

COURTHOUSE

MAGAZINE



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APRIL 2023 EDITION



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

The struggle is worth it.

Struggle surrounds us every day. We live in it. It's a struggle to get to bed on time, and it's a struggle to wake up in the morning. It's a struggle to eat well, and it's a struggle to exercise regularly. Engaging in healthy conflict with co-workers or family members is uncomfortable. Being generous with your time and resources isn't always appealing, and it's easy to reach our breaking point: the point where we no longer have the energy or ability to fight.

My son's basketball season ended last week, and I finished my tenure as their coach. I have had the privilege of coaching them for ten seasons, and it was a struggle, with many points of frustration. Teaching basketball to young boys is both rewarding and exhausting, and I constantly questioned whether I was doing enough or if the boys were learning enough. Doubt would rear its head each season.

The most rewarding part of my journey was watching ten boys huddle up in last week's state tournament and talk about what they needed from one another and how proud they were of one another. The late nights, stressful games, and long practices were worth the effort. It was a struggle, but it was worth it.

Fast forward to Courthouse. Since 2006, I have taught daily group exercise classes. Let me tell you; it is exhausting. I spend hours learning material and memorizing movement patterns to music. I'm an introvert by nature, so I've had to learn the discipline of being outgoing, high-energy, and a social leader. I have to switch my brain on early in the morning and come to class in a good mood, digging deep to be both inspirational and motivational to others.

I get asked occasionally, "is it worth it?" The short answer? Yes. It is always worth it. I could fill this entire magazine with success stories. I've walked with many people through depression, heartache, and shame. After teaching over 5000 classes, I wouldn't change a thing because the blessing I've received due to my involvement in group exercise is incredible.

Everyone struggles. Some struggles are short; we deal with them once. Other battles are long-term and persistent in nature. I don't have all the answers but I've won a few battles over the last few years, fighting anxiety, depression, alcohol, and negativity. I can tell you assuredly it is worth the struggle.

Everyone deserves to look good and feel great, and I'm blessed to be in a business where we make that struggle a little simpler and more fun. If you need support, guidance, or someone to talk to, please reach out here

It's a blessing to move.

Drew Baker



BE ON THE LOOKOUT FOR NEW COLORS AND STYLES IN YOUR CLUB'S PRO SHOP

SPRING APPAREL IS COMING



MEMBER SPOTLIGHT

Meet Carlie!

Carlie joined the Courthouse family in November of 2022, where she found the community and support structure she needed. Carlie loves how attentive the coaches and employees are and the vast selection of classes Courthouse offers. The instructors are fun and ready to get the class pumped. "My favorite class is R30! My instructor is inspirational and motivational, which brings me to sit on a hard seat, cycle in place, and enjoy it!"

Carlie discovered she thrived in a personal training environment, where she improved her fitness education and her gains. In addition, having a small group community helped motivate her to push herself further, which felt great. When she had knee surgery, the trainers modified her workouts and gave her exercises to do on her own, which helped her heal faster.

The hardest part of starting a fitness journey is finding what works. Carlie tells us, "If you're like me and need someone to be with you until working out becomes a habit, utilize the Courthouse's resources. The Courthouse has given me the building blocks to create a healthy lifestyle, regain my confidence, and include my family."



MAKE A WAVE



WITH SUMMER SWIM OPPORTUNITIES

The summer season is the perfect time to make a splash at our Keizer & West club locations. Both clubs feature beautiful outdoor pools, inflatable slides, and comfortable chaise loungers to enjoy the sunshine. Whether you want to engage your little ones in summer swim camps, throw an epic summer pool party, or make the most of vitamin D, Courthouse outdoor pools are the answer!

SUMMER SWIM CAMPS + SWIM TEAM

Summer youth activities come alive at Courthouse every year with the addition of summer swim camp and swim team, where kids learn to swim in a fun, supportive, and sunny outdoor environment.

Swim camps are fifty minutes long and run Monday through Friday each week during the summer months in our outdoor pools. Swimmers progress through skill levels with the support of our seasoned instructors.

Through the lens of Swim America, a nationally accredited program, kids go from doing something as simple as learning to float in the water to performing freestyle strokes across a full-sized pool. Although we follow a structured system, kids don't realize they are learning confidence in the water because they are too busy enjoying the pool, interacting with other kids, and being encouraged by their instructors.

When swimmers are ready for a more significant challenge, they can progress to our summer Swim Team, where they can race against other teams in the area. Participants practice throughout the week and participate in weekend meets, where they square off against other swimmers. For six weeks, swimmers gain competitive experience and additional confidence in swimming strokes and technique.

SUMMER SWIM PROGRAMS

Swim Camps

June 19 - August 18

West, Keizer, Creekside • \$75

Register by May 28 to receive our "early bird rate" of \$65

Swim Team

June 19 - July 28

West • \$175

SPLASH!



OUTDOOR POOL PARTIES

Outdoor pool parties have become increasingly popular and are a great way to celebrate any occasion. Whether you're looking for a birthday party, end-of-season team party, or any other reason to celebrate, our pools are always an excellent choice for fun! Pool parties are a great option for kids and adults alike.

Pool parties provide guests access to our guarded outdoor pools and inflatable slides. This season, we are excited to announce that both locations will feature a private party space with comfortable outdoor seating and a bit of shade to bring your party to the next level. In addition, we provide a personal party host for each event to help manage and entertain guests.

ADDITIONAL SWIM OPPORTUNITIES

You don't have to be involved in a structured program or host a party to enjoy our outdoor pool spaces.

Each location has an extensive pool schedule, with designated times for lap swimming, family swimming, and even some outdoor Group Exercise classes.

Our outdoor pools open May 1 for our brave cold-water swimmers and will be fully heated by May 15. Stay tuned for more information on summer pool schedules for your preferred location!



courthousefit.com/ch-swim

SUMMER PARTIES

Outdoor Parties

May 29 - September 3

West & Keizer • \$275 (25 guests)

courthousefit.com/party



The weight room features all-new hammer strength equipment and new dumbbells. In addition, the weight room now has six squat racks, three with Olympic platforms, and a new smith machine.



THE NEW LANCASTER

A LOOK INTO OUR LANCASTER LOCATION RENOVATIONS

Our largest project in 2022 and 2023 is our Lancaster Club remodel. As we await completion of the locker rooms and pool deck, we are happy to announce that the cardio room, weight room, and brand-new training center are fully remodeled and ready for your next visit!



We are very excited about the brand new training center. This space is designed for Performance and Spartan Training and is open for member use outside session times. The training center features vaulted ceilings, black turf floors, and a bright and clean atmosphere. There are four squat racks and plenty of open space for all your fitness needs.



The cardio deck features brand new top-of-the-line equipment.

Hey Eli!

If you've spent much time in our clubs, you've undoubtedly seen Eli Valenzuela's face! Eli has been a part of the Courthouse maintenance team for about four years, currently serving as Head Landscaper. Within the Courthouse family, Eli has found a community of people that he enjoys working with. He loves that he can hang out with this community outside of work.

Before his career at Courthouse, Eli was a track and field athlete. After college athletics ended, Eli looked for activities that would push him and offer the intensity he craved during college. Eli has found that competitive edge with boxing, snowboarding, and participating in R30 classes at Courthouse.

This winter, he bought a season pass for snowboarding, got his money's worth, and loved going up to the mountain with friends. Eli also enjoys boxing because he gets to push himself and his abilities while competing against others. With R30, he loves bantering back and forth with his instructor, who engages in his competitive spirit during class.

In addition to his career and love for his active lifestyle, Eli is passionate about cars. He recently purchased a blue Porsche, so if you see him driving around town, wave hello!



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WITH POOL PARTIES AT



courthousefit.com/party

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