

COURTHOUSE

MAGAZINE

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TO COURTHOUSE

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KEEPING IT Simple & Fun

When you think of “fitness,” what comes to mind? Maybe it’s the latest fad diet, or maybe it’s the trendy new piece of equipment everyone seems to have this season. Regardless of the method, the end goal is usually the same: to feel better (and look better, too). Our goal is crystal clear here at Courthouse: fitness should be simple and fun. We strive to provide all Courthouse members with the tools, programs, and support they need to finally have fun working out. We’ve got your back when motivation is low because fitness is better together. Period.

OUR MOTTO

We all want to be healthier, but sticking to an exercise plan is hard. We make fitness simple and fun so you can love your workouts, reach your goals and feel great.

Coming Soon TO COURTHOUSE



FIRST FRIDAY

Visit the club on the first Friday of each month and receive a FREE cup of coffee.

Take a class to receive a free \$5 coffee card to Bentley's

Jan 1	New Year's Day
Jan 7	First Friday
Jan 17	Martin Luther King Jr. Day
Jan 17-23	Launch Week: Better Together (page 3)
Feb 4	First Friday
Feb 7 - Mar 6	Courthouse Shred (page 3)
Feb 14	Valentine's Day
Feb 21	Presidents' Day
Mar 4	First Friday
Mar 14-31	March Madness MyZone Challenge (page 5)
Mar 17	St. Patrick's Day

WHY IS FITNESS BETTER TOGETHER?

A LETTER FROM DREW BAKER
VICE PRESIDENT



There are times in the late evening or early morning when I appreciate the opportunity to be alone. With four kids, group exercise to teach every

morning, a day full of meetings, and coaching basketball in the evenings, it's nice to get a moment alone. However, while I find these moments alone to be valuable to collect my thoughts, relax and recharge, I also always feel the urge to get back to people. Whether you're watching a movie, playing a game, renovating a home, or even exercising, it always seems to be *better together*. We were created for relationships, and we need inspiration, motivation, and accountability. We are our best selves when others share our joy and sadness, frustrations, and success. As you look to 2022 and think about all that is in store for the year ahead, be mindful of those around you. There's someone out there that needs you to invite them along and bring them into the Courthouse family. We've got a lot of great stuff happening every day. And so, every day, engage someone new and invite them in. 2022 will be better together.



TURN WORKING OUT INTO A GAME

WHAT IS LAUNCH WEEK?

Launch Week is a quarterly event designed to give your group a fresh start with a newly designed workout and music. If you've never taken a group class before, it's a great time to get started since every class will be new! For our regular attendees, it's a chance to step up the intensity with a new workout or even try a new class. Of course, our club prizes make Launch Week that much sweeter!



STAY TUNED FOR
LAUNCH WEEK
COMING JANUARY 17TH



coming in February **COURTHOUSE SHRED**

This February, we're challenging you to take back your fitness and re-focus on your 2022 goals! With the first Shred of the year, we're going to help you find balance with your nutrition and workouts by providing four weeks of Courthouse-approved meal plans, pre and post InBody scans, and access to a private group on Facebook full of tips, motivation, and like-minded shredders.

NICK GILARDI

TALKING

IMPACT JIU JITSU WITH THE MAN IN CHARGE



Impact Jiu Jitsu is taking Courthouse by storm! Owner and Head Instructor, Nick Gilardi, is currently running adult and youth programs from the South River Road and Lancaster Courthouse locations, with a space at the Keizer location opening in January!

Q: Nick, what sort of programs does Impact offer?

A: Impact offers authentic, combative sports programming with Boxing, Kickboxing, Jiu Jitsu, and all kinds of youth programming as well.

Q: How old do you have to be to participate?

A: All programs are beginner-friendly, and age-appropriate programs range from 4 years old to 70

years old.

Q: What do these programs focus on?

A: We focus a lot on the basics of each art form with footwork, combinations, and most importantly of all, defensive tactics.

Q: Who is the average Impact client?

A: We have people from all aspects of life, the 20-something working part-time jobs that can devote two sessions a day, six days a week to the middle-aged doctor, nurse, or teacher that wants 2 - 3 days a week and a fun new lifestyle and hobby that will help them get in shape at the same time.

Q: Tell us more about the new space at Keizer!

A: 2022 will kick off with the Grand Opening of the Keizer Impact space! In addition to South River Road and Lancaster, Keizer will also offer Boxing, Kickboxing, and Jiu Jitsu for kids and adults.

Q: How can we get started?!

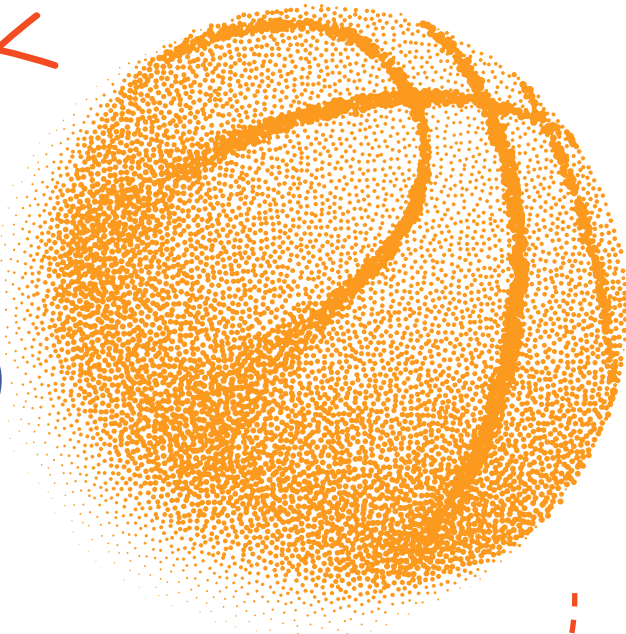
A: In January only, we're offering a free 10-day Trial to Impact at all locations! Give Boxing, Kickboxing, and Jiu Jitsu and try with no strings attached for ten days.

We are so excited about the Grand Opening at Keizer and our continued programs at South River Road and Lancaster. See you in class!

Try a FREE 10-Day Trial during the month of January at all locations.



MARCH MADNESS *M A D N E S S ? !*



Join us in the madness this March! Together with MyZone, we've created a workout-based challenge where you'll earn MEPS (MyZone Effort Points) during Group classes and Training sessions, and every 100 you earn will enter you into a drawing where 5 winners will earn a free month of Courthouse membership!

Keep an eye out for more March Madness details and pick up your MyZone before the fun begins!

Combining Myzone's ethos of rewarding effort over physical fitness, MyZone is the only fitness monitor offering health and fitness benefits, however you choose to move, including in water. With incredible battery life, class-leading accuracy and real-time feedback, MyZone offers everything users need to enjoy exercise.



STUDIO • PILATES

Did you know we have a Pilates studio in our South River Road club? Our facility features state-of-the-art Classical Pilates reformers and equipment in a light and inviting space. Our studio trainers receive continuing education through Power Pilates of NYC.

- Knowledgeable trainers
- Classical, systematic and integrative approach
- Gain strength and stability
- 55 minute session

SPECIAL OFFER

PURCHASE FOUR PRIVATE PILATES SESSIONS FOR JUST \$199 (REGULARLY \$249)



MEMBER SPOTLIGHT

Meet Kathy Davidson!

Kathy joined our club a few years back before she had to undergo a knee replacement surgery. She met with a coach, developed a fitness plan, and strengthened her knee through our training programs before surgery. Kathy improved her strength and mobility and can continue tennis, pickleball, water aerobics, stay consistent and keep following our programs.

Keep it up, Kathy!



STAFF SPOTLIGHT

Meet Susie Brown!

Susie has worked with our sweet group of kiddos at our west location for seven years! Her favorite part about spending time with children is helping them to learn and see the world through their eyes.

Helping them accomplish big goals like walking, talking, and reading motivates Susie. In her free time, Susie is a wife, mom, and has recently graduated to Grandma status.

Thanks for all the hard work, Susie!



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www.courthousefit.com

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