

COURTHOUSE MAGAZINE

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COURTHOUSE

MAGAZINE



**THE POWER OF
CONSISTENT
IMPROVEMENT.**

How It Started. How It's Going.

CONSISTENCY OVER INTENSITY



We've all been there—jumping into a new workout routine or diet with intense enthusiasm, only to burn out or feel frustrated a few weeks later. The truth is, when it comes to making lasting health changes, consistency is way more effective than intensity. Going hard from the start can feel great, but it's easy to burn out. Intense workouts, drastic diets, or making big, sudden changes can leave you exhausted, injured, or craving your old habits. Plus, extreme approaches often don't lead to sustainable results—they're hard to stick with in the long run.

Consistency is about showing up every day, even if it's just a little bit. Instead of trying to make huge changes all at once, you start small—like taking a 10-minute walk or swapping one sugary drink for water. Over time, these small steps build up and become habits that stick.

How to Show up...

Easier to maintain: *Small changes are less overwhelming and easier to keep up with. You don't need to be perfect, just steady.*

Sustained motivation: *As you notice small wins—whether it's feeling more energized or losing a few pounds—you'll feel motivated to keep going.*

Flexibility: *Life happens. With consistency, missing a workout or having a bad meal doesn't derail your whole progress. You just get back on track.*

One thing I like to reflect on is how long it took for my bad habits or choices to lead me to the place I am now. I didn't gain excess weight overnight, my dirty laundry didn't pile up in a day, and most of the time, I didn't spend all my discretionary income all in one place. Rather, I tend to make small, consistent choices that lead me to where I am. The same is true as we try to work towards where we want to be. Learning to enjoy the journey and to accept that change takes time is part of finding long term success. Studies show that small, consistent changes lead to better long-term results than intense, short-term efforts. It's all about making healthy habits a regular part of your

life—no need for drastic overhauls. The more consistent you are, the easier it becomes to maintain those habits. Set small, achievable goals: Start with something easy, like walking for 10 minutes, then build on it over time.

How to Achieve Goals...

Track progress: *Celebrate little victories, like drinking more water or working out daily (even for just 20 minutes)!*

Routine: *Schedule your healthy habits like appointments to make them stick.*

Grace: *If you slip up, don't stress. Just pick back up the next day.*

Community: *Surround yourself with people who encourage your journey.*

Instead of going all-in on extreme changes, focus on being consistent. Over time, small, steady actions lead to big, lasting results. So, take it one step at a time—slow and steady really does win the race.

Consistency is hard because nobody, including ourselves, tends to notice the changes we are making. Small changes implemented consistently over time however will lead to dramatic, dare I say intense changes.

Drew Baker



The FITNESS COACH

fit·ness
/fitnəs/
the condition of being
physically fit and healthy.

coach
/kōCH/
prompt or urge
with instructions.

Since 2009, Courthouse has had no full-time sales staff. This structure is unique now, but it was absolutely unheard of when we dropped salespeople and brought on Fitness Coaches.

At the time, we thought if a Fitness Coach could help members achieve short-term wins and lifetime success, they'd fall in love with fitness. And, if they loved fitness, they'd invite their friends to join them. We tied the success of our organization to the success of our members.

Our Fitness Coaches are guides. Many have been through meaningful personal journeys, have used movement and community to find success, and have been equipped to walk alongside every member on their own

They know the way. They go the way. They show the way.

Today, every Fitness Coach can be found on-stage teaching one of our Group Fitness classes and helping members build strength and endurance in Performance and Spartan.

Fitness Coaches help members succeed. When members succeed, our community thrives.



All members (new or longtime) have free access to a Fitness Coach. If you want to start (or restart) your ideal exercise routine, schedule an appointment by calling our Member Services team at 503-364-1731.

GROWING BEHIND THE SCENES

Courthouse opened in 1977 in a building on South River Road with ten racquetball courts and one employee whose main role was mainly unlocking and locking the front door. Today, Courthouse has nearly 400 employees at five Clubs and our downtown corporate office. We employ Baristas, Fitness Coaches, Kids Court staff, Managers, and more.

Many of our employees work behind the scenes at Courthouse. Let us take you backstage of the Courthouse show!



Facilities

Between all five Clubs in Salem and Keizer, our Facilities crew maintains, repairs, and beautifies over 16.7 acres of property, including 246,254 square feet of indoor facilities and 528,250 gallons of water among 14 pools and hot tubs. The members of this versatile team are the unsung and unseen heroes of Courthouse.



Parties

Courthouse hosts over 250 parties (birthdays, baby showers, graduation all-nights, pool parties, and more) every year. Our Event staff takes on all the hard work so parents can enjoy the festivities as much as the guests.



GATE TEAM



Member Services

With very little exaggeration, we can safely say Courthouse would crumble without our incredible Member Services team. Their friendly voices pick up every phone call, respond to every chat, answer every question, and address any issue. In fact, this small-but-powerful crew answers up to 300 calls a day!



Group Fitness Instructors

The Group Fitness program is the crown jewel of our organization. In fact, we will welcome over 130,000 into over 12,000 class sessions this year alone. And none of it could exist without our amazing Instructor team, all 150 of them. Most work other jobs outside of the Club but always bring unparalleled energy, enthusiasm, and care multiple times per week.

bountiful, booming, bright, blissful, bold,
breath-taking, beaming, big, better, bluff

Beautiful

BATTLE CREEK

Phase One of the Remodel | Completed February 2025



TOTALLY REMODELED LOCKER ROOMS

Our construction crew dug all the way to the bedrock to build our brand-new men's and women's locker rooms. They are spacious, comfortable, and functional.

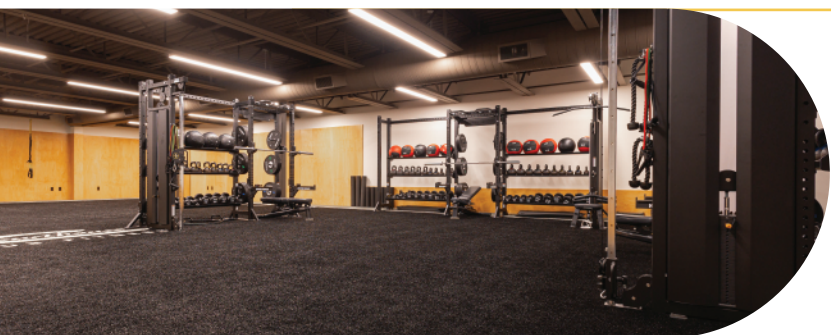
GOURMET COFFEE, SMOOTHIES, AND MORE

With the opening of the Battle Creek Coffeebar, we now serve locally roasted coffee for espresso drinks, and drip coffee. Members and guests can also snag a delicious protein-packed smoothie. We are already seeing members and guests make a delicious drink a central part of their exercise routine.



BRAND NEW TRAINING SPACE

We cleared A LOT of walls to transform a long hall and some storage rooms into a beautiful Training space. This means we can invite more members into Spartan and Performance, plus expand our weight room.



GROUP FITNESS ROOMS, UPDATED!

We beautified our Group Fitness rooms to make fitness even more simple and fun.



In the world of fitness, we typically think of success by what we can see and measure. Bigger muscles. A flatter tummy. Better skin. Improved biomarkers. But what about the success you can't see in photos or lab results?

LINDSAY GILLETT



Meet **Lindsay Gillett**

This is a silly example, but the other day I went to Costco on my own, which is already a big deal for me. I picked up a giant bag of dog food by myself!

When Lindsay Gillett moved to Oregon from Southern California eight years ago, she began experiencing extreme weakness, fatigue, and frequent and debilitating migraines.

"I could practically do nothing," she says. "I was so weak and desperate for a solution, or at least an answer. My doctors were all great people, but they couldn't figure out what was wrong."

Eventually, Lindsay decided to join Courthouse with her husband and son. "At the time, I thought, how am I going to the gym when I can't even carry groceries?" But Lindsay believed she was not meant to be in pain for the rest of her life. So, she showed up and jumped into Group Fitness classes like High Fitness, Power, Age Strong, and R30.

Her workouts started light and slow but she kept showing up. And although her symptoms have not disappeared, she has seen enormous benefits from consistent exercise. Her near-daily migraines have become sometimes-monthly occurrences, and she is able to live a normal life.

DOUG MINZGOR



Meet **Doug Minzgor**

This [experience] would change my entire perspective

If you've spent time at Courthouse, especially at the Battle Creek Club, **you have likely had the privilege of meeting Fitness Manager Doug Minzgor.**

Today, Doug is enthusiastic, driven, and overflowing with positive energy. But, not long ago, Doug was overcome by addiction, depression, and despair. "I was deeply sucked into addiction," says Doug. "I had two failed marriages, a daughter I did not know very well, and my health was bringing me closer and closer to death. All my dreams had disappeared."

Four years ago, Doug began working at Courthouse on the Facilities team and was quickly promoted to the role of a Fitness Coach. "This [experience] would change my entire perspective," he says. "I learned patience and humility. I was given the best job ever because I could help guide and lead others to a healthier life. I started digging into the Fit Five, felt amazing, and wanted to share it with others."

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WE'RE ALWAYS
#BETTERTOGETHER



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IMPACT
Jiu Jitsu

NOW AT
**BATTLE CREEK
COURTHOUSE**

Come join the fun and get a great workout!



SWIM CAMPS ARE COMING SUMMER 2025

Turn your kids into confident swimmers while they have fun in the sun!



REGISTRATION BEGINS SOON!
STAY UP TO DATE BY FOLLOWING OUR SOCIAL MEDIA

STAY TUNED FOR MORE **SUMMER PROGRAMS**

31
DAYS TO
A BETTER
YOU

ACCEPT THE
CHALLENGE
MAY 1 - MAY 31



WHAT IS THE CHALLENGE?

Summer is approaching....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.