



DREW BAKER

Courthouse Club Fitness President

I love many things about Courthouse,

but two easily top the list. I love being surrounded daily by like-minded people pursuing a healthier lifestyle and I love the vast array of activities, classes, and groups Courthouse offers members.

From the beginning, our company has kept Courthouse in our name and Club as part of our brand. Why? Because Courthouse has always been more than a gym. We're a club, and that distinction is important.

From an outsider's view, Courthouse is one big club comprised of individual members across five locations in two cities dedicated to the particular interest of looking and feeling great. But take a closer look, and you'll notice dozens of smaller mini-clubs honeycombed in the larger organization.

Twenty years ago, when I started at the front desk, the best-known way to achieve looking and feeling great was to drag yourself onto a treadmill or weight machine and slog it out. You had better be dripping with discipline, motivation, and willpower, or you'd likely fail. Even today, most equipment-centric gyms offer only this approach.

We've known the old slog-it-out approach doesn't work for most people. That's why we do our best to plug members into at least one mini-club. We believe our unique approach is engaging, social, fun, and effective.

If you already have a community that supports you and are plugged into a routine that works, stick with it! On the flip side, if you find yourself feeling lackluster about showing up to the Club, let us help you discover your Club and get excited about your workouts.

Low-Impact + High-Social Clubs:

- Bingo
- Pickleball
- Water Volleyball
- Age Series

Fitness-Specific Clubs:

- Cycling
- Yogo
- Dance
- Strength and Endurance

Sport-Centered Clubs:

- Volleyball
- Basketball
- Racquetball
- Pickleball

All clubs have three elements in common. They all have a leader that can help you get and stay connected. There are other people just like you who help make this whole healthy lifestyle thing more enjoyable. The leader and the other club members make the time spent repeatable and enjoyable. You deserve to look good and feel great. We make sticking to a routine easier with simple and fun fitness CLUBS!

Prew Zaker

MEMBER SPOTLIGHT

MEET KELLY GRAHAM

When Kelly Graham was 39, he experienced his first of three strokes, the most recent occurring ten years later after a mission trip to Africa. "My doctors have never known what to do with me since men my age typically do not have strokes," he says. Kelly never considered himself a gym guy but is very thankful for the community of members, staff, and trainers at Courthouse as he's rebuilt his motor skills. "To recover from a stroke, you essentially have to relearn basic movements and create new connections in your nervous system. For me, that means coming to the Club and moving consistently, even if I can't do everything like I used to. The staff notices my daily improvements, helps me make adjustments, and keeps the encouragement coming!"

Kelly knows he can't control everything about his health, but he will continue to do what he can.

"I'll keep showing up, keep moving, and keep making improvements."

MEMBER SPOTUSHI

MOSES KENNER COMPLETES IRON MAN ARIZONA

On November 17th, Courthouse member Moses Kenner completed his first full Iron Man triathlon in Tempe, Arizona, in ten hours and fourteen minutes, a full sixteen minutes under his goal time.

When he's not training for triathlons, Moses works as a technician at Scott's Cycle and as the Volunteer Coordinator for Iron Man Oregon. "The race was an amazing experience," he says. "I'm so grateful for everyone who supported me...and to be able to swim at the West Salem pool!"

Way to go, Moses!



"The race was an amazing experience...I'm so grateful for everyone who supported me...and to be able to swim at the West Salem pool!"

Thank you for being part of our Club. DISCOVE

A brief guide to the many thriving communities within Courthouse you can discover and join.

Courthouse Club Fitness is a health club with five locations across two cities with thousands of members. But, within the larger Club are many smaller mini-clubs. These are welcoming communities built around common goals, interests, schedules, and stages of life.

Our team likes to think our facilities, programs, classes, and events keep members coming back to Courthouse. These things certainly help, but it's the people who graciously invite others into their communities who make our business special.

Group Exercise Classes

Many members anchor their exercise routines to the group exercise schedule because classes are dependently fun, challenging, and full of friendly faces. We have actually seen lifelong friendships form in these classes. Friends made in Power, Core, and R30 will connect outside the Club at weekend coffee dates, happy hours, birthdays, and even weddings.

Courthouse Coffeebar

Just because you finished your workout doesn't mean you have to move quickly to the next thing. We launched our two Coffeebars (more to come in 2024) so people could take a minute to connect over a cup of coffee, tea, or smoothie. Along with a place to gather before or after working out, we are already seeing these spaces become a starting point for walking groups and running clubs.



Pickleball

Pickleball is the world's fastest-growing sport and Courthouse has taken part in the craze! Courthouse hosts open-court games on our hardwood courts for experienced players and newcomers. The pickleball community at Courthouse is extremely welcoming and loves to welcome new players.

Spartan Training

Challenge loves company. We designed Spartan Training as a high-intensity, low-duration workout for people who love being pushed to their limits. Since sessions take place many times a week, you can easily form bonds over sky-high heart rates, stacking Myzone MEPs, and well-deserved fist-bumps.

RYOUR CLUB!



Studio Pilates

Take part in private apparatus training or small-group sessions at Studio Pilates at our South River Road location. Improve flexibility, muscular strength, explosiveness, and mind-body awareness.



Basketball

Courthouse has thousands of square feet of hardwood basketball courts and over a dozen regulation baskets. Each court has dedicated times for friendly pick-up games. Bring your buddies or make new ones as you run the perfect pick-and-roll. Or, when the gym is free, use the space to shoot hoops, run sprints, or work on your ball handling.



Fun fact: Courthouse Club Fitness opened in 1977 as a space built exclusively for racquetball. It was simply and purely a house of *courts...*get it?!? We have expanded and evolved in the last four-plus decades, but we remain one of the premier locations for racquetball, squash, and handball. Gather your buddies to play or find a group of players to join.



We are thrilled to have Salem's best and most respected combat sports program in three of our Clubs: South River Road, Keizer, and Lancaster. Learn technical skills and gain confidence in boxing, kick -boxing, and, of course, jiu jitsu. Plus, the coaching staff are masters at building community and bringing in new participants.



Performance Training

Performance is perfect for building strength, mobility, and lasting friendships. Sessions are kept to a few participants with a single trainer who can offer personalized guidance and feedback. The small group setting gives space for you to connect with others in the group and receive meaningful encouragement.

As you peruse the list of mini-clubs, take a mental note of anything that sparks your interest. Talk to Fitness Support, and they will happily plug you in.

EXCITION RENOVATIONS COMPRETO BATTLE CREEK

Major upgrades are coming to locker rooms, training spaces, the lobby, and more.

In 2020, we completed a major project at our South River Road location totaling \$3.5 million. Then, in 2023, we completed a project of similar size and scope at our Lancaster location. Both turned out beautifully and have drastically improved the experience for our members and guests.

Now, we have committed to another project of similar magnitude at Courthouse Battle Creek. Starting in April of 2024, we plan to begin major construction in multiple areas of the Club.

- Both locker rooms will get a complete remodel
- Lap and warm pools, as well as the hot tub, will get a beautiful facelift
- Spaces for Training will be relocated, expanded, and upgraded
- The Club's entry will feature a new Courthouse Coffeebar
- The weight room will be upgraded as we add more equipment and space
- Most areas of the Club will get fresh paint, flooring, equipment, and furniture

We are extremely excited about this project and will release detailed plans, plus a schedule of the work and how the construction might impact your workout routine in the coming months.

Battle Creek will remain open during the entire project, but with any project this size, some spaces and amenities will be unavailable for a certain amount of time. We will do our best to communicate clearly so you can make adjustments as the project progresses. Plus, our four other Club locations will be ready to welcome members!

Again, we are excited about the upgrades coming to Battle Creek, and we're confident you're going to love them as much as we do.

More to come!



BASKETBALL CLUB

An exciting new program to help young athletes develop as players, teammates, and people.

The all-new Courthouse Basketball Club will begin with a Spring and Summer season. Each season includes a twice-a-week, ninety-minute practice, and at least three competitive tournaments. We will also host personal skills camps.

For our first year, Courthouse Basketball Club will be open to middle school and early high school players, but we hope to expand to more age groups.

Stay tuned for more information!



STAFF SPOTLISHT

MEET ABRAHALE TADASE!

After spending over a decade living and working as a refugee in Israel due to being displaced from his home country of Eritrea, Abrahale arrived in Salem in April, 2023.

Through the help of Salem of Refugees, he was welcomed as a landscaper on the maintenance crew at Courthouse in June.

"After passing through many trials and tribulations, I am very grateful to have found work I enjoy at a great company with great people," he says. He is excited to keep working, improving his English, and establishing himself in America.

Welcome to Courthouse, Abrahale! We are blessed to have you on our team.

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