

COURTHOUSE

MAGAZINE



the
INSPIRATION
edition

2025 IS HERE!

As you peer into the vast unknown of **365 brand-new days**, you probably feel one of two ways.

You are excited about the unlimited opportunity.

Or, you are paralyzed by possibilities.

No matter how you're feeling, if you want to make this next year the best it can be and take steps towards living a healthier, happier, more active life, you'll need some inspiration.

Many of us believe our own internal motivation and drive (let's call it grit) is enough to keep us consistent. Grit is important, but it is rarely enough. We need to look beyond ourselves at the examples around us.

Luckily for you, you're part of the Courthouse community, which means inspiration is everywhere you go. Personally, I love meeting new people. Partly because I'm just an outgoing person, but also because I get to hear so many personal stories of triumph over injury, depression, pain, fear, and more.

I keep these stories in my back pocket when I'm not feeling it and might be tempted to skip a day. Or two.

We have filled this issue cover-to-cover with inspiring stories from our members and staff. We hope they inspire you, and you can use them to start or continue a fitness journey filled with success, adventure, and joy.

Drew Baker

Ona conquers the Stage

“People in my group fitness classes are very surprised to learn that I am terrified to speak in public,” says Ona Wolcott, a long-time Group Fitness Instructor. Ona has suffered many years with severe social anxiety, but finds a way to break free from it during the classes she teaches.

“Before I became an instructor, I always idolized them,” she says. “I overcame a lot of fear to get certified and even more fear to teach my first class. Even today, I got queasy before hitting the stage, but it is such a great release once the music starts and I give my first words of encouragement.”

Ona would encourage anyone—even people who consider themselves shy or anxious—to give Group Fitness a try, as a participant and then as an Instructor. “It is such a blessing to move,” she says. “It’s also such a blessing to create a community where everyone is welcome to move.”



Nancy is Playing the Long Game



Very recently, Nancy Duncan celebrated her father’s 101st birthday. She finds inspiration from her father, especially since he could have chosen a very different path. “He didn’t quit smoking until he was 50,” says Nancy. “At that time, he started running, and he’s not stopped since!”

Nancy has the same desire for herself: to stay active, mobile, and energetic. She fulfills that desire in Group Centergy. “I love teaching and connecting with members,” she says. “I can stay feeling young, even though I’m 72, by doing what we do in Centergy, yoga, Pilates, and other programs at the Club.”

Nancy also finds inspiration in the members. “I get to meet people at so many different points in their fitness journey,” she says. “Some are just starting out and a little nervous, others are accomplishing goals and feeling excited, others are finding their groove, and others are rediscovering their routine.”

No matter where people find themselves, Nancy plans to be their on-stage encouragement for many years to come.

Ready to jump on-stage?

Courthouse hosts regular Instructor trainings for all your favorite classes.



Visit courthousefit.com/careers

INSPIR IS EVERYWHERE

We encourage every member to discover their Club at Courthouse. These are classes, programs, spaces, or activities with built-in community, encouragement, and inspiration.



GROUP FITNESS

Alex Zukowski

Alex's fitness journey was sadly cut short due to a recent fatal car accident. He brought joy to every group fitness class he attended. His daughter said, "One of the last things we did together was take R30 the Friday before the accident. I never dreamed we would do something like that together. He was so proud he had stayed consistent." He was quick to connect with others and ended every class with a serious fist bump and gleeful smile.



TRAINING

Jan Florip

Jan won't let anything stop her. An on-and-off member since Courthouse opened in 1977 and an avid R30 participant, she recently began to notice arthritis creeping in. She decided to tackle it head-on with strength training in Performance. She has already noticed she can hold her grandkids longer, play with less pain, and garden with more energy. Battle Creek staff all say she offers daily inspiration.

RATION

AT COURTHOUSE



COURTHOUSE VOLLEYBALL CLUB

Julissa Carbajal

Julissa (16) has been playing volleyball since she was 12. She loves playing at Courthouse Volleyball Club because she is welcomed as she is and feels the coaches genuinely want her to improve, not just perform. “I don’t get in my head, which is really bad for volleyball players!” She says the biggest lesson she’ll take into her post-volleyball life will be to make mistakes and learn from them. “As long as you are growing, there’s no bad mistake.” Her coach, Kinley Hickok, says Julissa leads her team in a way that is both direct and fun. “She is extremely compassionate towards her team but never loses her competitive edge.”



AGE SERIES

Debbie Karimi

Debbie was inspired to join Courthouse by her daughter. Having just retired from a sit-all-day job, she wanted to create a new routine and new way of life. Age2O was the perfect place to start, and she jumped in with both feet! Battle Creek Hospitality Manager Laura Hamilton says Debbie has continued to be inspired by her daughter and the community she’s discovered in class. “She’s a rock star!”



PILATES

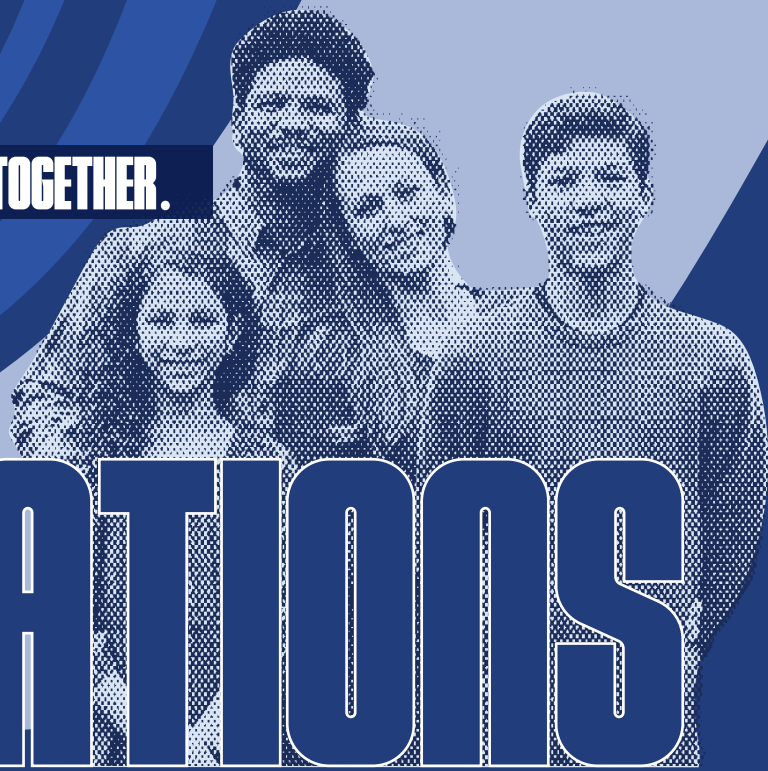
Mike Polvi

Noelle Polvi, Courthouse’s Training and Development Coordinator, finds inspiration from her father. Michael Polvi developed jaw cancer when Noelle was young and thankfully recovered, but the treatments significantly affected his posture and balance. He got into Studio Pilates and immediately felt his perspective shift, saying, “The world already looks brighter.” Noelle says, “My dad is the most resilient person I know.”

THE TAFT FAMILY ROLLS TOGETHER.

THEY ALSO BOX TOGETHER.

AND ARMBAR TOGETHER.



GENERATIONS OF JIU JITSU

Mother Anisa, father Garth, son Amadeo (14), and daughter Ariella (11) all train at Impact Jiu Jitsu. It is their family activity, their sports, and their collective pastime.

As a homeschooling mother, Anisa understands the need for dedicated time for herself. She says, “There is no bad day that an hour of Muay Thai can’t fix! For that time on the mat, I’m not mom. In a lot of ways, I’m not even fully myself.” She says training is an amazing workout and a needed break from a hectic day.

She also loves watching her two kids reap the benefits of combat training at Impact. They experience encouragement, coaching, and consistent growth. “The Coaches never let them get comfortable,” says Anisa. “Once they master a move, they are urged to try a new one they aren’t very good at.” Coaches at Impact understand growth happens in failure, and pride comes with progress.

Ariella, who started training when she was 9, says she especially loved receiving her grey belt. “I felt so proud of myself!” Amadeo, who started training at 12 years old, says he feels most proud when what he learns in class plays out during competitions.

Anisa says watching her kids compete is an intense experience, but she loves seeing her kids lose with pride and win with humility.

Through Impact, the Tafts have something they can all share together, in and out of the gym. “My husband and son will regularly take boxing classes together,” says Anisa. “During those sessions, they get to be partners, equals, and experience new elements of their personalities.”

According to the Tafts, at the core of Impact is respect. To Anisa, this lesson is more important than guard passes, rear naked choke holds, or a solid right jab. “Men respect the women. Women respect each other. Seasoned fighters respect new rollers. Older kids respect the youngsters. And everyone respects the sport.”



TRY IMPACT
TWO WEEKS FOR \$39



MAKING THE GOOD DECISION...

The Easy Decision

HOW DO YOU OVERCOME ADDICTION, HOMELESSNESS, AND PRISON?

For Lancaster member Brandon Gordon, you do it one step at a time. You stack small wins, and you stay consistent.

“When I was running the streets, I was living moment-to-moment and filled those moments with theft, drug use, and gambling,” says Brandon. “Today, I fill that time with positive things.” Nearly every morning, you’ll find Brandon at either Spartan or Performance Training. After that, he’ll run a few miles, sit in a Recovery chair, take a shower, relax in the lobby, and connect with staff.



“IN A LOT OF WAYS, THIS PLACE IS MY SANCTUARY,”

He initially joined Courthouse through a gambling addiction recovery program with Bridgeway Recovery Services. In just a few months of consistent exercise, he has noticed his energy substantially increase outside of the Club, especially at his job as a server at a local restaurant.

Brandon is inspired to move by his desire to build a new, active, clean life and never turn back. “I know what triggers me and I know what keeps me clean, moving in the right direction,” he says.

Elijah Miller, who regularly trains him during Spartan and Performance, is inspired by Brandon’s dedication to a clean life. “Brandon has taught me that you never know what others are going through, and how you act can impact those around you.”



CREDITS:

Editor: Jess Edmiston & Michael Miller

Contributing Writers:

Drew Baker & Michael Miller

Photo, Design & Layout: Sam Duell

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

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Ready to jump on-stage?

Courthouse hosts regular Instructor trainings for all your favorite classes.



YOUTH ACTIVITIES

JANUARY-MARCH, 2025



IMPACT
Jiu Jitsu

courthousefit.com/impact

ONE-DAY CLINIC

Saturday, February 22

🕒 11 AM - 1 PM

💰 \$49/student

📍 Courthouse Lancaster

👤 Ages 4 - 13

KIDS CAMP

Mondays and Wednesdays,
February 24 - March 19

🕒 5:15 PM Start

💰 \$99/student

📍 Courthouse Battle Creek

👤 Ages 4 - 13



ODC
ORBIT DANCE COMPANY

Learn More, See Full
Schedule, and Register at
courthousefit.com/orbit

FREE PETITE CLASS

Monday, January 20

🕒 4:30 PM

💰 FREE

📍 Courthouse West Salem

👤 Pre - 1st Grade

PETITE CAMP

All Mondays in February
(includes one month of Courthouse membership)

🕒 4:30 PM - 5:15 PM

💰 \$75

📍 Courthouse West Salem

👤 Pre - 1st Grade

MINI CAMP

March 3, 10, 17, and 31
(includes one month of Courthouse membership)

🕒 6:00 PM - 7:30 PM

💰 \$100

📍 Courthouse West Salem

👤 1st - 4th Grade



SPRING LEAGUE TRYOUTS

Sunday, March 16

Every player must register before attending tryouts

📍 Courthouse Battle Creek

👤 5th - 8th grades

🕒 9:00 AM - 11:00 AM

👤 9th - 12th grades

🕒 12:00 PM - 3:00 PM

Swim

courthousefit.com/swim

Group and private lessons are always available

throughout the year at Courthouse South River Road,
West Salem, Keizer, and Battle Creek.

ADULT ACTIVITIES

JANUARY-MARCH, 2025

IMPACT
Jiu Jitsu

WOMEN'S SELF DEFENSE CLINICS

\$49 per clinic • 11 AM - 1 PM
(includes one month of Courthouse membership)



January 25



Courthouse South River Rd.



February 1



Courthouse Lancaster



February 8



Courthouse Keizer



PICKLEBALL

Courthouse hosts a strong (and growing) community of pickleball players at Courthouse Keizer, Lancaster, Battle Creek, and West Salem.

To learn more and check our open gym schedule, go to **courthousefit.com/pickleball**
No experience or equipment needed.



BASKETBALL

Courthouse hosts many scheduled open gym times throughout the week at Courthouse Battle Creek, Keizer, West Salem, and Lancaster.

Find a time to play at **courthousefit.com/class-schedule**.



VOLLEYBALL

Find a friendly game of volleyball at Courthouse Keizer and Battle Creek.

Find up-to-date open gym times at **courthousefit.com/class-schedule**.