

COURTHOUSE

MAGAZINE

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OCTOBER 2024 EDITION





THE THING ABOUT GROUP FITNESS

For a million dollars, I couldn't tell you the number of Group Fitness classes I've taught at Courthouse.

But I can tell you this with absolute certainty: I have loved every time I have put on that mic, got on stage, and taught those hundreds (thousands!?) of classes.

At Courthouse, we put a lot of thought into our Group Fitness classes. Many health clubs have a room for cycling and an auxiliary space for other classes. At our Clubs, our Group Fitness rooms are the star of the show. We sweat over our schedules. We think deeply about every second of the class experience. We do everything we can to encourage and incentivize members to get engaged in group fitness.

WHY GO THROUGH ALL THIS EFFORT?

Because, and I mean with as much sincerity as I can muster, group fitness classes have the power to transform lives. Every Instructor at Courthouse and I put our heart and soul into those 30-60 minutes because we know there is at least one person who is trying to transform their lifestyle. They are overcoming depression. They are making a comeback after a heartbreaking injury or life event. They are building a brand new routine. They are trying to stay young for their grandkids.

Group Fitness is almost nothing like what it was 30 years ago. Even if I think about what we did ten years ago, I am impressed by the strides we have made to improve the music, the quality of our Instructor pool, and the overall experience we offer members.

Here's my encouragement to you: get engaged with group fitness. Pick any class and show up! Meet the Instructor and tell them your story.

Of course, you can always go back to your normal on-your-own routine, but I believe if you try group fitness, you'll keep it as part of your weekly exercise schedule for a long time.

Maybe for life.

In health,

Drew Baker



MEMBER SPOTLIGHT

Rachel Sheffield

“Courthouse is the ultimate mom hack!” says Rachel Sheffield. “As a mom of three kids under 10, the time my kids and I spend at the Courthouse is a gift.”

Rachel says she uses the Club for regular workouts (particularly Centergy), drinking coffee, connecting with friends, and getting work done. “Kids Court is a game-changer,” she says. “I love knowing my kids have a safe place to play while I take some time for myself. I trust and genuinely like the people who work there.”

She is actively recruiting more moms like her to join her at the Club. “I just want to work out with more of my friends! When I’m able to take this time, I have more energy, more focus, and am simply in a healthier mental space. It’s better for everyone!”

Is Your Health Insurance Plan Changing in 2025?

Many members have a health club benefit through their health insurance carrier. We want to help you make sure your new plan qualifies. If your plan will change in 2025, let us know!



Visit courthousefit.com/open-enrollment
Enter your insurance plan information
Member services will update your account,
and your membership will remain active

A Short History OF GROUP FITNESS

In the late 70's and 80's, group fitness was just a small part of Courthouse and was known as **aerobics**. Classes were small and took place in cramped rooms on carpeted floors. In 2005, we began our fantastic relationship with MOSSA, who currently designs many of our class formats. Over the years, we added strength training and agility formats, cycling, yoga, hip-hop dance, and more. Today, Courthouse has built the most expansive group fitness program of any health club in the region.

The Numbers of Group Fitness

If you're like most members, you take one or two classes every week with 20-30 others. But take a step back and you'll see how huge our group fitness program truly is.

18

TOTAL CLASS FORMATS

136

GROUP FITNESS INSTRUCTORS

920

UNIQUE MONTHLY CLASS SESSIONS

18.4k

AVERAGE MONTHLY ATTENDANCE

The Reason for Group Fitness

There are two primary reasons group fitness helps so many members stay consistent. Classes are simple and fun. Simple: all you have to do is show up and follow along. Fun: we have designed every minute to be full of good music, energy, enthusiasm, and encouragement.



The Future of *Group Fitness* >>>

We have big plans for group fitness in 2025. As well as putting on hundreds of amazing experiences for our members, we will explore new formats, train up new instructors, and never stop inviting new members in!

Ready to jump into group fitness at Courthouse?

We are glad to help you find the best place to start.

1. Check out the group fitness schedule at courthousefit.com/class-schedules/
2. Talk to a Coach at your home Club.
3. Show up 15 minutes early to your first class to be introduced to the Instructor.



5 CLUBS.

five COFFEEBARS

By the end of this year, all five of our Club locations will feature a Courthouse Coffeebar. These spaces help us accomplish our mission of creating a clean, welcoming, and community-driven gym experience for everyone.



A PART OF YOUR HEALTHY ROUTINE

Before our Coffeebars arrived, many members would leave the Club and make another stop for coffee, protein smoothies, or snacks. Now, you can snag that healthy, high-quality drink or bite inside the Club doors.



CONNECTIONS AND COMMUNITY

Prior to this year, our lobbies could only function mostly as a walkway from the parking lot to the pool, weight room, or group fitness spaces. Now, members and guests have a place to relax, connect with friends and staff, or accomplish a few laptop tasks before they tackle the day.



WELCOMING AND CLEAN EVERYWHERE

Before automated gates and Coffeebars, check-in required staff to remain close to the door. Now, our staff is untethered to the front desk and can venture into more areas of the Club to connect with more members.

EMPLOYEE SPOTLIGHT

Brittany Espinoza:

GROUP FITNESS DIRECTOR

Brittany has been an integral part of Courthouse Pilates since 2018. Now, she will be leading our expansive Group Fitness program, training new Instructors, and supporting our current roster. “I love how we have designed our group fitness program to be consistent Club-wide,” she says. “It means that no matter which Club you visit, you will always be led safely through an amazing workout.” In 2025, Brittany is excited to enhance the group fitness experience even more.

“I want every class experience to be full of even more excitement, energy, and community!”

Favorite Group Fitness classes:
Core and High Fitness

Favorite out-of-the-Club activity:
Rollerblading



MEET OUR NEWEST PARTNER

FIRST BITE ORGANICS

For years, we at Courthouse have encouraged our members to “Eat Real Food.” To help members guarantee they never miss a meal full of real food, we have partnered with First Bite Organics. Their South Salem farm grows beautiful and delicious fruits (apples, pears, blueberries, figs, grapes) meats and proteins (eggs, sheep, lamb), and herbs on their 30-acre farm off Vitae Springs Road.

Nearly every component of their meals, snacks, and bites is grown, prepared, and packaged locally by their dedicated staff.

Owner Cheryl Mullin said the partnership between First Bite and Courthouse makes sense. “Like Courthouse, I want my products to help people fall in love with a healthy lifestyle.”

First Bite Organics meals and snacks will be made available to purchase in select Courthouse Coffeebars this fall. Grab a bite of real, organic, local food.

FALL CLUB VOLLEYBALL IS COMING!



JOIN THE GAME

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For previous editions of Courthouse Magazine go to www.courthousefit.com/magazine

**TRY-OUTS FOR THE
2024-2025 SEASON:**

October 5th (Boys 6th -12th grade)

November 10th (Girls 12's and 14's)

November 17th (Girls 16's and 18's)

**REGISTER
TODAY!**

