

# COURTHOUSE

MAGAZINE

2022  
*Summer*  
HIGHLIGHTS



# *A letter from* **DREW BAKER** *Chief Operations Officer*

## My Courthouse career began in February 2003,

when I had little responsibility, few bills, and only one daughter. It seemed my time was limitless. Prioritization was easy because I hadn't yet become entrenched in the various aspects of "important adult life."

Fast forward to today, I use Siri regularly as my butler, I'm not sure I would survive without my calendar, and most days, I have to choose which of my kids' sporting events to attend and which I'll miss. I'm typically on the move from 6:00 AM - 10:00 PM with little free time. Often I have an optimistic thought cross my mind like many of us, saying, "this is just a season of life; things will slow down."

However, over the last ten years, things have not slowed down; in fact, more and more of my time is committed each year. As the busyness of life ramped back up coming out of Covid, I was forced to come to grips with the fact that I must prioritize my time. I must say 'yes' to the things that matter and be ruthless at saying 'no' to everything else.

Not every day is the same as the last, but once you set your priorities, you notice a routine or a lifestyle begins to develop. Because I value a healthy lifestyle and recognize how busy my weeks can get, I ensure that I prepare my lunch for the week ahead every Sunday evening. Even if I'm watching a good movie, I do my best to shut it off and head to bed no later than 10:30 PM because I know that at 6:00 AM the following day, it'll be time to rock and roll, and I value waking up with energy. I spend almost every night coaching a kid in a sport or attending a game because being with my kids and giving back to my community fills my soul. I work out at least five days a week because I know how much better I look and feel when I do.

If you need some encouragement, start today. You are worth your own time. If you need a starting point, begin here:

***Make time to rest.*** Meditate, pray or just sit in a quiet space where you can reflect on your day and week for 5 minutes each day.

***Make time to move.*** Exercise daily for 30 minutes (check out our Summer Group Exercise schedule).

***Make time for fun.*** Spend 30 minutes playing a game, reading a book, or grabbing a cup of coffee with a friend.

There are a thousand things that can keep us busy. To pour into others, we must first be full. I love the quote by Karen Salmansohn, "Be so busy loving your life that you have no time for hate, regret or fear."

**It's a blessing to move.**

*Drew Baker*





# Did you know we offer 30-minute classes?

The next time you're short on time but need to get a workout in, give one of our 30-minute options a try. Shorter classes help you focus on your fitness goals without missing out on all the fun life offers!

*P.S. Make sure to catch us for Launch Week, July 18 - 22, where we'll have new music, fresh workouts, and fun prizes!*

**POWER30**

**CENTERGY30**

**BLAST30**

**R30**

**CORE**

## STAFF SPOTLIGHT

### Meet Nancy!

Nancy is one of our original Group Centergy instructors and has taught at Courthouse for 15 years! Most days you will find her at Keizer teaching Centergy or Silver Stamina. Outside of the club, she loves to spend time with her husband, Tom, or her two beautiful granddaughters. She also enjoys volunteering on two different boards, loves to read, watch science fiction, and work on her classes. Nancy recently joined Squad training twice a week and is hooked! She mentions, "My strength has increased, I have lost weight, and I have made new friends!"

When asked what her favorite part about working for the Courthouse was, she said, "Everything, especially the members! The saying that 'exercise is better in groups' is so true. I love sharing workouts that I love with members and many who have become close friends!"



# 5

## PILATES EXERCISES TO EASE LOW BACK PAIN

We recently talked with the Studio Pilates team, who shared that a common injury their team helps remedy is low back pain.

The combination of deep abdominal strengthening, postural awareness, and the release and stretching exercises performed in the studio are all highly effective in preventing and treating low back pain, especially when clients apply the Pilates techniques learned to everyday life!

Brittany also shared five helpful Pilates exercises you can do in the comfort of your home to help reduce any low back pain you experience.



**Pictured:**  
Instructor Janet Wise & Tim Parrish

### 01. HALF ROLL DOWN



- From seated, curl the pelvis, scooping the abdominals in and up.
- Roll back halfway with a rounded spine.
- Round the spine forward, making the shape of a C with your spine, stopping shoulders over your hips.

### 02. ONE LEG CIRCLE



- Lay flat on your back with arms side by side, one leg bent or straight on the mat with the foot flexed and the other leg long up to the ceiling.
- Circle the top leg across the body, forward, and around while keeping the pelvis stable. Make five circles in that direction, then reverse and repeat the other leg.
- Ensure the pelvis is level and stable, and avoid tipping it to one side as the leg extends out. Shoulders remain relaxed while maintaining mobility of the hip.





### 03. SINGLE LEG STRETCH

- Lay flat on your back and bend both knees into the chest. You have the option to lift your head and shoulders off the ground or keep your head down.
- Extend one leg long towards the ceiling or high diagonal as you place both hands on the opposite shin.
- Exhale as you hug the knee closer to the chest while keeping the pelvis stable. Inhale as you switch your legs, exhale, pulling the opposite shin into your hands.
- Continue switching each leg 6-8 times. Keep the pelvis and upper body stable as you switch between legs.

### 04. SCISSORS



- Lying on your back: bend both knees into the chest. You have the option to keep your head down or curl your head and shoulders off the ground.
- Extend both legs long to the ceiling, place both hands onto the back of the thigh (hamstring), while stretching the other leg to high diagonal.
- Pull the leg closer two times and switch legs, placing both hands on the other thigh and reaching the other leg long to the high diagonal. Repeat 6-8 times each leg. Ensure that the hips and torso should remain stable throughout.

### 05. SWAN



- Lie on your stomach with legs hugging close together and hands placed slightly wider and in front of the shoulder.
- Pressing the tops of your feet firmly down into the mat, activate the thighs to lift the knees away from the mat. Lift your abdominals away from the floor while leveling your pelvis on the mat.
- Lift the chest and upper spine, maintaining a long neck. Roll the shoulders on to the back, then lengthen the spine to lower. All while lifting the abdominal in and up away from the floor.



Pictured:  
Holly Eckles

Check out Pilates Summer Specials, including a free 4-week Mat Pilates class at Battle Creek at [courthousefit.com/pilates](http://courthousefit.com/pilates)

# MAKE YOUR DAY



## A HAPPY ONE!

Visit Courthouse the first Friday of  
each month and we'll hook you up  
with a free cup of coffee!

Participate in a Group Exercise Class or Training Session, and we'll give you a \$5 Bentley's Coffee Card.



# MEMBER SPOTLIGHT

## Meet Jim!

Jim has been a Courthouse member for 20 years and participates in Squad Training and Pilates at our South River Road club! He is a high school football official, enjoys playing golf, and has three grandchildren with additional ones on the way.

When it comes to training, Jim enjoys the people he participates in training sessions with and the variety of exercises Squad offers that keep his workouts challenging without being something he dreads attending. Jim also loves spending time in the Pilates studio and highly recommends it to others. He has improved muscle tone and flexibility through his time working with Studio Director Marie Roth.

When asked what advice he would give someone starting their fitness journey, Jim says, "showing up is 90% of the effort involved in working out. Find people or trainers that you enjoy and participate in workouts that are challenging while simultaneously something you look forward to doing. Progress takes time – it is a marathon, not a sprint. In addition, make sure to manage your diet as well as your exercise regimen."



## CLUBDANCE 10TH ANNIVERSARY PARKING LOT PARTY



**SOUTH RIVER RD. • AUG 18TH • 6:30PM**



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