

POWER for PROGIN

Powerhouse Gym Hillsborough will be hosting: **“POWER for PROGIN”**, an event to help benefit the family of Ian Progin. Ian, husband to Courtney and father to Payton, age 5 and Jeffery, age 2 is a lifelong resident of Hillsborough, a guidance counselor and the varsity boys basketball coach for Hillsborough High School. Ian was diagnosed with stage 4 Glioblastoma, brain cancer, in early May.

“POWER for PROGIN” will focus on bringing the community together at POWERHOUSE GYM, located at 129 Stryker Lane, Hillsborough on **Saturday, October 29th**. The event is from 7:30 am to 4:30pm. The day will host exercise events ranging from: open admission Group Exercise Classes, to a Biathlon, to a Lift-a-thon. As this event takes place just days before Halloween, there will be festive pumpkin painting for the children in our community to enjoy. Costumes are encouraged by both children and adults. The day will be nothing short of high-energy, heart-pounding, muscle-pumping FUN. All proceeds raised will go directly to the Progin Family Fund. You can also donate directly to the fund via a pay pal account linked to the Progin Players web page: <http://www.infaspire.com/proginsplayers/donate.html>

A formal schedule of classes, cardio, and lift times, as well as activities for the children will be available at a later time. **Registration is at 7:30am. Group exercise Classes** will start at 7:50am and run through 12pm. Simultaneously, the **Biathlon** will commence at 8am. This event will consist of a 15 bike ride and a 3 mile run. The **Lift-a-thon** will begin at 12:30pm and run through 3:30pm. The event will consist of 3 movements: Bench Press (maximum reps x BW), Leg Press (maximum reps x 3.5x BW), Pull-ups (maximum reps x BW). **All participants will pay a nominal fee for classes, and those participating in the Biathlon and/or Lift-a-thon will raise money by getting sponsors or donating a nominal fee.***

Powerhouse Gym has been a host of past events in the community and has enabled charities to continue their efforts in aiding the community. Owners Ken and Melody Turash of Hillsborough continuously look for ways to give back to Hillsborough and the surrounding area and are dedicated to making this event successful.

Companies, students, teachers, admin, and fellow Hillsborough residents that wish to join in should contact Powerhouse Gym directly at 908.904.1112 and ask for Ken or Lee.