



Activity Calendar January-April 2024





We all want to be healthier, but sticking
to an exercise plan is hard.

At Courthouse, we make it easier with
fitness that is simple and fun so you can
look and feel great!

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Letter from Drew Baker, President



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. Take a closer look: 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.

In my two decades at Courthouse, I've noticed this nearly universal truth: the members who find the most success are the ones who find a community. They have a thing, a place to go, people they are excited to see and who are excited to see them.

This document is packed with lots of information. But, more importantly, it is full of opportunity. Each class, program, event, and space is a chance for you to discover YOUR CLUB inside THE CLUB.

We believe what happens at Courthouse (exercise, movement, recovery, relaxation) should bring about genuine joy for our members. Please use this document to discover joy, connection, community, and success. If you need help getting plugged in, Courthouse Fitness Support is ready to help!

NEW MEMBERS

Courthouse Fitness Experience

The Fitness Experience will set you up for success and help you build consistency—the most important tool as you begin your new membership. It will also introduce you to our fantastic community of members, Fitness Support, Trainers, Group Exercise Instructors, and Baristas. These friendly faces will always make coming to the Club a joy and never a chore.

Plus, as you earn stamps on your Fitness Experience card, you'll earn freebies like coffee, smoothies, recovery sessions, and a \$50 voucher for Courthouse programs and retail items.

Starting at a new gym can be scary. Remember, we are always ready to help. Do not hesitate to connect with Fitness Support to ensure you're always on the right path.



PLAN

After your membership begins, check the group exercise calendar and find classes and training formats that work for your schedule and goals. Or, let Fitness Support help you find your best options.



STAMP IT

Complete a fitness experience stamp card by checking in 12 times within 30 days of starting your membership. Participate in group classes or training sessions to earn additional stamps.



EARN

Earn rewards while you complete your stamp card, and when you complete the fitness experience, receive \$50 towards Courthouse programs & retail items. For new members only.

Special Events: January

First
Friday



January 5



8 AM-12 PM



All Clubs



Free

First Friday is an opportunity to thank our members for using our clubs. Visit the club from 8 AM to 12 PM for free coffee and a light snack. Participate in any Group Exercise Class or Training Session and receive a \$5 coffee card for a free drink at participating locations, based on club location.

BINGO



January 25



11AM-12PM



Keizer + Lancaster
+ West Salem



Free

Join us for Bingo in the Coffeebar or Club lobby on the last Thursday of each month! Non-members are welcome, so bring a friend, grab a coffee and a bingo card, and win big.

Special Events: February

First Friday



February 2



8 AM-12 PM



All Clubs



Free

First Friday is an opportunity to thank our members for using our clubs. Visit the club from 8 AM to 12 PM for free coffee and a light snack. Participate in any Group Exercise Class or Training Session and receive a \$5 coffee card for a free drink at participating locations, based on club location.

Date Night



February 9



5:15-7:15 PM



Battle Creek



\$25/child
\$15/sibling

You love your kiddos. But you would also love a night off! Let us take care of your little ones while you and your significant other grab dinner, see a movie, go grocery shopping, or just sit in the car and enjoy the quiet.

Date Night will feature games, inflatables, snacks, and a kid-friendly movie, all supervised by Courthouse staff.

The Big Spin



February 9



4-9 PM



West



\$200/team

In teams of four, riders will complete twelve 20-minute rides over four hours. Effort will be measured by a shared MyZone heart rate tracker and converted into points. Teams may raise pledges based on the points they earn during the competition. Pledges will be collected and donated to Liberty House. Participants and spectators can enjoy fresh and delicious food, beer, and wine from Oregon Beverage service and treats from the new Courthouse Coffeebar between their rides.

Special Events: February

BINGO



February 29



11AM-12PM



Keizer + Lancaster
+ West Salem



Free

Join us for Bingo in the Coffeebar or Club lobby on the last Thursday of each month! Non-members are welcome, so bring a friend, grab a coffee and a bingo card, and win big.

Special Events: March

First Friday



March 1



8 AM-12 PM



All Clubs



Free

First Friday is an opportunity to thank our members for using our clubs. Visit the club from 8 AM to 12 PM for free coffee and a light snack. Participate in any Group Exercise Class or Training Session and receive a \$5 coffee card for a free drink at participating locations, based on club location.

31You Challenge



March 1-31



All Clubs

Everyone wants to look good and feel great. Join the movement towards a BETTER YOU with the 31YOU challenge. For 31 days, Courthouse will help guide you toward a healthier lifestyle through nutrition, exercise, and an extra dose of motivation.

The registration fee covers access to Training, two InBody body comp tests, and nutrition guidance.

Register at courthousefit.com/31you.

BINGO



March 28



11AM-12PM



Keizer + Lancaster
+ West Salem



Free

Join us for Bingo in the Coffeebar or Club lobby on the last Thursday of each month! Non-members are welcome, so bring a friend, grab a coffee and a bingo card, and win big.

Special Events: April

First Friday



April 5



8 AM-12 PM



All Clubs



Free

First Friday is an opportunity to thank our members for using our clubs. Visit the club from 8 AM to 12 PM for free coffee and a light snack. Participate in any Group Exercise Class or Training Session and receive a \$5 coffee card for a free drink at participating locations, based on club location.

Date Night



April 12



5:15-7:15 PM



West



\$25/child
\$15/sibling

You love your kiddos. But you would also love a night off! Let us take care of your little ones while you and your significant other grab dinner, see a movie, go grocery shopping, or just sit in the car and enjoy the quiet.

Date Night will feature games, inflatables, snacks, and a kid-friendly movie, all supervised by Courthouse staff.

Pints and Paddles



April 6



9:00 AM -4:00 PM



West



\$30/team

On April 6th, you can join the growing Courthouse pickleball community for the first-ever Pints and Paddles all-day event. If you love good food, delicious drinks (did someone say mimosas!?!), and a fun/competitive round-robin tournament, this is your event.

Free Drop-In Beginners Pickleball Clinic: 9:30 AM to 9:30 AM ; Beginners Division Tournament: 10:00 AM to 12:30 PM

Advanced Division Tournament: 1:30 PM to 4:00 PM

BINGO



April 25



11AM-12PM



Keizer + Lancaster
+ West Salem



Free

Join us for Bingo in the Coffeebar or Club lobby on the last Thursday of each month! Non-members are welcome, so bring a friend, grab a coffee and a bingo card, and win big.

Group Exercise: Battle Creek

SUN

8:30 AM
R30 (30 minutes)

9:00: AM
Core (30 minutes)

MON

5:15 AM
Blast30 (30 minutes)

5:45 AM
Power30 (30 minutes)

8:00 AM
Age2O (45 minutes)

8:30 AM
Group Active (60 minutes)

8:30 AM
R30 (30 minutes)

9:30 AM
Age2O (60 minutes)

9:35 AM
Power30 (30 minutes)

10:05 AM
High Fitness30 (30 minutes)

10:45 AM
AgeStrong (45 minutes)

5:15 PM
Power30 (30 minutes)

5:45 PM
Centergy30 (30 minutes)

6:30PM
Club Dance (60 minutes)

TUE

5:30 AM
R30 (30 minutes)

8:00 AM
AgeStrong (60 minutes)

9:30 AM
R30 (30 minutes)

9:30 AM
Core (30 minutes)

9:00 AM
Yoga (30 minutes)

9:30 AM
R30 (30 minutes)

9:30 AM
Age2O (45 minutes)

9:30 AM
Club Dance Lite (30 minutes)

10:45 AM
Tai Chi (45 minutes)

5:30 PM
Active (60 minutes)

5:30 PM
R30 (30 minutes)

6:05 PM
Yoga (60 minutes)

WED

5:15 AM
Blast30 (30 minutes)

5:45 AM
Power30 (30 minutes)

8:00AM
Age2O (45 minutes)

8:30 AM
Active (60 minutes)

9:00AM
Age2O (45 minutes)

9:30 AM
Age2O (45 minutes)

9:35AM
Power30 (30 minutes)

10:05 AM
High Fitness30 (30 minutes)

10:45 AM
AgeStrong (45 minutes)

5:15 PM
Power30 (30 minutes)

5:45 PM
Centergy30 (30 minutes)

6:10 PM
Club Dance (60 minutes)

THUR

5:15AM
R30 (30 minutes)

8:00 AM
AgeStrong (45 minutes)

9:00 AM
Core (30 minutes)

9:30 AM
R30 (30 minutes)

9:00 AM
Yoga (60 minutes)

9:30 AM
Age2O (45 minutes)

9:30 AM
Club Dance Lite (45 minutes)

10:45AM
AgeRestore (45 minutes)

5:30 PM
Active (60 minutes)

5:30 PM
R30 (30 minutes)

6:05 PM
Yoga (60 minutes)

FRI

5:30 AM
R30 (30 minutes)

8:00 AM
Age2O (45 minutes)

8:30 AM
Active (45 minutes)

8:30 AM
R30 (30 minutes)

9:00 AM
Yoga (60 minutes)

9:30 AM
High Fit (60 minutes)

10:45 AM
AgeRestore (45 minutes)

SAT

8:30 AM
R30 (30 minutes)

9:00 AM
Power (45 minutes)

9:00 AM
Yoga (60 minutes)

9:30 AM
Age2O (45 minutes)

10:00 AM
Club Dance (60 minutes)

Group Exercise: West Salem

SUN

9:00 AM
Yoga (60 minutes)

5:00 PM
Club Dance (60 minutes)

MON

5:30 AM
R30 (30 minutes)

8:00 AM
Age2O (45 minutes)

8:30 AM
Group Active (60 minutes)

9:00 AM
R30 (30 minutes)

9:00 AM
Age2O (45 minutes)

9:35 AM
Power (60 minutes)

10:35 AM
Yoga (60 minutes)

12:15 PM
R30 (30 minutes)

4:30 PM
High Fitness (60 minutes)

5:30 PM
Power (60 minutes)

6:30 PM
Yoga (60 minutes)

TUE

5:15 AM
Power (60 minutes)

8:00 AM
AgeRestore (45 minutes)

9:00 AM
Core (30 minutes)

9:00 AM
Age2O (45 minutes)

9:30 AM
Centergy (60 minutes)

10:45 AM
AgeStrong (45 minutes)

5:00 PM
Active (60 minutes)

5:30 PM
R30 (30 minutes)

6:00 PM
Core (30 minutes)

6:30 PM
Club Dance (60 minutes)

WED

5:30 AM
R30 (30 minutes)

8:00 AM
Age2O (45 minutes)

8:30 AM
Group Active (60 minutes)

9:00 AM
Age2O (45 minutes)

9:00 AM
R30 (30 minutes)

9:35 AM
Power (60 minutes)

10:35
Mixed Level Yoga (60 minutes)

12:15 PM
R30 (30 minutes)

4:30 PM
High Fitness (60 minutes)

5:30 PM
Power (60 minutes)

6:30 PM
Yoga (60 minutes)

THUR

5:15 AM
Power (60 minutes)

8:00 AM
AgeRestore (45 minutes)

9:00 AM
Core (30 minutes)

9:00 AM
Age2O (45 minutes)

9:30 AM
Centergy (60 minutes)

10:45 AM
AgeStrong (45 minutes)

5:00 PM
Active (60 minutes)

5:30 PM
R30 (30 minutes)

6:00 PM
Core (30 minutes)

6:30 PM
Club Dance (60 minutes)

FRI

5:30 AM
R30 (30 minutes)

8:00 AM
Age2O (45 minutes)

8:30 AM
Active (60 minutes)

9:00 AM
R30 (30 minutes)

9:00 AM
Age2O (45 minutes)

9:35 AM
Centergy (60 minutes)

10:45 AM
AgeStrong (45 minutes)

SAT

8:00 AM
High Fitness (60 minutes)

8:30 AM
R30 (30 minutes)

9:00 AM
Power30 (30 minutes)

9:00 AM
Age2O (45 minutes)

9:30 AM
Blast30 (30 minutes)

10:00 AM
Active (60 minutes)

Group Exercise: South River Road

MON

8:00 AM
Age2O (45 minutes)

8:30 AM
Blast30 (30 minutes)

9:00 AM
Power30 (30 minutes)

9:00 AM
Age2O (45 minutes)

9:35 AM
Centergy (60 minutes)

10:15 AM
AgeRestore (45 minutes)

5:30 PM
R30 (30 minutes)

6:00 PM
Yoga (60 minutes)

5:30 PM
Power30 (30 minutes)

6:00 PM
High Fitness30 (30 minutes)

WED

8:00 AM
Age2O (45 minutes)

8:30 AM
Blast30 (30 minutes)

9:00AM
Power30 (30 minutes)

9:00 AM
Age2O (45 minutes)

9:35 AM
Centergy (45 minutes)

10:15 AM
AgeRestore (45 minutes)

5:30 PM
R30 (30 minutes)

6:00 PM
Yoga (60 minutes)

6:30 PM
Mat Pilates (45 minutes)

THUR

5:15 AM
Power (60 minutes)

8:30 AM
R30 (30 minutes)

9:00 AM
Active (60 minutes)

10:15 AM
AgeStrong (45 minutes)

10:15 AM
Mat Pilates (45 minutes)

5:30 PM
Age2O (45 minutes)

5:30 PM
Power30 (30 minutes)

6:05 PM
High Fitness30 (30 minutes)

SAT

7:00 AM
Centergy (60 minutes)

8:15 AM
Mat Pilates (45 minutes)

8:30 AM
R30 (30 minutes)

9:00 AM
Active (60 minutes)

9:30 AM
Yoga (60 minutes)

TUE

5:15 AM
Power (60 minutes)

8:30 AM
R30 (30 minutes)

9:00 AM
Active (60 minutes)

10:15 AM
AgeStrong (45 minutes)

10:15 AM
Mat Pilates (45 minutes)

5:30 PM
Age2O (45 minutes)

FRI

8:00 AM
AgeStrong (45 minutes)

8:30 AM
R30 (30 minutes)

9:00 AM
Club Dance Lite (45 minutes)

9:00 AM
Age2O (45 minutes)

10:15 AM
Tai Chi (45 minutes)

Group Exercise: Lancaster

MON

8:30 AM
Age20 (45 minutes)

9:00 AM
R30 (30 minutes)

10:00 AM
Age2O (45 minutes)

10:30 AM
AgeStrong (45 minutes)

5:30 AM
Power30 (30 minutes)

6:30 PM
Club Dance (60 minutes)

WED

8:30 AM
Age20 (45 minutes)

9:00 AM
R30 (30 minutes)

10:00 AM
Age2O (45 minutes)

10:30 AM
AgeStrong (45 minutes)

5:30 AM
Power30 (30 minutes)

6:30 PM
Club Dance (60 minutes)

FRI

9:00 AM
R30 (30 minutes)

10:00 AM
Age2O (45 minutes)

SAT

9:00 AM
Power30 (30 minutes)

9:35 AM
High Fitness30 (30 minutes)

TUE

6:30 AM
R30 (30 minutes)

9:15 AM
Club Dance (60 minutes)

10:30 AM
AgeRestore (45 minutes)

5:30 PM
R30 (30 minutes)

THUR

6:30 AM
R30 (30 minutes)

9:15 AM
Club Dance (60 minutes)

10:30 AM
AgeRestore (45 minutes)

5:30 PM
R30 (30 minutes)

Group Exercise: Keizer

SUN

9:00 AM
High Fitness (60 minutes)

10:00 AM
Yoga (60 minutes)

9:30 AM
Centergy (60 minutes)

10:45 AM
AgeStrong (45 minutes)

5:30 PM
Power30 (30 minutes)

6:00 PM
Blast30 (30 minutes)

6:30 PM
Club Dance (60 minutes)

MON

8:00 AM
Age2O (45 minutes)

9:00 AM
Club Dance (60 minutes)

9:30 AM
Age2O (45 minutes)

9:30 AM
R30 (30 minutes)

10:00 AM
Power30 (30 minutes)

10:45 AM
AgeRestore (60 minutes)

5:30 PM
Core (30 minutes)

6:00 PM
Centergy (60 minutes)

6:00 PM
R30 (30 minutes)

WED

8:00 AM
Age2O (45 minutes)

9:00 AM
Club Dance (60 minutes)

9:30 AM
Age2O (45 minutes)

10:00 AM
Power30 (30 minutes)

10:45 AM
AgeRestore (45 minutes)

5:30 PM
Core (30 minutes)

6:00 PM
Centergy (60 minutes)

6:00 PM
R30 (30 minutes)

THUR

8:30 AM
Active (60 minutes)

9:00 AM
R30 (30 minutes)

9:30 AM
Centergy (60 minutes)

10:45 AM
AgeStrong (45 minutes)

5:30 PM
Power30 (30 minutes)

6:00 PM
Blast30 (30 minutes)

6:30 PM
Club Dance (60 minutes)

SAT

8:00 AM
R30 (30 minutes)

8:30 AM
Power30 (30 minutes)

9:00 AM
Core (30 minutes)

9:35 AM
Centergy (60 minutes)

FRI

8:00 AM
Age2O (45 minutes)

9:00 AM
Club Dance (60 minutes)

9:30 AM
Age2O (45 minutes)

9:30 AM
R30 (30 minutes)

10:00 AM
Power30 (30 minutes)

10:45 AM
AgeRestore (45 minutes)

6:00 PM
Club Dance (60 minutes)

TUE

8:30 AM
Active (60 minutes)

9:00 AM
R30 (30 minutes)

Spaces: Battle Creek

GYM

SUNDAY

7:00 AM
Pick-up Basketball (2.5 hours)

9:30 AM
Pick-up Pickleball (2 hours)

MONDAY

9:00 AM
Pick-up Pickleball (2 hours)

11:30 AM
Pick-up Pickleball (1.5 hours)

6:00 PM
Pick-up Basketball (2 hours)

8:00 PM
Pick-up Volleyball (2.5 hours)

TUESDAY

5:30 AM
Pick-up Basketball (2 hours)

9:00 AM
Pick-up Pickleball (2 hours)

5:00 PM
Courthouse Volleyball Club
(4 hours)

WEDNESDAY

9:00 AM
Pick-up Pickleball (2 hours)

11:30 AM
Pick-up Pickleball (1.5 hours)

6:00 PM
Pick-up Basketball (2 hours)

8:00 PM
Pick-up Volleyball (2.5 hours)

THURSDAY

5:30 AM
Pick-up Basketball (2 hours)

9:00 AM
Pick-up Pickleball (2 hours)

5:00 PM
Courthouse Volleyball Club
(4 hours)

6:00 PM
Pick-up Basketball (2 hours)

8:00 PM
Pick-up Volleyball (2.5 hours)

FRIDAY

9:00 AM
Pick-up Pickleball (2 hours)

SATURDAY

7:00 AM
Pick-up Basketball (2.5 hours)

9:30 PM
Pick-up Pickleball (2 hours)

INDOOR POOL

MONDAY

8:00 AM
Age2O (45 minutes)

9:30 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

TUESDAY

6:30 AM
Water Volleyball (1.5 hours)

9:30 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

WEDNESDAY

8:00 AM
Age2O (45 minutes)

9:30 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

THURSDAY

6:30 AM
Water Volleyball (1.5 hours)

9:30 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

FRIDAY

8:00 AM
Age2O (45 minutes)

9:30 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

SATURDAY

6:30 AM
Water Volleyball (1.5 hours)

9:30 AM
Age2O (45 minutes)

KIDS COURT

MONDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

TUESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

WEDNESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

THURSDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

FRIDAY

8:30 AM - 11:30 AM

SATURDAY

8:30 AM - 11:30 AM

Spaces: West Salem

GYM

SUNDAY

9:00 AM
Open Gym (1 hour)

MONDAY

9:30 AM
KidStrong (1 hour)

1:00 PM
Open Gym (1.5 hours)

6:00 PM
Courthouse Volley Club
(2 hours)

TUESDAY

7:00 AM
Open Gym (2 hours)

9:00 AM
Pick-up Pickleball (2 hours)

2:30 PM
Open Gym (1.5 hours)

5:00 PM
Family Gym Time (2 hours)

7:00 PM
Pick-up Basketball (2 hours)

WEDNESDAY

9:30 AM
KidStrong (1 hour)

1:00 PM
Open Gym (1.5 hours)

6:00 PM
Courthouse Volley Club
(2 hours)

THURSDAY

7:00 AM
Open Gym (2 hours)

9:00 AM
Pick-up Pickleball (2 hours)

2:30 PM
Open Gym (1.5 hours)

5:00 PM
Family Gym Time (2 hours)

7:00 PM
Pick-up Basketball (2 hours)

FRIDAY

1:00 PM
Open Gym (2 hours)

SATURDAY

12:00 PM
Pick-up Pickleball (2 hours)

2:30 PM
Open Gym (2 hours)

INDOOR POOL

MONDAY

8:00 AM
Age2O (45 minutes)

9:00 AM
Age2O (45 minutes)

TUESDAY

9:00 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

WEDNESDAY

8:00 AM
Age2O (45 minutes)

9:00AM
Age2O (45 minutes)

THURSDAY

9:00 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

FRIDAY

8:00 AM
Age2O (45 minutes)

9:00 AM
Age2O (45 minutes)

SATURDAY

8:00 AM
Age2O (45 minutes)

KIDS COURT

MONDAY
8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

TUESDAY
8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

WEDNESDAY
8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

THURSDAY
8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

FRIDAY
8:30 AM - 11:30 AM

SATURDAY
8:30 AM - 11:30 AM

Spaces: Keizer

GYM

SUNDAY

1:00 PM
Pick-up Pickleball (2 hours)

6:00 PM
Pick-up Volleyball (3 hours)

MONDAY

8:00 AM
Pick-up Pickleball (2 hours)

12:00 PM
Pick-up Basketball (1.5 hours)

6:00 PM
Pick-up Basketball (2 hours)

TUESDAY

9:00 AM
Pick-up Pickleball (2 hours)

6:00 PM
Courthouse Volleyball Club
(2 hours)

8:00 PM
Pick-up Basketball (2 hours)

WEDNESDAY

8:00 AM
Pick-up Pickleball (2 hours)

12:00 PM
Pick-up Basketball (1.5 hours)

6:30 PM
Pick-up Basketball (2 hours)

THURSDAY

9:00 AM
Pick-up Pickleball (2 hours)

6:00 PM
Courthouse Volleyball Club
(2 hours)

8:00 PM
Pick-up Basketball (2 hours)

FRIDAY

8:00 AM
Pick-up Pickleball (2 hours)

12:00 PM
Pick-up Basketball (1.5 hours)

6:00 PM
Pick-up Basketball (2 hours)

INDOOR POOL

MONDAY

8:00 AM
Age2O (45 minutes)

9:00 AM
Age2O (45 minutes)

TUESDAY

9:00 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

WEDNESDAY

8:00 AM
Age2O (45 minutes)

9:00AM
Age2O (45 minutes)

THURSDAY

9:00 AM
Age2O (45 minutes)

5:00 PM
Swim Lessons (2 hours)

FRIDAY

8:00 AM
Age2O (45 minutes)

9:00 AM
Age2O (45 minutes)

KIDS COURT

MONDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

TUESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

WEDNESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

THURSDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

FRIDAY

8:30 AM - 11:30 AM

SATURDAY

8:30 AM - 11:30 AM

Spaces: Lancaster

GYM

SUNDAY

8:00 AM
Reserved (5 hours)

TUESDAY

4:45 PM
Courthouse Volleyball Club
(2 hours)

THURSDAY

6:00 PM
Courthouse Volleyball Club
(2 hours)

FRIDAY

6:00 PM
Pick-up Basketball (2 hours)

MONDAY

6:00 PM
Pick-up Basketball (2 hours)

INDOOR POOL

MONDAY

10:00 AM
Age20 (45 minutes)

3:45 AM
Courthouse Swim Team
(1.25 hours)

WEDNESDAY

10:00 AM
Age20 (45 minutes)

3:45 AM
Courthouse Swim Team
(1.25 hours)

FRIDAY

10:00 AM
Age20 (45 minutes)

3:45 AM
Courthouse Swim Team
(1.25 hours)

KIDS COURT

MONDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

TUESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

WEDNESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

THURSDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

FRIDAY

8:30 AM - 11:30 AM

SATURDAY

8:30 AM - 11:30 AM

RACQUETBALL

MONDAY

5:00 AM
Morning Risers (2 hours)

9:00 AM
Senior Play (1.5 hours)

4:30 PM
Mix It Up Doubles (3 hours)

TUESDAY

4:30 PM
Mix It Up Doubles (3 hours)

WEDNESDAY

5:00 AM
Morning Risers (2 hours)

9:00 AM
Senior Play (1.5 hours)

FRIDAY

5:00 AM
Morning Risers (2 hours)

9:00 AM
Senior Play (1.5 hours)

Spaces: South River Road

INDOOR POOL

MONDAY

8:00 AM
Age20 (45 minutes)

9:00 AM
Age20 (45 minutes)

3:45 PM
Courthouse Swim Team
(1.25 hours)

5:00 PM
Swim Lessons (2 hours)

TUESDAY

5:30 AM
Age20 (45 minutes)

WEDNESDAY

8:00 AM
Age20 (45 minutes)

9:00 AM
Age20 (45 minutes)

3:45 PM
Courthouse Swim Team
(1.25 hours)

5:00 PM
Swim Lessons (2 hours)

THURSDAY

5:30 PM
Age20 (45 minutes)

FRIDAY

9:00 AM
Age20 (45 minutes)

3:45 PM
Courthouse Swim Team
(1.25 hours)

RACQUETBALL

MONDAY

5:00 AM
Morning Risers (2 hours)

9:00 AM
Senior Play (1.5 hours)

4:30 PM
Mix It Up Doubles (3 hours)

TUESDAY

4:30 PM
Mix It Up Doubles (3 hours)

WEDNESDAY

5:00 AM
Morning Risers (2 hours)

9:00 AM
Senior Play (1.5 hours)

FRIDAY

5:00 AM
Morning Risers (2 hours)

9:00 AM
Senior Play (1.5 hours)

KIDS COURT

MONDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

TUESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

WEDNESDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

THURSDAY

8:30 AM - 11:30 AM
4:30 PM - 7:30 PM

FRIDAY

8:30 AM - 11:30 AM

SATURDAY

8:30 AM - 11:30 AM

Discover Your Club!



Courthouse Coffeebar

A great workout deserves a great cup of coffee. We launched the Courthouse Coffeebar to give everyone an opportunity to sit, relax, connect, and enjoy a full menu of espresso drinks made from locally roasted beans. Plus, we offer smoothies, snacks, seasonal specials, gourmet popsicles, and a kids menu.

Use this space to get to know new acquaintances from a group exercise class or training session. Or, meet friends at the Coffeebar before or after a run, walk, or bike ride. Parents, take an extra minute or two to enjoy a drink before you snag your little ones from Kids Court.

Visit courthousefit.com/coffee to see our menu and to order online.



Basketball

Courthouse has thousands of square feet of hardwood basketball courts and dozens of regulation baskets, more than anywhere else in Salem and Keizer. 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 open, use the space to shoot hoops, run sprints, or work on your ball handling.



Impact Jiu Jitsu

Get in better shape, learn self-defense, and find your community. Impact is the premier jiu jitsu program in Salem and Keizer for kids, adults, beginners, and experienced practitioners.

Impact has dozens of weekly classes at three locations inside Courthouse Club Fitness: Keizer, Lancaster, and South River Road.

Learn more about Impact and redeem a free 10-day trial by visiting courthousefit.com/impact.



Performance Training

Performance is our strength-focused format to improve daily movement. Workouts are specifically designed for weight loss, improved mobility, and increased strength in mind.

Learn more about Performance and claim a free 7-day trial by visiting courthousefit.com/performance.



Racquetball + Squash + Handball

Fun fact: Courthouse Club Fitness opened in 1977 as a space built exclusively for racquetball. We have expanded and evolved in the last four-plus decades, but we remain one of the premier locations for racquetball, squash, and handball.

Members can reserve courts on the Courthouse app or play a game with friends whenever space is available.

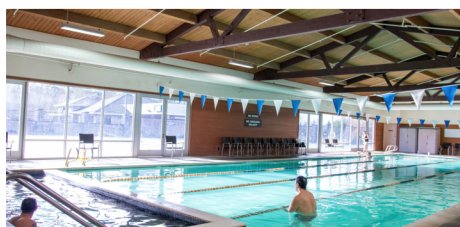
Discover Your Club!



Spartan Training

Few things bring people together better than a butt-kicking workout. Spartan Training is our high-intensity format to help you improve your cardio, stamina, and muscular definition. It is perfect for members looking for an extra push and more variety in their workout routine.

Learn more about Spartan and claim your free 7-day trial by visiting courthousefit.com/spartan.



Pools and Swim Programs

Adults: Swim laps, relax, or enjoy a low-impact workout at Age2O, a water exercise class exclusive to Courthouse.

Kids: Become a strong, confident swimmer at our group or private swim lessons.

Register for group or private swim lessons at courthousefit.com/swim.



Group Exercise Classes

We have spent decades perfecting our group exercise class experience and currently offer close to 300 classes every week at our five Clubs.

Many members anchor their exercise routines to the group exercise schedule because classes are fun, challenging, and full of friendly faces.

In fact, we have 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.

Build consistency, strength, balance, and cardiovascular health. We have a vast variety of classes to fit your schedule, goal, and preferences.

Check out our entire group exercise schedule at courthousefit.com/group-classes.



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.

Learn more by visiting courthousefit.com/pilates.



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 it when new players try out the game.

See court schedules, including dedicated times for open-court play, at courthousefit.com/pickleball.



courthousefit.com