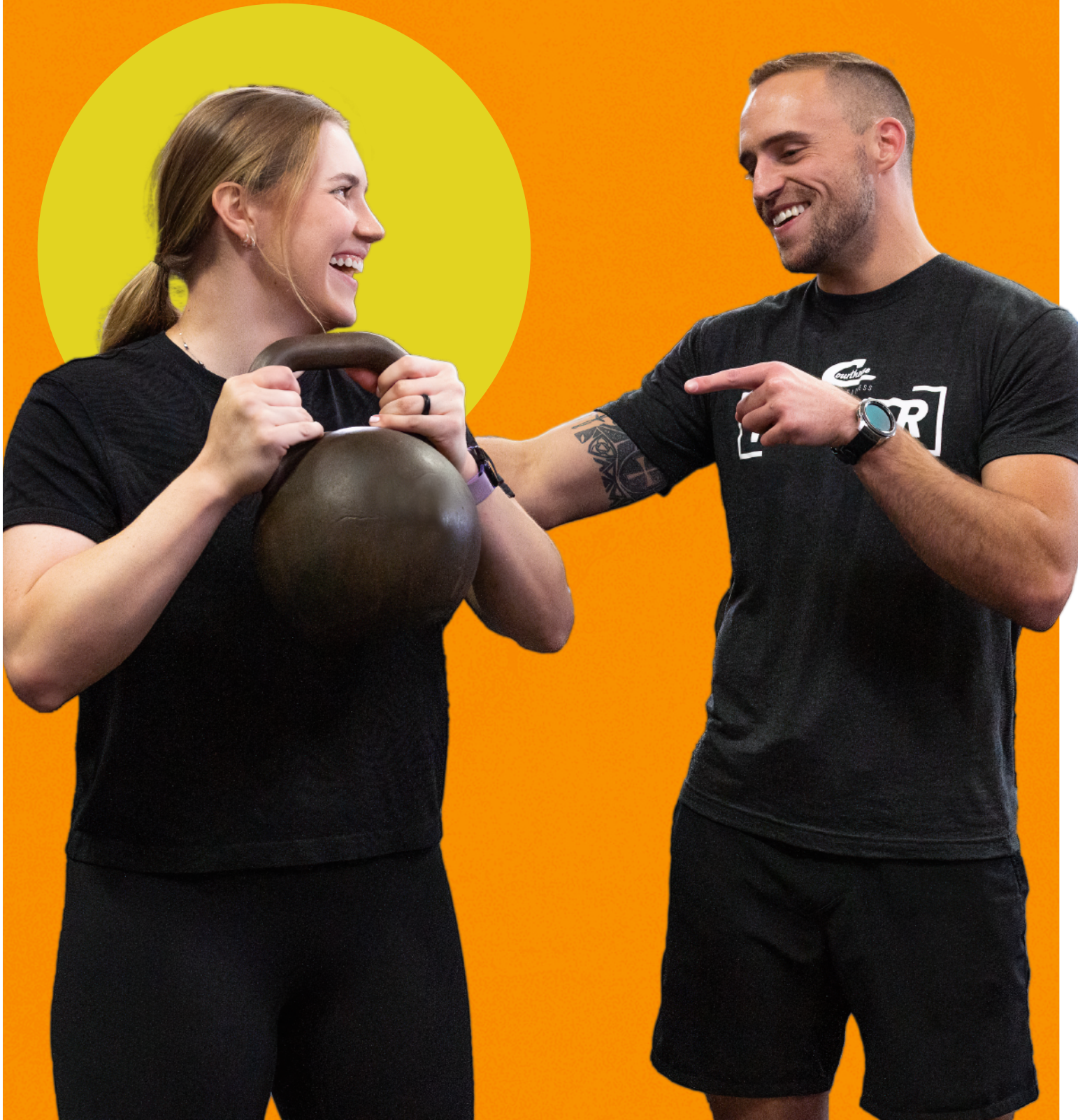


COURTHOUSE

MAGAZINE



COURTHOUSE MAGAZINE

OCTOBER 2022 EDITION

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



The other day, I was in the locker room, getting ready for work after another great R30 cycling sweat session.

A gentleman came up to me and thanked me for teaching the class he participated in. As I said, "you're welcome," he said something that struck me; "People are searching and need a place to belong." This comment differed from the typical, "I just need a place to lose weight" or "I want a place where I can tone up." This man told me that people want to belong.

As a middle-aged man full of testosterone and a world-conquering attitude, my first reaction was one of disagreement. I don't need a place to belong because I forge my own path. Over the next few days, my mind continually returned to his comment. As I wrestled with this idea, I was forced to accept reality; regardless of what I show on the outside, deep down, I also want, and perhaps need, to belong. The more you think about it, the need to belong should come as no surprise. We belong to families, schools, workplaces, political parties, social groups, and churches. Sometimes we hesitate to allow ourselves to belong to something new. Fear holds us back with questions. Do I fit in? Am I good enough? Will anyone else be like me? Will I be accepted? Will my life be better? If you are searching for a new place to belong, you might consider checking out a couple of our new Training options that are launching this Fall!

Performance Training

60 minutes - 2 sessions per week

Everyone has a goal to be stronger and move better, but they don't always feel capable. We provide expert programming and diligent coaching so you can see measurable results in a reasonable timeline. Performance Training is a strength-focused training format geared to improve daily movement. Workouts are specifically designed for weight loss, improved mobility, and increased strength. Structure, accountability, and personalization separate Performance Training from everything else.

We are running demo sessions all month, and we've saved a spot for you! Talk to any Courthouse employee this week. We'd love to help you get plugged into the right group.

Everyone deserves to look good and feel great! If you believe that statement, you belong here.

Drew Baker

Spartan Training

30 minutes - 2 sessions per week

Many people struggle to stay motivated, so we created a 30-minute program that hits hard and provides the push you need to achieve noticeable results. Spartan Training is a high-intensity training format geared toward improved cardio, stamina, and muscular definition. Spartan works great for those that have some fitness experience but are looking for an extra push and diversity in their workout routine. Leave innovation and creativity to Courthouse because we deliver unique workouts daily.

Fall is in the air

and we are excited to bring back some of our favorite classes for the season!

Each week will feature nearly 200 strength-building, cardio-pumping, and enriching classes. With Salem's top instructors leading dynamic and effective workouts, you will find the accountability you need to reach your goals.

Check out our online schedule to learn more!



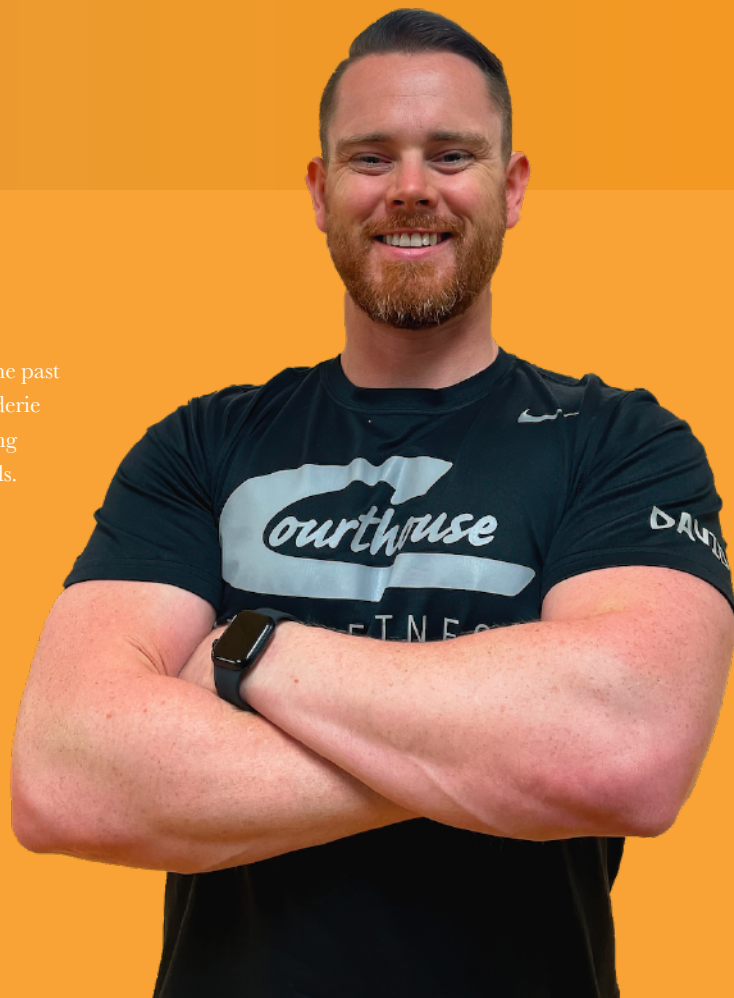
STAFF SPOTLIGHT

Meet David!

David is our Battle Creek Fitness Manager and has been with us for the past year. His favorite thing about working for Courthouse is the camaraderie he has found with members and staff. David is passionate about guiding members through workouts and helping them reach their fitness goals.

David's advice for anyone looking to get started on their fitness journey is, "Just do it. A day lost at the gym is a day you can't get back. Set yourself a goal and plan. If you don't have one, seek help and guidance because that will help you accomplish whatever you have set for yourself more quickly. I remember a quote from time to time, "Excuses are nails used to build a house of failure," which has helped me stay accountable to myself."

When David is not in the club this fall, he's planning to attend as many Oregon State sporting events as possible and get involved with the local indoor soccer league.



TRANSFORM YOUR LIFE. BUILD YOUR BODY.

TRAIN WITH COURTHOUSE

Life presents many challenges that require physical and mental toughness; tackling weekend yardwork, training for that half-marathon you've always said you'd do, or keeping up with the grandkids when they visit for the weekend. Even managing the demands of work and family takes a level of resilience that doesn't come naturally. The Courthouse Training department understands what it takes to meet obstacles head-on and prepare you for a successful and enriching life.



Beginning in October, you'll notice a different energy level when you walk into a Courthouse Training space. Our team has been diligently creating a fresh, new look for Training that will motivate and inspire clients towards success. With two unique training formats, clients can adapt as needed to meet their needs.

We recently chatted with Fitness Director Luke Gilbert to get his thoughts on personal training and the new training options we will offer.

"Personal Training is unique because it focuses on meeting every client where they are at and opening up those capabilities for each individual. In my early years as a personal trainer, I loved the diversity I found in training different clients. I would spend one hour in a high-energy setting, pushing people beyond their comfort zone, and then move to a more controlled environment where I could take time to motivate someone to find new capabilities within themselves. While the methods varied, the result was the same; clients found success in reaching their personal goals.

Many years ago, I had the opportunity of training a 68-year-old client who owned over 30 acres of land that needed vast harvesting and yearly maintenance. Because of this, she trained with me from October to April for three years to ensure she was ready to tackle the annual harvest during the spring and summer. Personal Training was her assurance that she would be capable of maintaining her farm each summer. This experience helped to strengthen my conviction that personal training benefits everyone, regardless of age, experience level, or goal."





Our team is excited to apply all the knowledge we've gained over the years to a new training focus. Spartan Training will replace our current team training options and will be a high-intensity format where clients will be challenged but have scalable options to meet them where they are. Along with this, we are shifting our small group training format to focus on more conventional strength training that is consistent, measurable, and educational; this will be called Performance Training.

“Whatever your goal, Courthouse Training is here to help you transform your life and build your body!”



SPARTAN

- High-intensity workouts designed to burn calories
- Achieve results with unique workouts and motivational coaching
- 30-minute workout
- Train two times per week
- 12 participant maximum



PERFORMANCE

- Heavily loaded barbell training designed to build strength
- Improve functional movement with personalized coaching
- 60-minute workout
- Train two times per week
- 6 Participant maximum



PARDON OUR DUST!

THE INS AND OUTS OF THE LANCASTER REMODEL

If you've visited our Lancaster location in the past few months, we're sure you've noticed that we have embarked on a substantial remodeling project. We look forward to enjoying the following improvements and amenities in the coming months:

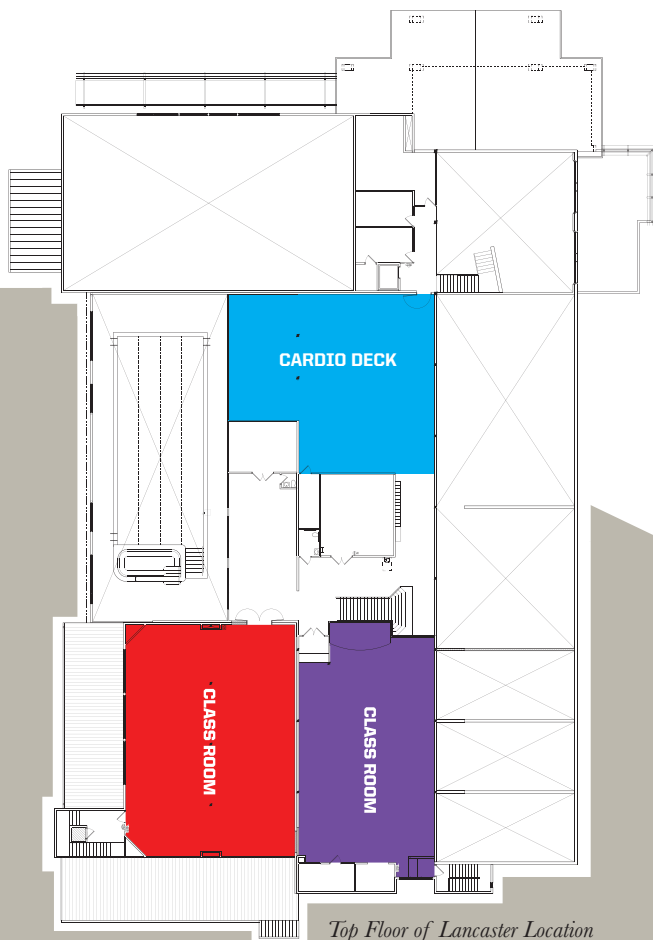
- New locker rooms
- Rebuilt pool better suited for water exercise classes
- New hot tub
- New sauna and steam room, located on the pool deck
- New strength training space, located on the 1st floor
- New strength training equipment
- New cardio equipment
- New turf training space adjacent to the weight room
- Many general refreshments (such as paint & carpet)



Bottom Floor of Lancaster Location

We have partnered with Kaufman Commercial and Carlson, Veit, Junge Architects to complete the project as quickly as possible. We anticipate having the new weight room, training space, and cardio equipment ready for your enjoyment by January 1. The new locker rooms and pool area improvements will reopen in June.

We appreciate the patience and encouragement we've received from our loyal Lancaster members and their willingness to put up with all the disruption! We think everyone will be excited about the finished product.



Top Floor of Lancaster Location

MEMBER SPOTLIGHT

Meet Marianne!

Marianne has been a member of Courthouse since 2014 when she first moved to Salem. Her favorite part about the Courthouse community are the familiar faces she sees whenever she visits the club. She also appreciates the relationships she builds with our staff, who are always willing to help and guide you with great suggestions.

Marianne is a training client at the West club and has enjoyed being a part of the training program because it has helped keep her consistent. She loves that she is challenged mentally and physically during each training session and always leaves the club feeling like she got a great workout in!

Marianne advises anyone looking to start on their fitness journey: "Try the different classes the clubs offer. When you find something you like, make it part of your routine. Sore, tired, whatever the excuse or situation, make it a priority to go every time."



OPEN ENROLLMENT BEGINS SOON!

If your gym membership is subsidized by your Health Insurance company, we need to know if you plan to change plans in 2023.

Visit the Service Desk to update your new insurance information and Fitness ID today!



CREDITS:

Editor: Jess Edmiston

Photographer: Sam Duell

Contributing Writers: Luke Gilbert

Drew Baker, Patience Simus, John Miller

Design & Layout: Sam Duell

For previous editions of Courthouse Magazine go to www.courthousefit.com/magazine

COURTHOUSE
MAGAZINE
OCTOBER 2022 EDITION



www.courthousefit.com
follow us on social media

