

# COURTHOUSE

MAGAZINE

KEEP GROWING  
KEEP CHANGING  
KEEP PUSHING  
THE BEST STILL LIES AHEAD



IT'S THE YEAR TO  
**DISCOVER  
YOUR CLUB.**



*A letter from*  
**DREW BAKER**  
Courthouse Club Fitness President



I was raised on the Western Christian high school campus, which meant I had unlimited access to a basketball court. Basketball was my favorite sport, so I played it as often as possible—organized teams, random pick-up times, and games of HORSE and knock-out. After I graduated high school, I got a job at the front desk at Courthouse and continued to play as much as I could.

But by age 25, I already had three kids and a position with more responsibility and time commitments at Courthouse. My days of playing basketball were behind me.

Or so I thought.

As the world reopened in 2020, I was more anxious than ever to find ways to do stuff. I needed to make something happen. So I texted every friend I had (and even some basic strangers) and started a new group of older guys (mostly dads) who run the court at least two to three times a week. The group of thirty or so players has changed over time, but the game has been running consistently for almost four years.

On that same group text thread, we half-jokingly confirm the next day's game by saying, "Ball Is Life."

Why do I tell you this? Even though I joke that *ball is life*, the real value of this four-year experience has been my community with my fellow players. Human connection is life. A study out of UC Berkeley states that "social connection is so hard-wired into human behavior that it makes sense that our relationships (or lack thereof) significantly influence our well-being. In fact, connection and community can be just as important to physical and mental health as exercise and healthy eating."

I'm a part of many small "clubs" within the larger Courthouse Club. I'm in an Old Dude Basketball Club, a Cycling Club, a Squash Club, a Weightlifting Club, and more. Wherever community exists and people are connecting, that is a Club, and it is immensely valuable.

One of the things I'm most proud of that we do here at Courthouse: We facilitate clubs, which are how people get and stay connected.

If you need to discover your club, we can help.

*Drew Baker*





Thanks to Party Director Camryn Alves and her team of caring and energetic Party Staff, we are making throwing an amazing, fun party simpler than ever.

# PARTIES AT COURTHOUSE CLUB FITNESS ARE TAKING OFF!

## What makes a party or event at Courthouse special?

Parties at Courthouse are fun, memorable, and stress-free from the moment you inquire with me to the moment the party has ended and you're driving home. We don't just throw tables, chairs, and inflatables in a room and sit down awaiting the end of a party. Many things happen behind the scenes to ensure that this experience is as simple and stress-free as possible.

## What's your favorite part about throwing an event?

I love seeing renters' faces light up with a smile from ear to ear when they see their children and all their friends enjoying themselves on the inflatables, while staying safe. This allows them to sit down and socialize with the other parents and family members at the party.

## What should people know about parties and events at Courthouse?

Whether you are a member or non-member, we will always provide a great experience for you and your guests. Whether it be your child or grandchild's birthday party, an event to get your staff members together, a baby shower, a quinceanera, a retirement party, or almost anything you can imagine, I am always happy to work with you!

**BOOK YOUR NEXT PARTY OR EVENT AT COURTHOUSE**

[courthousefit.com/parties](https://courthousefit.com/parties)

# DISCOVER YOUR CLUB. FIND SUCCESS.

For nearly 50 years, Courthouse has been helping members discover the joy of lifelong fitness. In that time, we've found something to be true: those who find the most success find it in a community of others. They do something they enjoy with people they love. Here are four ways you can discover, create, and expand your fitness community.



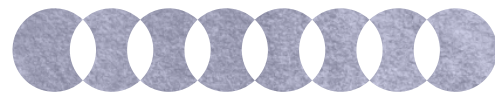
## Invite Others In

Start your fitness journey with encouragement and accountability.

Have you ever noticed how even the most famous, confident, self-sure people don't go anywhere alone. If they don't, why should you? If you are starting your fitness journey or experimenting with a new exercise routine, invite a friend to join you. Decide on a time to visit the Club together or pick a class you have both been eager to try. Text each other friendly reminders with a simple, "See you there!"

"Find a close, trusted friend to walk this journey with. It will get hard, and you might want to quit, but having someone in your corner that understands why you want this will be pivotal in keeping you on track."

—Jeremiah Davison, West Salem



## Connect With Others

You already have a support team, waiting to meet you!

On the surface, group exercise classes and Training are valuable because they provide solid on-the-mic or hands-on guidance. But, perhaps even more valuable is the instant community you can find there. Attend once or twice, and you'll start being recognized. Introduce yourself to one or two people and they'll soon be keeping you accountable; they'll be excited you show up and bummed when you miss. At first, it may seem scary to introduce yourself to strangers, but Courthouse Fitness Support are experts at making connections.

"Once you have a bond with other members, your workout becomes less of a chore and instead something you look forward to going and taking part in."

—Tanner Vollmar, South River Road







## Build Your Mini-Club

There is literal strength in numbers.

After you've made a connection in any space in the Club (group exercise, Training, weight room, jiu jitsu, sauna, etc.), you grow your own mini-Club. If you have a crew all taking Power together, venture as a group to R30. Or, meet on your off days for a run, walk, or bike ride. Start a group text and send occasional encouragement. Turn your exercise crew into a healthy lifestyle support system.

“I've seen members connect through Kids Court and plan playdates for their children and our pickleball crew put together a massive group chat to help each other stay accountable. It is incredibly valuable to have relationships inside and outside the Club who will encourage you on your fitness journey.”

—Kawika Fernandez, Keizer



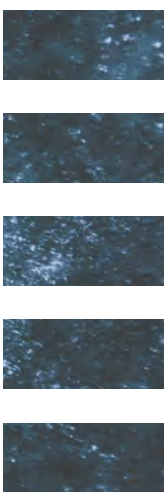
## Venture Out

Variety is a key ingredient to lasting success.

Let's say you created your mini-Club centered on Spartan Training or a regular Age2O class time. That's awesome! Courthouse is full of other mini-Clubs waiting for others to join them. Venture to the basketball courts for open-play pickleball or pick-up hoops. Challenge yourself in Impact Jiu Jitsu. Take yoga for the first time. Even coming through the gates at a new time of day will open you to new people, programs, and opportunities for simple, fun fitness.

“Changing your exercise routines enables people to get unstuck from monotony and a fitness plateau. For me, taking the risk to try new activities or challenges grows me personally and socially, plus helps build my confidence.”

—David Graham, Lancaster







# PICKLEBALL IS GROWING AT COURTHOUSE

As our community of players grows, so do the opportunities for players to learn, improve, and compete.

## **Competitive Play**

Pints and Paddles, our first-ever pickleball tournament was a huge success! Dozens of players (brand new and experienced) gathered at the West Salem Courthouse to enjoy competitive matches, fun community, and delicious food and drinks.

We look forward to hosting more opportunities for competitive pickleball play in the future.

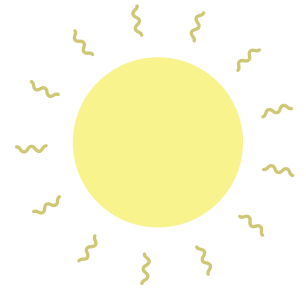
## **Free Play!**

Courthouse members and guests can always join one of many scheduled times for open play. No registration or experience needed. You don't even need your own equipment to start. Our welcoming pickleball community can provide everything you need to be introduced to the game you're bound to love!

Check our open-play schedule at [courthousefit.com/schedules](https://courthousefit.com/schedules)



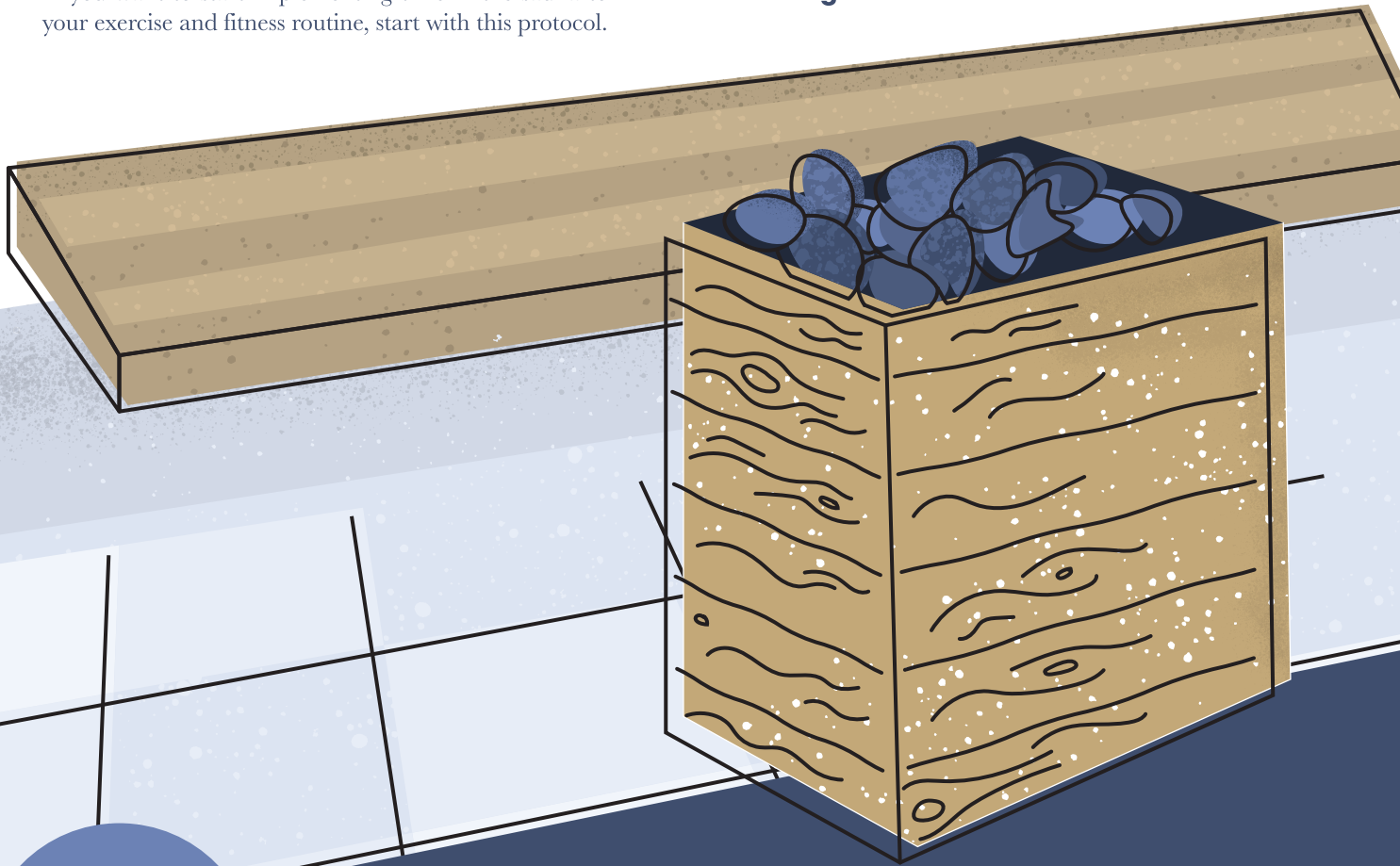
# Maximize Your Workout HIT THE SAUNA



Saunas, in one form or another, are basically a human universal. In nearly every culture throughout human history, people have enhanced their physical and mental well-being by creating small spaces filled with hot air.

If you want to start implementing time in the sauna to your exercise and fitness routine, start with this protocol.

**Do a 10-minute sauna session, before or after your workout  
Start with 2-3 sessions a week  
Drink at least 16 ounces of water during each 10-minute session**



**Please do not pour water on rocks or tamper with the thermostat.**

## HELP US KEEP OUR SAUNAS WORKING!

Saunas may look tough and straightforward, but they are actually sophisticated systems with delicate safety mechanisms. When members and guests pour water directly on the rocks or cover the thermostat with a wet sweat rag, safety measures are triggered, and the sauna shuts down.

Like you, we want our saunas to work. To ensure this, we have taken the following measures.

The temperature will be increased from 180 to 190 degrees, which is near the maximum allowed by State regulation.

Pouring water on the sauna rocks will result in a minimum fine of \$50 or the cost to repair or replace the sauna heater (up to \$1500).

If the behavior is witnessed repeatedly, we will terminate that member's membership.

If you have questions, please contact your Club Director or Club President, Drew Baker at [drew.baker@courthousefit.com](mailto:drew.baker@courthousefit.com)

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