

# COURTHOUSE

## MAGAZINE

COURTHOUSE MAGAZINE

JULY 2023 EDITION





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

## Positive, encouraging communities for the win!

Over the years, I've interviewed hundreds of potential candidates for employment. When asked, "Why do you want to work here?" I often hear something like, "Because of the atmosphere."

If you scroll through some of the Google reviews left for Courthouse, you'll read dozens of comments about how Courthouse is upbeat, positive, encouraging, inspiring, and inclusive. I love that type of feedback because we are very intentional about the atmosphere we create. We know that looking good and feeling great comes with a steady diet of self-discipline. Moving daily, drinking water, eating real foods, and getting good

rest are all key factors to looking and feeling our best. However, I don't buy into the idea that we must always use discipline as our primary motivator to reach our goals.

Discipline alone is an exhaustible resource; many will fail without community support, encouragement, and inspiration.

We are getting ready to open our first Courthouse Coffeebar at our Keizer location! We have plans to complete similar projects at all of our Courthouse locations. At first glance, it may appear that a great cup of coffee is our first priority; however, the real motivation is to create a space that facilitates a deeper connection within the community. We are doubling down on the idea that people need a location and other people to share in life's struggles and victories to make real progress towards life goals. In my experience, when we can partner with others, we find a few things to be true:

- I'm not the only one dealing with this
- Other people have conquered this
- Small changes lead to significant results
- The journey doesn't have to be miserable

Our Fitness Support team is ready and willing to come alongside you with information, direction, and accountability. Add thousands of other like-minded individuals, all at different points on a similar journey, and we have a recipe for success. Stop by for a great cup of coffee and visit with our Fitness Support team next time you are in the Keizer area. We guarantee you will leave feeling encouraged and caffeinated.

Community gives us a sense of belonging, and belonging helps us feel happy. We all deserve to look and feel great while enjoying happiness along the way.

It's a blessing to move.

*Drew Baker*

# PICKLEBALL

## IS FOR EVERYONE!

Did you know that pickleball is the fastest-growing sport in the world?

We have a well-established and growing community of players at multiple Courthouse locations playing nearly every day. Whether you've been obsessed with the game for years or never picked up a paddle, there is a court open for you and enthusiastic pickleball devotees ready to welcome you!

Scan here to check gym schedules for open court times.



## STAFF SPOTLIGHT

### Meet Morgan!

Morgan Sherwood began working at the South River Road Courthouse service desk six years ago. "My favorite part of working here has been the people," she says. "Of course, my coworkers are amazing, but I especially love the community of members who have made working at Courthouse so enjoyable and meaningful."

Morgan has now stepped into a new role and will be guiding the launch of our gourmet coffee service at the Keizer location this month. "I'm excited for the value coffee will bring to our members," she says. "Many members make lasting friendships by exercising together, seeing each other at Spartan or Performance, and taking the same classes. With coffee, we've built a space for deeper connections and a stronger sense of community."

From her experience at the service desk and other roles at Courthouse, Morgan understands the importance of giving each member a warm welcome. She believes by transforming service desk staff into baristas, members will feel even more welcomed when they walk in the door. "I've always enjoyed connecting with members before and after their workouts. Now, we'll get to do that, plus offer delicious, hand-crafted coffee drinks!"



Morgan pictured with Pete Miller  
Owner and Founder of Caravan Coffee

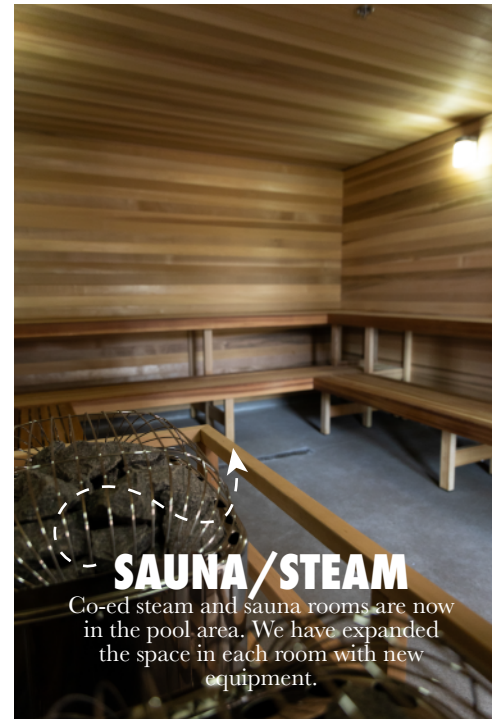
# LANCASTER GRAND OPENING

In the fall of 2022, we began a major remodeling project at our Lancaster location. Today, we are excited to announce the completion of this project and the Grand Opening of a new and improved club!

Please visit us at Lancaster to experience the new spaces for yourself. Thank you to Kaufman Construction for their hard work transforming the space and to our Lancaster Members for their patience along the way.

## WEIGHT ROOM

Expanded weight room and training area (Spartan and Performance) with updated strength equipment, including kettlebells, racks, and more.



## SAUNA/STEAM

Co-ed steam and sauna rooms are now in the pool area. We have expanded the space in each room with new equipment.



## INDOOR POOL

Take a dip in our completely rebuilt pool and hot tub. Also, join us for the return of Age20 to Lancaster, beginning July 17.

**Courthouse**  
CLUB FITNESS

NEW  
TRAINING  
AREA



**UPDATED  
CARDIO  
DECK**



**LOCKER ROOM**

Completely remodeled men's and women's locker rooms with new lockers for personal and day use, plus updated showers and restrooms.

# Coffee IS COMING TO Courthouse



At Courthouse, we understand the importance of a strong and healthy community. We believe in simple and fun fitness, which enables our members to make regular exercise a healthy habit.

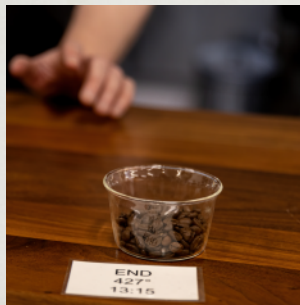
Now, we are expanding our community-building efforts into our lobbies, starting with the launch of the first Courthouse Coffeebar at our Keizer location. This means members and non-members can enjoy a fantastic workout AND an excellent cup of coffee starting in July.

As we designed the Coffeebar, we thoughtfully sought after the highest quality product, knowledge, and people to guarantee every cup is as exceptional as everything else we offer at Courthouse.



## THE BEST Coffee

Our espresso beans will be roasted and delivered by Caravan Coffee in Newberg. Their finely-tuned blend of beans is perfect for our full menu of cold and hot espresso drinks.



## THE BEST Training

The coffee geniuses at Caravan have trained our staff to guarantee the perfect grind, the perfect pull, the perfect steam, and the perfect pour.



## THE BEST Atmosphere

We're updating our lobby to be warm and inviting because we have found that many members utilize this space to connect with friends or take a moment alone before or after their workout.

Go to [courthousefit.com/coffee](https://courthousefit.com/coffee) to see our full menu.

# MEMBER SPOTLIGHT

## Meet John and Cheryl Robbins!

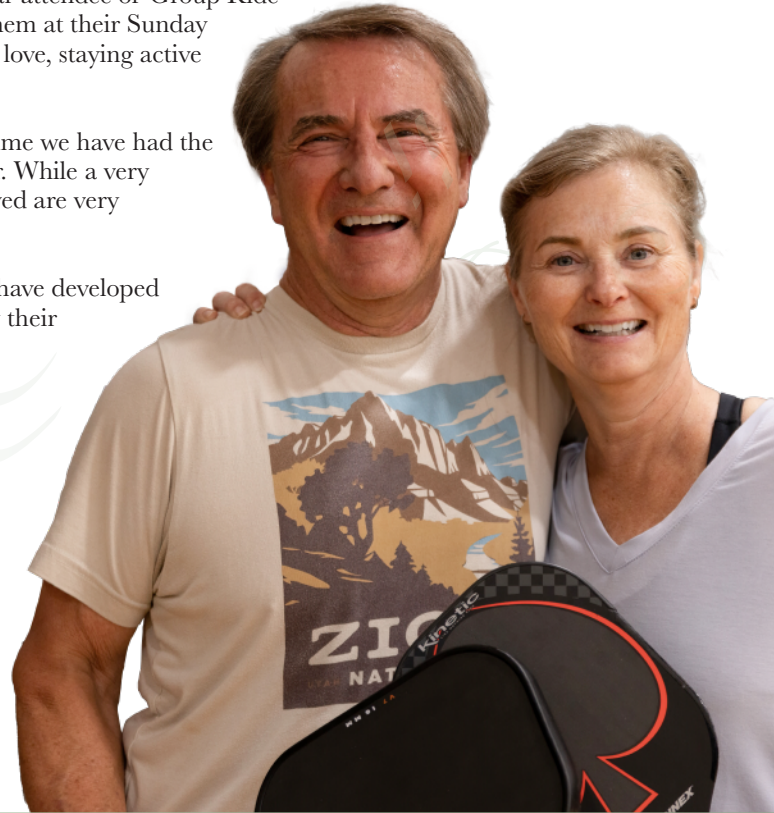
John half-jokingly calls himself "The Commish." He loves organizing pickleball games at our Keizer location, plus more games at local parks in the summer. His wife Cheryl is a regular attendee of Group Ride at Keizer and plays pickleball with (and against!) her husband. We met them at their Sunday afternoon pickleball pick-up game, and they told us about the game they love, staying active in retirement, and finding community...

"We have always enjoyed physical activities together, but this is the first time we have had the opportunity to combine that with competition directly against each other. While a very friendly sport, lurking under the surface of almost everyone we have played are very competitive spirits.

One of the most meaningful outcomes has been the circle of friends we have developed together. While pickleball was our initial common interest, we now enjoy their company on and off the court.

The pickleball community has been the most welcoming social circle we have ever experienced. I (John) first got indoctrinated into the sport by watching through the door at the Keizer Courthouse. I wasn't there two minutes before someone playing came over and told me to grab a paddle.

At this point in our lives, we want to stay as fit and healthy as possible. Being retired allows us the time and opportunity to get out, enjoy life, and stay mobile and active as long as possible. With this pickleball addiction, we want to be able to continue doing this as long as possible. The friendship, exercise, and endorphin rush of great shots is too hard to resist."



## MEET DR. BARNETT & **BeStrong** direct primary care

After over ten years practicing medicine at renowned medical centers and clinics, Dr. Dennis Barnett has opened his Direct Primary Care clinic in the lobby of the Courthouse Battle Creek location on South Commercial.

As a Direct Primary Care clinic, Dr. Barnett and his growing team can offer unlimited patient access for a low monthly fee. This allows his clinicians to address nearly 85% of all medical issues from his office with no copays or office fees. Plus, he can see his patients for 30-60 minutes at each appointment; most providers can spend seven minutes with a patient during an average appointment.

Special offer to all Courthouse members! Address and treat issues for just \$50 per visit.

To learn more, book an appointment, or become a DPC patient, visit [bestrongdpc.com](http://bestrongdpc.com).

\*As a hybrid clinic, BeStrong does accept most insurance plans but cannot act as a patient's "home" provider.





# UPCOMING EVENTS

Courthouse is celebrating all summer long with the 2023 Summer Series!  
Join in the fun by participating in our pop-up events happening at our five club locations throughout the season.



## UGM WALK FOR HOPE 2023

July 8 | 9:00 AM | UGM Men's Mission 777 Commercial St. NE, Salem  
Do you want to be a hero for hope? Rock your superhero gear and join us for the 2023 Superhero Walk for Hope & Fun Run benefitting Union Gospel Mission of Salem.



## LANCASTER GRAND OPENING

July 2023 | Lancaster  
Celebrate the completion of our remodel! Visit the newly renovated Lancaster location.



## POOLSIDE

HAPPY HOUR  
July 18 | 5:00 PM to 7:00 PM | West | 21+  
Enjoy a poolside cocktail by our friends at Oregon Beverage Service.



## POPSICLE GIVEAWAY

July 27 | 1:00 PM to 2:00 PM | Keizer Pool Deck  
Enjoy a nice cold popsicle poolside! While supplies last.



## Kids Jump

August 10 | 2:00 PM to 4:00 PM | West Room 1  
Get your kiddo's wiggles out at our Inflatable Jump Party for ages 4-9. Space limited.



## Sunglass Giveaway

August 24 | 1:00 PM to 2:00 PM | West & Keizer  
Don't blink; summer's not quite over! Visit the club for a pair of Courthouse sunnies!

### CREDITS:

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For previous editions of Courthouse Magazine go to [www.courthousefit.com/magazine](http://www.courthousefit.com/magazine)