

COURTHOUSE

MAGAZINE

**MORE THAN
A GYM**

Courthouse is for the whole family!

LET THE KIDS PLAY

Summer hits differently when you're a Courthouse kid.

The pools are packed. The basketballs are bouncing. The Clubs are alive with movement, laughter, and growth, not just for our adult members but for the next generation. As a parent, that's one of the things I love most about this time of year.

When I first moved to Salem, Courthouse was the closest gym to my home, and more importantly, it had noon basketball. That's all I needed. I joined as a member, then got a job working the Service Desk and eventually as a Fitness Coach. Those early years were pivotal for my physical growth as an athlete and a person. I was surrounded by a team that encouraged me to explore more than just the court. I learned to lift. I learned to eat better. I learned to take care of my body in new ways.

That re-engagement with fitness gave me the confidence to step back onto the court at Corban University. And even though my competitive college days are behind me, the love of the game never really goes away. I still play pickup basketball with friends today, and now I watch my son, Zeke, splash and smile through Courthouse Swim.

I've seen it in my own life and now as a parent: when kids are involved in movement, they gain more than just skills. They gain confidence. Confidence in their bodies, in their voices, and in their ability to connect with others. Whether it's swim camp, a basketball league, or just running wild in Kids Court, activity helps our kids grow into the people they're meant to be.



So here's my advice: let the kids play. And let them try everything. In today's culture, it's easy to feel pressure to pick one sport and specialize early. But there's power in variety. The more games they play, the more they learn. And the more fun they have, the more likely they are to build a lifelong relationship with fitness.

We want our kids to know that fitness is fun. That it's social. That it's for life. At Courthouse, the goal isn't just performance; it's play. It's health. It's community. And it starts young.

See you this Summer, on the court, by the pool, or wherever your family moves together.

Cody Crowe
Senior Director of Club Operations



FROM SWISH TO A SYSTEM:
BASKETBALL IS BACK AT COURTHOUSE

The Early Days

In the early 2000s, Courthouse launched Swish Basketball, a homegrown youth program that brought kids together for nearly 15 years. Camps, leagues, and games filled our gyms and helped build more than just basketball players.

After a long pause, we're back in the game.

Rebranded. Relaunched. Ready to Grow.

In spring 2024, we reintroduced the program as Courthouse Basketball Club, a year-round system focused on skill development, teamwork, and confidence building for athletes from elementary school through high school.

This isn't just a simple rebrand. It's a total reset, built with purpose.

"The focus of this shift and new direction is to become a program dedicated to the development of its players, both athletically and personally, allowing all players the opportunity to play," says Jacque Elliott, Youth Sports Director. "We're not just building basketball players. We're helping shape confident, connected kids who grow into great teammates on and off the court."

Courthouse Basketball Camps Are Back

This Summer, our high-energy, skill-focused basketball camps return to Courthouse, designed to build confidence and connection through the game we love. Camps are open to players of all levels and blend fundamentals, scrimmage play, and team-building in an encouraging, growth-minded environment.

And the fun doesn't stop when Summer ends. Fall Leagues pick up right where camp leaves off, offering athletes continued opportunities to compete, develop, and thrive. Whether your athlete is brand new to the game or ready to take things to the next level, Courthouse Basketball is the place to grow, season after season.



Scan the QR code to see dates, times, and to register.

COMMUNITY STARTS AT HOME



Drew

Teaches Group Core and R30
Avid Friday basketball player
Dabbles in racquetball



Cammy

Teaches R30
Lifts weights and takes Group Core
Former Volleyball Director



Kalia

Teaches Age20 and Blast
Fitness Coach and Volleyball Coach
Started as a Courthouse Volleyball Player

UNITY

OME

One Family, All In

You probably know Drew Baker as the President of Courthouse, but step inside any of our Clubs, and you'll quickly realize that the Baker family is all in. From starting the day at the Coffeebar to late nights on the basketball court, the Bakers live the Courthouse mission: to create community, to move with purpose, and to bring others along for the journey. They're not just members. They're coaches, instructors, teammates, and mentors. In many ways, they are a family that reflects what Courthouse is all about: growing up here, staying connected here, and giving back here.



Asher

Club Basketball Player
Former Kids Court kid

Participated in Summer Swim Camps



Kydalin

Club Volleyball Player
Former Kids Court kid

Participated in Summer Swim Camps



Quinley

Club Basketball Player
Former Kids Court kid

Participates in Volleyball Camps

SUMMER SIPS FOR THE WHOLE FAMILY

Cold Drinks,
Big Flavor,
Courthouse
Style!



**At the Courthouse
Coffeebar, we know
Summer is about move-
ment, sunshine, and
staying refreshed.**

Whether you're stopping by post-workout, between swim camp drop-offs, or just here for a moment with the kids, we've got drinks for every kind of day.

We've also recently added performance-focused supplements like creatine, superfoods, and protein to our smoothies. Now, your order can fuel your goals, not just your cravings.

Don't forget to grab a snack while you're here! First Bite Organics is now available at all five Club locations, with West Salem offering additional grab-and-go meals and snacks to satisfy your whole crew.

**SEASONAL
FAVORITES
INCLUDE**

Lemonade Smoothie

Coconut Cold Brew
with Cold Foam

Blue Raspberry Energy Infusion

**Swing by and sip
into Summer.**



INSIDE THE JOY AND
IMPACT OF KIDS COURT

THE Hidden Gem -OF- Courthouse

Tucked inside every Courthouse location is a space bursting with laughter, learning, and the pure energy of childhood.

It's not the weight room, the cardio deck, or the training floor. It's Kids Court. While members often walk past its bright doors on their way to a workout, what's happening inside is one of Courthouse's best-kept secrets.

Kids Court is more than childcare. It's a place where children feel known, safe, and celebrated. It's also where parents can have peace of mind that their children are cared for while working out in the Club.

MEET PENELOPE AGE 5

Penelope, a regular at the Keizer location, lights up when she talks about her time in Kids Court. "I love coming to Courthouse," she says with a big smile. "I get to play with my friends and drink my favorite strawberry smoothies. It's my favorite part!" For Penelope, Courthouse isn't just where her grown-ups work out; it's where she gets to laugh, move, and make memories.

MEET RACHELLE SURPRISE

Rachelle Surprise has worked in Kids Court at the Keizer location for just over a year, and in that short time, she's become both a favorite among the kids and a thriving member of the Courthouse community. "It's a little cliché, but it's true," Rachelle says. "Courthouse is such a joyful place, and I'm so happy to come to work every day."

When she's not entertaining toddlers, Rachelle's sweating it out in Club Dance or building strength in Performance Training. "My workouts help me stay active and strong," she says, "which I need to keep up with the little ones!"

For parents, Kids Court means peace of mind. For children, it's a place of belonging. And for staff like Rachelle, it's a place of purpose. "I didn't expect to fall in love with this job the way I have," she says. "But now, it's one of the best parts of my life."

I get to play with my friends and drink my favorite strawberry smoothies. It's my favorite part!

Courthouse is such a joyful place, and I'm so happy to come to work every day.

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

COURTHOUSE MAGAZINE SUMMER 2025 EDITION



**SIGN UP FOR
NEWS & UPDATES**





GROUP FITNESS CLASSES | FREE - NO BOOKING NEEDED

Courthouse hosts hundreds of classes every week at our five Salem and Keizer locations. Discover a class for cardio, strength, endurance, mobility, flexibility, and recovery.

JUMP IN: Check the schedule for all five Clubs at courthousefit.com/schedules



BASKETBALL | FREE - NO BOOKING NEEDED

Shoot hoops, start a game, or play pick-up on Courthouse's full-length hardwood courts.

JUMP IN: Check open-court and pick-up game times at courthousefit.com/schedules



PICKLEBALL | FREE - NO BOOKING NEEDED

Play the world's fastest-growing game at Courthouse. Our pickleball community is fun, welcoming, and, in some cases, just slightly competitive. We have free open-play times on our hardwood courts.

JUMP IN: Check open-court and pick-up game times at courthousefit.com/schedules

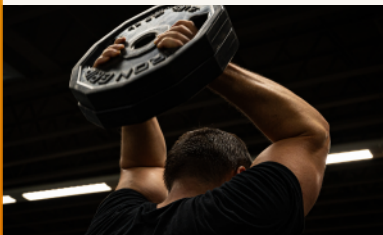


RACQUETBALL, SQUASH, HANDBALL

FREE - NO BOOKING NEEDED

Courthouse began as a racquetball club in 1977, and we still have the most courts (racquetball and squash) of any health club in Salem and Keizer. Find a buddy or join up with a regular group.

JUMP IN: See when groups meet to play at courthousefit.com/schedules



TRAINING | PAID - REGISTER

We believe every fitness plan should include strength and mobility training. At Courthouse, you have multiple options, including high-intensity interval and fundamental strength training. Each session is full of fun, coaching, and community.

JUMP IN: Learn more and start a trial at courthousefit.com/training



PILATES | PAID - REGISTER

Courthouse is the home of Salem's premier Pilates studio. Build strength, improve your physique, and create valuable mind-body connections. Programs include classic reformer, springboard, and barre training.

JUMP IN: Learn more at courthousefit.com/pilates



IMPACT JIU JITSU | PAID - REGISTER

The best combat sports training program in Salem and Keizer is at Courthouse. Train in one or multiple disciplines with experienced coaches in a fun, welcoming, and challenging environment. No experience is required.

JUMP IN: Learn more and start a trial at courthousefit.com/impact



SWIM | PAID - REGISTER

We believe every child deserves to safely and confidently enjoy the water. Our group lessons start for swimmers as young as six months old, and our trained instructors give boys and girls serious skills in a fun environment. Plus, we host summer camps in our outdoor pools.

JUMP IN: Learn more and start a trial at courthousefit.com/swim



IMPACT JIU JITSU | PAID - REGISTER

Every kid deserves to have their thing, an activity in which they can excel. Jiu Jitsu teaches practical skills, instills confidence, and welcomes boys and girls of every athletic ability and skill level.

JUMP IN: Learn more and start a trial at courthousefit.com/impact



COURTHOUSE VOLLEYBALL CLUB | PAID - REGISTER

Courthouse Volleyball Club offers opportunities for boys and girls to play and grow through our Club team, clinics, and private lessons. We strive to develop good players and great people!

JUMP IN: Try out for a Club team, register for a clinic, or book a lesson at courthousefit.com/volleyball



COURTHOUSE BASKETBALL CLUB | PAID - REGISTER

We develop tournament teams, host clinics, and offer private and small-group lessons. The Courthouse Basketball Club emphasizes skills development and a life-long love of movement.

JUMP IN: Try out for a Club team, register for a clinic, or book a lesson at courthousefit.com/basketball



PARTIES | PAID - REGISTER

Throw an amazing party, complete with games, free play, inflatables, swimming, basketball, and more. You book it and we make it amazing.

JUMP IN: Learn more and book a party at courthousefit.com/parties