24 Hour Fitness Nueva York, y de vestuario del estilista de celebridades compañeros y revistas de moda. Esta madre que trabaja a base de Brooklyn ama lo que hace!

ESCENARIO PRINCIPAL, SÁBADO 12PM



OLIVIA WARD

THE BIGGEST LOSER, SEASON 11

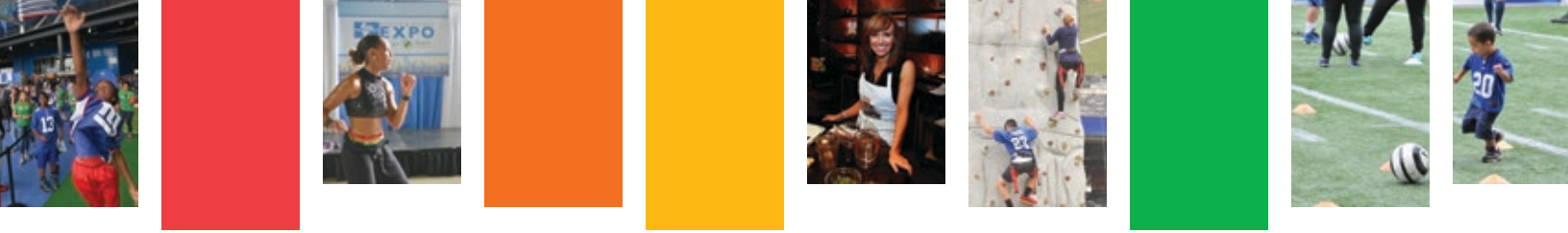
Olivia's biggest motivation for going on NBC's The Biggest Loser was being 261 pounds, 35 years old, diagnosed with PCOS and being told she would likely never have children if she didn't lose weight. She received a degree in vocal performance at the University of Alabama, and master's degrees in vocal performance and opera performance from the New England Conservatory of Music. A poor diet and no exercise led to her obesity, and the weight gain continued as she was diagnosed with PCOS when she says she "completely gave up." After spending 22 weeks on the Biggest Loser Ranch, Olivia lost 129 pounds to win Season 11 of The Biggest Loser. Olivia continues to maintain that weight loss and inspire others as a Senior Instructor at SoulCycle in NYC, co-founder of MyFitspiration.com, mother to 8 month old Harper Ellis Ward, and travels the country to speak about fitness, fashion and all things fun!

MAIN STAGE, SUNDAY AT 1PM

THE BIGGEST LOSER, TEMPORADA 11

La mayor motivación de Olivia para ir al programa de NBC The Biggest Loser fue que ella pesaba 261 libras, a los 35 años fue diagnosticada con el síndrome de ovario poli quístico y le dijeron que era posible que jamás tuviera hijos si no perdía peso. Ella recibió un grado en interpretación vocal de la Universidad de Alabama, y su maestría en interpretación de opera del Conservatorio musical de New England. Una dieta pobre y sin ejercicios la llevó a la obesidad, y su aumento de peso continuó cuando le diagnosticaron con el síndrome de ovario poli quístico y fue cuando ella "se dio por vencida" Después de pasar 22 semanas en la granja del programa The Biggest Loser, Olivia perdió 129 libras y fue la ganadora de la temporada 11. Olivia continúa manteniendo su pérdida de peso e inspira a otros siendo instructora Senior en Soul Cycle Circle en NYC, co-fundadora de MyFitspiration.com, madre de una bebé de 8 meses Harper Ellis Ward, y viaja alrededor del país para hablar de atletismo, moda y itodo tema divertido!

ESCENARIO PRINCIPAL, DOMINGO 1PM



TOP CHEF

ARIANE DUARTE

CHEF & OWNER AT ARIANE KITCHEN & BAR

A graduate of the Culinary Institute of America in Hyde Park, New York. Her passion to cook and learn have taken her to some of the country's finest restaurants, The Terrace in NYC, Star Canyon in Dallas, Trio in Chicago and Vine in NYC. She currently owns and operates Ariane kitchen & bar in her hometown of Verona, NJ. She competed on Top Chef Season 5, won the premiere season of "Cook Your Ass Off" and in December 2015, she defeated Bobby Flay on a special holiday episode of Food Network's "Beat Bobby Flay."

HEALTHY COOKING 4 YOU, SATURDAY AT 1PM

CHEF Y PROPIETARIA DE ARIANE KITCHEN & BAR

Ariane es Graduada del Instituto Culinario de América en Hyde Park, Nueva York. Su pasión por la cocina y por aprender la han llevado a algunos de los mejores restaurantes del país, The Terrace en Nueva York, Star Canyon en Dallas, Trio en Chicago y Vine en Nueva York. Actualmente ella es propietaria y operadora de Ariane Kitchen & Bar en su ciudad natal de Verona, NJ. Ella compitió en la 5ta temporada de Top Chef, también ganó la primera temporada de "Cook Your Ass off" y en diciembre del 2015 derrotó a Bobby Flay en un especial de Food Network "Beat Bobby Flay."

COCINA SALUDABLE PARA TI, SÁBADO 1PM



TOP CHEF

KWAME ONWUACHI

EXECUTIVE CHEF & CO-OWNER – THE SHAW BIJOU

Kwame Onwuachi is the executive chef and co-owner of The Shaw Bijou. At 26 years old, he brings a fresh perspective to the Washington D.C. food arena with a multi-course tasting menu featuring refined, yet approachable fare. Every dish tells a story, narrating the life experiences that shaped Onwuachi as a chef, from growing up in the Bronx and finding a love for food helping with his mom's catering business, to living in Nigeria with his grandfather, cooking for the Gulf Coast oil spill crews, selling candy on New York City subways to pay his way through the Culinary Institute of America, and traveling the world. A Top Chef season 13 participant, Onwuachi has established himself as one to watch.

HEALTHY COOKING 4 YOU, SUNDAY AT 12PM

CHEF EJECUTIVO & CO-PROPIETARIO – THE SHAW BIJOU

Kwame Onwuachi es el chef ejecutivo de The Shaw Bijou. A los 26 años llevó nuevas perspectivas al área de Washington D.C. con un menú de degustación con una gran variedad de recetas refinadas, pero accesible para todo presupuesto. Cada plato cuenta una historia de las experiencias vividas que formaron a Onwuachi como chef, desde crecer en el Bronx y encontrar el amor en la comida ayudando a su madre con su empresa de catering, a vivir en Nigeria con su abuelo cocinando para la tripulación encargada del derrame de petróleo de la Costa del Golfo, vendiendo dulces en los trenes subterráneos de Nueva York para pagar sus estudios en el Instituto Culinario de América y o sus viajes alrededor del mundo. Participó en la temporada 13 de Top Chef, Onwuachi se ha establecido como un ejemplo a seguir.

COCINA SALUDABLE PARA TI, DOMINGO 12PM



PRIMERA EDICIÓN

Lunes - Viernes
5am - 7am

Allan Villafaña
Odalys Molina
Andrea Romero
Janice Bencosme



LUNES A VIERNES

5:30 pm, 6pm & 11pm

Jorge Ramos
Yaima Crespo
Pedro Montoro
Verónica Contreras



FIN DE SEMANA

5:30pm & 11pm

Alberto Rullán
Nilda Rosario
Miguel Bedoy
Darío López-Capera



NOTICIERO 47 TELEMUNDO

NEW TEAM!

4 PM

STARTS JUNE 13TH



**STEFAN
HOLT**

**NATALIE
PASQUARELLA**

**DAVE
PRICE**

4  **NEW YORK**



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ACTIVITIES & ATTRACTIONS / ACTIVIDADES Y ATRACCIONES



GIANTS EXPERIENCE

Location: Field

Play on the real field where the NY Giants games take place. Kick a field goal and Catch a Touchdown Pass!

LA EXPERIENCIA DE LOS GIANTS

Lugar: Campo de fútbol

Juega en el campo de fútbol Americano donde se lleva a cabo los partidos de los New York Giants, pateas un gol de campo y captura un pase de touchdown.

SOCCER

Hosted by FA Euro

Location: Kid's Field, Plaza

Euro Youth Football Association (FA Euro New York) is a non-profit soccer organization aimed at the elite development of players in offering them an opportunity to play at a collegiate or professional level. The club has various structure level programs from youth structure, welcoming five year olds, to a super youth program. The FA Euro is committed to building the various levels of commitment, technical, and more complex tactical skills harnessing the next era of elite soccer players. For more information, visit www.faeuro.com or via Facebook at FAEuro.



FÚTBOL

Presentado por la Asociación de Fútbol Juvenil Euro (FA EURO)

Ubicación: Campo de Niños, Plaza

La Asociación de Fútbol Juvenil Euro (FA EURO) es una organización sin fines de lucro dirigida a lo mejor del desarrollo de los jugadores. El club ofrece diferentes programas y niveles para los jóvenes, desde los 5 años hasta programas juveniles. FA Euro está comprometido a construir niveles de técnicas para los jugadores del futuro. Para más información, visite www.faeuro.com o en Facebook a FAEURO.



HOLE-IN-ONE CONTEST

Location: Left Concourse

\$10,000 Hole-In-One Contest...try your luck on world-famous golf holes from courses like Rancho Mirage West and Princeville, Hawaii. Each contestant will receive three swings to come as close to the pin as possible. The top ten closest to the pin contestants qualify for the end of the day shoot-out. The overall winner has a chance to win \$10,000!

CONCURSO DE GOLF 'HOYO-EN-UNO'

Ubicación: Lado Izquierdo

Concurso de golf HOYO-EN-UNO donde podrías ganarte hasta \$10,000 Dolares... Prueba tu suerte y llega hasta uno de los más famosos campos de golf del mundo, desde Rancho Mirage West a Princeville, Hawaii. Cada participante recibirá tres oportunidades de batir un swing de golf para poder llegar lo más cerca posible al pin de golf. Los participantes que lleguen más cerca al pin de golf tendrán la oportunidad de calificar para ganar \$10,000.

ZENZONE

Location: Right Concourse

For all things Zen, head to the upper concourse for the ZenZone where you can experience the best of yoga, pilates, meditation and more!

LA ZONA ZEN

Ubicación: Lado Derecho

Para todo lo que es Zen de relajación, ve a 'la zona zen' donde puedes hacer el mejor yoga, pilates, meditación y más.



50 YARD LINE PHOTO SPOT

Location: Field

Calling all NY Giants fans! Grab your cameras and camera phones. Here is your chance to take a photo of yourself on the legendary MetLife Stadium 50 Yard Line! So come on, step onto the turf, take your selfie and post it to your social media sites! Use #NBC4NY and #Telemundo47 to post your pictures to social media!

50 LÍNEAS DE YARDA KIOSCO DE FOTOS

Ubicación: Campo de fútbol

Atención a todos los fanáticos de los New York Giants. Toma tu cámara y tu celular para tomarte una foto en el legendario estadio MetLife y sus 50 líneas de yarda. Así que vamos, pisa el césped y tomate un selfie! Puedes publicar tu foto en tus redes sociales y usa los hashtags #NBC4NY y #Telemundo47 para publicar tus fotos en las redes sociales.



LOCKER ROOM TOURS

Location: Field

Walk through the Locker Room, the place where the NY Giants get ready for their home games! Take photos and then walk out of the tunnel onto the field just like the team!

TOURS DE LOS VESTUARIOS DE LOS NEW YORK GIANTS

Ubicación: Campo de fútbol

Pasea por el vestuario donde los Giants se preparan para sus partidos en casa. Tome fotos y luego salga por el túnel y al campo de fútbol igual como lo hace el equipo.

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ACTIVITIES & ATTRACTIONS / ACTIVIDADES Y ATRACCIONES



ZIP LINE



Location: Field

The Pocono Mountain Visitors Bureau brings the best of the outdoors right to the field of MetLife Stadium! Zip across the end zone with a view high above the field on a zip line. For the weekend, the mountains are here!

ZIP LINE

Ubicación: Campo de fútbol

La Oficina de Visitantes de Pocono Mountains trae la mejor aventura al aire libre directo al estadio MetLife y ve en un Zip Line por todo el campo de campo de fútbol. Por el fin de semana las montañas estarán aquí!

MAIN STAGE

Location: Plaza

Located on the Plaza, the Expo Main Stage will feature speakers and entertainment throughout the weekend, including Phil Simms, Steve Weatherford, Nicole Brewer Gurganious and Olivia Ward from The Biggest Loser, Victoria Sosa from Acceso Total, fitness workouts from HackensackUMC Fitness & Wellness Powered by the Giants, and others.

ESCENARIO PRINCIPAL

Ubicación: Plaza

El escenario principal de la Expo tendrá a presentadores y diversión por todo el fin de semana, incluyendo a Phil Simms, Steve Weatherford, Nicole Brewer Gurganious y Olivia Ward del programa Biggest Loser, Victoria Sosa de Acceso Total, ejercicios por parte del Hackensack UMC Fitness & Wellness Powered by the Giants, y muchos más.



HEALTHY COOKING 4 YOU



Location: Commissioner's Club

Celebrity Chefs cook up their favorite healthy recipes in the Commissioner's Club kitchen. Meet Sara Gore and Jacque Reid from New York Live, Top Chef's Ariane Duarte and Kwame Onwuachi, and Ted Donnelly with Delaware North at MetLife Stadium, and learn how to eat for a healthier you!

COCINANDO SALUDABLE PARA TI

Ubicación: Club de Comisionados

Celebridades de la cocina estarán haciendo sus recetas favoritas y saludables en el Commissioner's Kitchen Club. Conocer a Sara Gore y Jacque Reid de New York Live, los Top Chef Ariane Duarte, Kwame Onwuachi y Ted Donnelly con Delaware North en el estadio MetLife ¡y aprende cómo comer saludable!



DANCE DANCE REVOLUTION

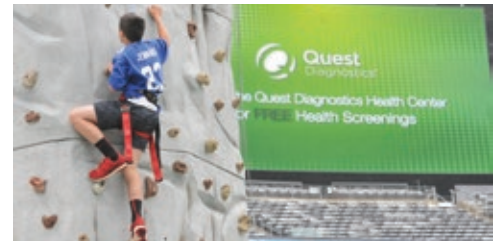
Location: Right Concourse

DDR is an innovative dancing simulation game that challenges the player with its combination of music, rhythm, and coordination. Step up to the dance floor and see if you can dance to the rhythm!

DANCE DANCE REVOLUTION

Ubicación: Lado Derecho

DDR es un innovador juego de simulación de baile que desafía al jugador con su combinación de música, ritmo y coordinación. Ven a la pista de baile a ver si puedes bailar al ritmo!



FAMILY FUN ZONE



Location: Field

Step onto the field and experience the coolest family-friendly workouts and children's entertainment! Plus, ride the NY Giants slide, run through the inflatable obstacle course and see if you can hit the target in the NY Giants passing game!

ZONA DE DIVERSIÓN FAMILIAR

Ubicación: Campo de fútbol

Ven al campo de fútbol y experimenta los ejercicios más divertidos para toda la familia y el área de entretenimiento para los niños, súbete en el resbalador de NY Giants, corre por el obstáculo inflable y ve si puedes acertar en el juego de pase los NY Giants.

ROCK CLIMBING



Location: Field

Enjoy the fun and excitement of rock climbing at our 24-foot, 4-station climbing wall. Each station represents varying degrees of difficulty - from beginners to accomplished climbers and everyone in between!

ESCALAR EN ROCA

Ubicación: Campo de fútbol

Disfruta de la diversión de escalar en roca a 24 pies de alto, 4 estaciones para escalar, cada estación representa diferentes niveles de dificultad, desde principiantes hasta los que tienen más experiencia, hay para todos los niveles.

GEORGE TO THE RESCUE

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BOOTH F5
ON THE FIELD



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ACTIVITIES & ATTRACTIONS / ACTIVIDADES Y ATRACCIONES



GEORGE TO THE RESCUE

Location: Field
Sponsored by:



Stop by the George to the Rescue booth and learn how to Stop Hammer Time with the latest products from Command! George will be there to take selfies and sign autographs at noon each day.

GEORGE AL RESCATE

Ubicación: Campo de fútbol
Pasa por la cabina de George al Rescate y aprende a cómo Parar el Tiempo con los últimos productos de Command. George estará firmando autógrafos al mediodía el sábado y el Domingo. Tómese fotos con George y el nuevo Chevy Tahoe de su show.

Take pictures with George and his brand new Chevy Tahoe from the show!



FITNESS AGE CHALLENGE

Location: Left Concourse

What's your fitness age? Are you a 40 year old as fit as a 24 year old? Or a 24 year old as fit as a 60 year old? Take the Fitness Age Challenge. Fitness Age is the breakthrough fitness assessment program that inspires and motivates real change!

RETO DE HABILIDAD DE SU EDAD

Ubicación: Lado Izquierdo

¿Cuál es el estado de su edad para hacer ejercicios? ¿Tiene 40 años pero con la misma habilidad de uno de 24? O ¿cómo uno de 60 años? Tome el Reto de Habilidad de su Eda, este es un programa que inspira y motiva un cambio real.

AMERICAN RED CROSS BLOOD DRIVE

Location: Plaza

The Red Cross Bloodmobile will be out on the Plaza on Saturday. Stop by and donate the gift of life. Appointments preferred. Visit redcrossblood.org to learn more and make your appointment to donate blood on May 14.

DONACIÓN DE SANGRE DE LA CRUZ ROJA AMERICANA

Ubicación: Plaza

El servicio móvil de la cruz roja estará en la plaza el sábado. Ven a donar para dar el regalo de vida. Se prefiere que se hagan citas anticipadas. Visite redcrossblood.org para aprender más y hacer su cita para poder donar el 14 de Mayo.



THE VOICE CHAIR

Location: Right Concourse

The two-time Emmy Award-winning "The Voice" is back on Monday and Tuesday nights at 8pm! Watch the strongest vocalists from across the country compete in the show's 10th season. Grammy Award-winning artist Christina Aguilera joins megastars Pharrell Williams, Adam Levine and Blake Shelton as celebrity musician coaches. Carson Daly continues to serve as host.

LA SILLA DE "THE VOICE"

Ubicación: Lado Derecho

La nueva temporada del programa ganador de 2 premios Emmy "The Voice" puede ser visto los lunes y martes a las 8pm. Mire los mejores vocalistas de todo el país compitiendo en esta décima temporada. Christina Aguilera, ganadora de varios premios Grammy, se une a la mega estrella Pharrell Williams, Adam Levine y Blake Shelton como los coaches. Carson Daly también continúa siendo el presentador.



POCONO RACEWAY

Location: Plaza

Direct from the Tricky Triangle, visit the plaza to get up close to the car that will lead the field to the green this summer. The 2016 Chevrolet Camaro SS Pocono Raceway Pace Car can be seen on track 3 times this summer during the June 3rd-5th, July 29th-31st, and August 20th-21st race weekends at Pocono Raceway. With 455 screaming horses under the hood, and a fully custom wrap you're sure not to miss this one of a kind ride!

PISTA DE CARRERA DE LOS POCONOS

Ubicación: Plaza

Directo desde el Tricky Triangle, visite la plaza para ver de cerca el carro que va a ser el líder este verano. El 2016 Chevrolet Camaro SS Pocono puede ser visto 3 veces este verano del 3 al 5 de junio, del 29 al 31 de Julio y del 20 al 21 de Agosto en la carrera de fin de semana de Pocono Raceway. Con 455 caballos de velocidad, y un toque personalizado no puedes perderte este vehículo.



WEATHER CENTER

Location: Plaza

Want to know what it takes to be part of Storm Team 4 or La Autoridad en el Tiempo? Stand in front of our weather green screen and see if you have what it takes to be a meteorologist! It might be sunny on Monday but raining on Tuesday. How will you make sure your neighborhood stays dry?

NBC 4 Y T47 ACTIVACIÓN DEL TIEMPO

Ubicación: Plaza

¿Quiéres saber cómo es el ser parte del Storm Team 4 o La Autoridad en el Tiempo? Párese en frente de nuestra pantalla verde del pronóstico del tiempo para ver lo que es ser un meteorólogo. Podrá ser soleado el lunes pero lluvioso el martes. ¿Cómo sabrá si estará bueno el tiempo en su vecindario?

CHAMPIONS VILLAGE / VILLA DE CAMPEONES



In celebration of the upcoming 2016 Summer Olympics in Rio, you can try Olympic sports right on the field! Watch the Summer Olympics on NBC 4 NY and Telemundo 47. Coverage begins August 5, 2016.

En celebración de los Juegos Olímpicos Río 2016, usted podrá tener la oportunidad de tratar algunos deportes de las olimpiadas. No te olvides de ver los Juegos Olímpicos Río 2016 en NBC 4 y Telemundo 47. La cobertura comienza el 5 de Agosto del 2016.

VOLLEYBALL / VOLLEYBALL



GEVA members will lead open play suitable for all ages and abilities. Come and learn about our USA Volleyball and US Paralympic indoor and beach programs for all ages. Log on to www.geva.org or contact commissioner@geva.org for more information.

BOXING / BOXEO

CKO Kickboxing will be conducting demonstrations of free adult fitness kickboxing classes. The classes are designed to burn fat, reduce stress, and tone muscles in a fun and engaging environment.

STAGE OF CHAMPIONS / ESCENARIO DE CAMPEONES

See a variety of demonstrations of Summer Olympic sports! See schedule on page 29.

SOCCER / FÚTBOL



The New York Red Bulls are back for this year's expo! On hand will be the New York Red Bulls Street Team, a group with some of the most prolific soccer freestylers who will be performing a variety of soccer tricks and giving skills tutorials. Comprised of members from across New York and New Jersey, the New York Red Bulls freestylers have been pushing the boundaries of what's possible with some skill and a ball. There will also be a few small-sided interactive games of soccer suitable for kids and families of all ages along with upcoming camp and match information. For more information, log onto www.newyorkredbulls.com or call 1-877-727-6223.

ROWING / REMO

National Learn to Row Day is June 4, 2016! Passaic River Rowing Association (PRRA) offers rowing programs for everyone! From beginner to competitive, PRRA is the premier club to suit your rowing needs! Located just 10 miles from New York City in the beautiful Riverside County Park of Lyndhurst, the local community populates here for many other amenities, such as bocce, tennis, track and field. www.prra.org

BASKETBALL / BALONCESTO

Be a member of the new Dream Team! Show off your mad hoops skills! Compete against your friend to see which player can score the most points. This game is fast and fun!

GYMNASTICS / GIMNASIA



Meadowlands Gymnastics Academy wants to show you what gymnastics is all about! Walk a balance beam, learn to tumble, and swing on the parallel bars! Let's challenge your strength and coordination! Team exhibitions, fun challenges and prizes! Gymnastics is the hardest sport in the world - try it, LOVE IT!

TRACK & FIELD / ATLETISMO

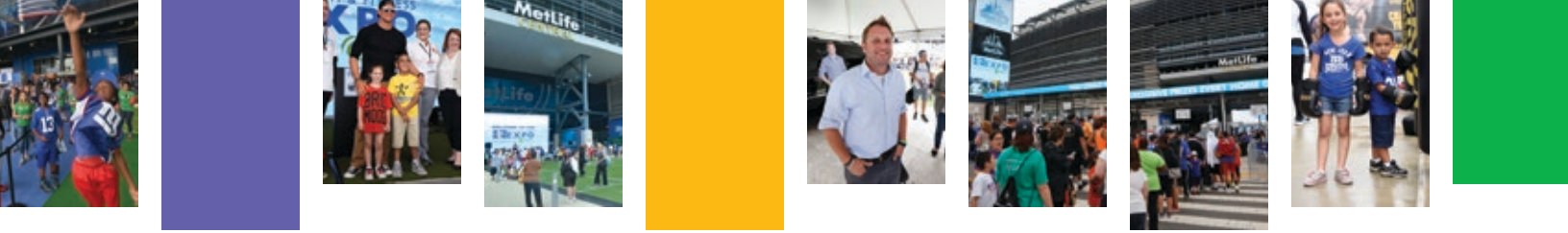


Can you run like the wind? Take the 40 Yard Dash challenge! Runners will receive a medal! You may win gold!

**COVERAGE BEGINS AUGUST 5TH ON
NBC 4 NY & TELEMUNDO 47!**

¡LA COBERTURA COMIENZA EL 5 DE AGOSTO!





OLYMPIC AND PARALYMPIC ATHLETES



Heather Bown - Silver Medalist, Volleyball

As a child, Heather tried many sports but didn't like them much. She finally found volleyball. She started playing volleyball in high school and went on to play in college before joining the national team. Now, she is a 4-time World Grand Prix champion and 3-time Olympian.

STAGE OF CHAMPIONS, SUNDAY 11AM

Join Heather afterward for an interactive demo at the Volleyball area!



Tyler Carter - Para-alpine Skiing

Pennsylvania native Tyler is a Paralympic alpine skier. Ski racing, and serving in the community, are his biggest passions in life. Tyler was born without a fibula, a bone in the lower leg. As a one year old, his right leg was amputated below the knee. At age 8, Tyler discovered adapted skiing. He has been racing and competing ever since.

STAGE OF CHAMPIONS, SUNDAY 1PM



Erin Hamlin - Bronze Medalist, Luge

Erin is a fierce competitor. She competed at the 2006 Torino Olympic Games, finishing twelfth. She turned the luge world upside down in 2009 by winning gold at the World Championships - the first time in 99 races that top spot did NOT go to Germany. She finished 16th at the 2010 Vancouver Olympic Games, the top American finisher.

STAGE OF CHAMPIONS, SATURDAY 11AM



Steve Mesler - Gold Medalist, Bobsled

Steve Mesler, Olympic gold medalist, is the co-founder and CEO of Classroom Champions, an international education and mentoring non-profit organization that utilizes the power of the Olympic Ideals to improve schools.

STAGE OF CHAMPIONS, SUNDAY 2:30PM



Taylor Ritzel - Gold Medalist, Rowing

A world champion rower, Taylor won a Gold Medal at her first Olympic Games in London. She is also a 3x NCAA champion during her time at Yale University, graduating in 2010. She competed nationally and internationally in the women's Eight.

STAGE OF CHAMPIONS, SATURDAY 1PM

Join Taylor afterward for an interactive demo at the Rowing area!

Athletes will be in the Classroom Champions and the Rio Podium area for autographs and photos following their presentations.



Because kids have what it takes
www.classroomchampions.org

Classroom Champions is an international educational organization that builds character in students and is proven to increase engagement and achievement for both students and teachers. Founded by American Olympic Gold Medalist Steve Mesler, Classroom Champions has mentored more than 11,000 at-risk students by partnering their classrooms with North America's top Olympians and Paralympians to teach the skills of success on an ongoing basis.

Classroom Champions and its athletes believe students' current circumstances do not dictate their futures, and having relationships with invested, successful adult role models instills possibility in kids and provides them with the tools to succeed. Classroom Champions changes the lives of the students and teachers it touches on a daily basis. Our program gives kids a better chance at succeeding in school, and in life.

LETTERS TO RIO!

Stop by the Classroom Champions area and create a postcard to send to athletes competing in the Rio games! Encourage and support our athletes!



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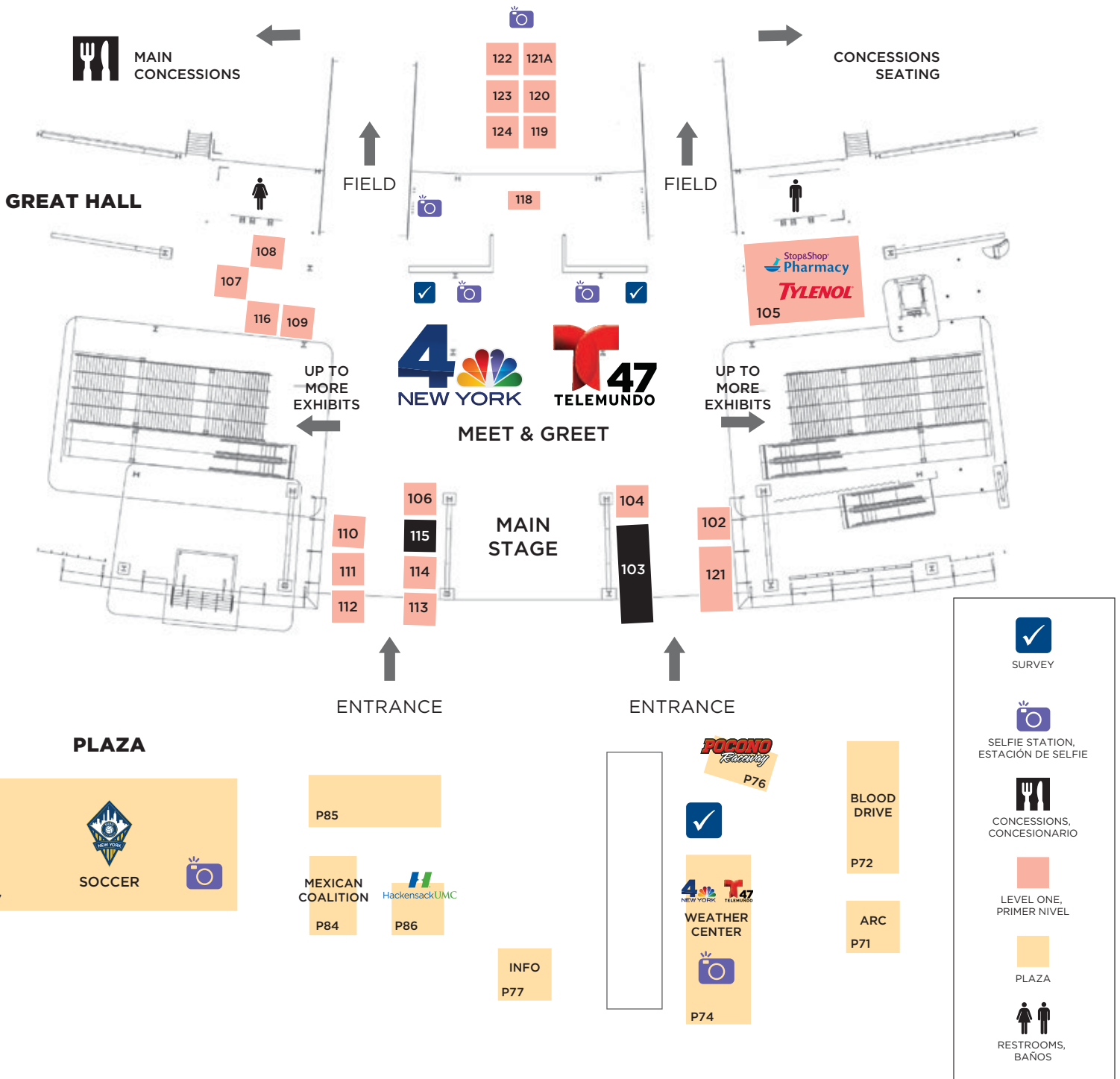


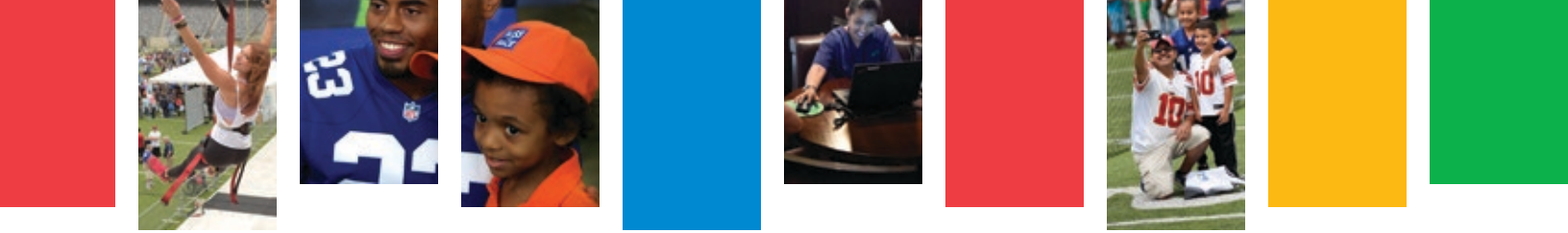
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FLOOR PLAN: LEVEL 1



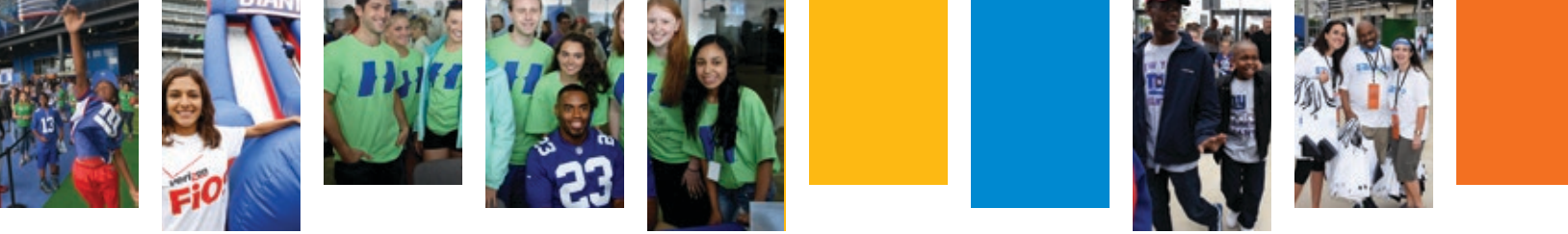


FLOOR PLAN: LEVEL 2 & FIELD



FIELD,
CAMPO DE FÚTBOL

LEVEL TWO,
SEGUNDO NIVEL



- 
 WATER STATION,
 ESTACIÓN DE AGUA
- 
 SURVEY
- 
 SELFIE STATION,
 ESTACIÓN DE SELFIE
- 
 CONCESSIONS,
 CONCESIONARIO
- 
 RESTROOMS,
 BAÑOS



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CONCESSIONS MENUS

MAIN CONCESSIONS

Value Water	\$ 3.00
Value Soda	\$ 3.00
Value Pretzel.....	\$ 3.00
Value Popcorn.....	\$ 3.00

VALUE MEALS

Hot Dog, Chips, Soft Drink	\$ 7.00
Turkey Wrap, Chips, Soft Drink	\$ 7.00
Chicken Tenders.....	\$ 9.00
Pizza	\$ 10.00
French Fries	\$ 6.00
Cheese Fries.....	\$ 7.00
Caesar Salad.....	\$ 9.00
Grilled Vegetables on Multigrain Wrap	\$ 9.00

Stadium Dog.....	\$ 6.00
Popcorn.....	\$ 5.00
Pretzel Braid.....	\$ 7.00
Candy.....	\$ 5.00
Peanuts.....	\$ 5.00
Chips.....	\$ 3.00
Large Soda	\$ 7.00
Small Soda.....	\$ 5.00
Bottled Water.....	\$ 5.00
Coffee.....	\$ 5.00
Hot Chocolate	\$ 5.00

MUSCLE MAKER

MM Grill Wrap	\$12.00
MM Turkey Chili	\$12.00
MM Arizona Bowl.....	\$12.00
MM Arizona Wrap.....	\$12.00
Bottled Soft Drinks	\$ 5.00
20oz Bottled Water	\$ 5.00
Bottled Gatorade.....	\$ 5.00

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Fresh Squeezed Orange Juice	\$ 6.00
Hummus Cup	\$ 4.00
Chopped Salad.....	\$ 9.00
12oz Bottled Water	\$ 3.00

GRILL

Footlong Hot Dog.....	\$ 9.00
Chicken Sausage.....	\$ 9.00
Caesar Salad	\$ 9.00
Bottled Soft Drinks	\$ 5.00
20oz Bottled Water	\$ 5.00
12oz Bottled Water	\$ 3.00
Bottled Gatorade	\$ 5.00
Naked Juice - Strawberry	\$ 7.00
Naked Juice - Coconut.....	\$ 7.00

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GEORGE TO THE RESCUE

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New Episodes This Fall on NBC

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Bring your mat to this GIANT yoga event!

ZEN IN THE ZONE

| POWERED BY THE GIANTS

9AM Sunday
May 15

First 500 people get a free gift

SCHEDULE OF EVENTS

TIME	MAIN STAGE	HEALTHY COOKING 4 YOU, SPONSORED BY SANDS BETHLEHEM
SATURDAY, MAY 14		
9:45	Opening Ceremony	
10:00	Latin Dance Party HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
10:15	Sweat To Six AJ & KELLY, BROOKLYN SWEAT	
11:00	GamePlan for Health Chalk Talk with Phil Simms, Presented by HackensackUMC	Guilt-Free Brownies CHEF VICTOR MCNULTY, STAR CAREER ACADEMY
11:30	BODYATTACK™ HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
12:00	The Biggest Loser Q&A with Nicole Brewer Gurganious, Season 7	Panzanella Salad, Creating a Satisfying Healthy Salad with Simple Ingredients CHEF AMANDA GIBLIN
12:30	The Blueprint for Health and Prosperity STEVE WEATHERFORD, SUPER BOWL WINNING PUNTER, HEALTH & FITNESS ROLE MODEL	
1:00	NRGY!15 Workout YALA FITNESS TEAM	Quick Tea Brined Seared Salmon, Arugula Basil Pesto, White Beans, Heirloom Cherry Tomato Salad ARIANE DUARTE, TOP CHEF SEASON 5, CHEF AND OWNER AT ARIANE KITCHEN & BAR
1:30	Zumba® HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
2:00	Telemundo 47 Half Hour Show, Hosted By Victoria Sosa, Acceso Total Anchor, WNJU	Healthy Stadium Fare TED DONNELLY, SOUS CHEF, DELAWARE NORTH SPORTSERVICE CHEFS AT METLIFE STADIUM
2:30	DaGoGo GOGO DANCE FITNESS, LLC	
3:00	Total Body Conditioning PUSH FOR FITNESS	
3:30	Zumba® Kids KIDS FITNESS WORLD	
SUNDAY, MAY 15		
10:00	Dance Fitness HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
10:30	Ready to Rumble Adult & Future Champs Youth Boxing Bootcamp JUNIUS MORGAN, UNLIMITED FITNESS NYC BOXING BOOTCAMP	
11:00	Carrithyms! Extreme Dance Program KENDRA L. HYSON, ALTERNATIVES FITNESS	Healthy, No-Bake Chocolate Cookies CHEF JOHN DESIMONE, STAR CAREER ACADEMY
11:30	BODYCOMBAT™ HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
12:00	NRGY!15 Workout YALA FITNESS TEAM	Tamarind Glazed Shrimp KWAME ONWUACHI, TOP CHEF, SEASON 13, EXECUTIVE CHEF AND CO-OWNER OF THE SHAW BIJOU
12:30	PiYo HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
1:00	The Biggest Loser Q&A with Olivia Ward, Season 11	Summer Soba Noodle Salad with Avocado & Seared Sesame Tuna. It's Healthy, It's Fresh, It's Delicious and It's Easy! SARA GORE AND JACQUE REID, HOSTS OF "NEW YORK LIVE"
1:30	Latin Dance HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
2:00	Telemundo 47 Half Hour Show, Hosted By Victoria Sosa, Acceso Total Anchor, WNJU	Meatless Monday Recipe for Families on a Budget HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
2:30	Citizen's CPR AMERICAN RED CROSS	
3:00	Sweat To Six AJ & KELLY, BROOKLYN SWEAT	Mojo-Marinated Pork Tenderloin RONALDO LINARES, CHOPPED CONTESTANT AND AUTHOR OF CHEF RONALDO'S SABORES DE CUBA
3:30	Kids Fit Cardio Kickboxing KIDS FITNESS WORLD	

SCHEDULE OF EVENTS

TIME	STAGE OF CHAMPIONS	FAMILY FUN ZONE STAGE	ZEN ZONE
SATURDAY, MAY 14			
	 	 CAMELBACK RESORT <small>THE MOUNTAIN MOVES YOU</small>	
10:00	BODYCOMBAT™ HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS		
10:30		Family ZUMBA® HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	
11:00	Q&A with an Olympian Erin Hamlin - Bronze Medalist, Luge HOSTED BY JOHN CHANDLER, NBC 4	Preschool of Rock MICHAEL NAPOLITANO, FOUNDER	Pilates Mat HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
11:30			
12:00	Sports Performance Training HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Kids Bootcamp HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Alive with Melissa MELLISA JILL
12:30			
1:00	Q&A with an Olympian Taylor Ritzel - Gold Medalist, Rowing HOSTED BY BRUCE BECK, NBC 4	Family ZUMBA® HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Bliss Yoga HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
1:30			
2:00	GRIT™ CARDIO HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Yalakids LAURENT AMZALLAG	Yoga for Everybody, Spring Detox Flow ASHLEY ROSE, BOMBSHELL YOGA
2:30			
3:00	New York Red Bulls Street Team	Family Salsa HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Hatha Yoga HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
3:30			
SUNDAY, MAY 15			
10:00	BODYATTACK™ HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Family ZUMBA® HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	100's to Happiness Pilates Challenge
10:30			
11:00	Q&A with an Olympian Heather Bown - Silver Medalist, Volleyball HOSTED BY BRUCE BECK, NBC 4	Preschool of Rock BRIAN GORDON	Pilates Mat HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
11:30			
12:00	Muay Thai HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	ZUMBA® KIDS HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Alive with Melissa MELLISA JILL
12:30			
1:00	Q&A with a Paralympic Athlete Tyler Carter - Para-alpine Skiing HOSTED BY BRUCE BECK, NBC 4	Yalakids LAURENT AMZALLAG	Meditation in Motion HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
1:30			
2:00	New York Red Bulls Street Team	Afro Caribbean Dance HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Yoga for Everybody, Spring Detox Flow ASHLEY ROSE, BOMBSHELL YOGA
2:30	Q&A with an Olympian Steve Mesler - Gold Medalist, Bobsled HOSTED BY BRUCE BECK, NBC 4		
3:00	GRIT™ CARDIO HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Family Salsa HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS	Vinyasa Yoga HACKENSACKUMC FITNESS & WELLNESS POWERED BY THE GIANTS
3:30			

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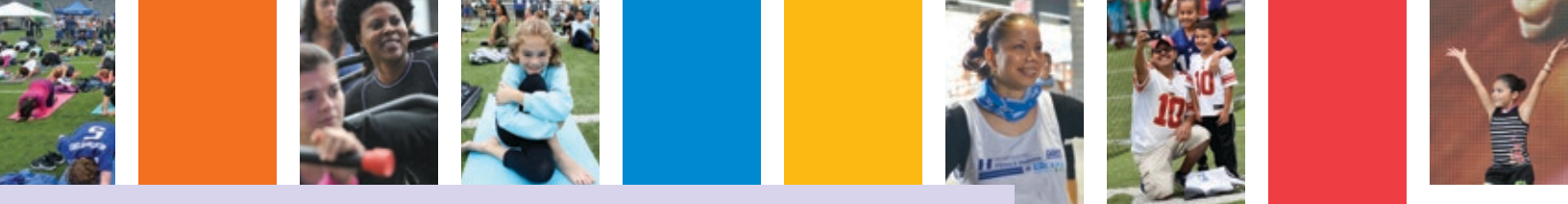
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