

COURTHOUSE

MAGAZINE



TWENTY YEARS OF STRENGTH.

Celebrating two decades of Group Power & the community behind it.

RIDING INTO SOMETHING NEW

I began my Courthouse membership in 2010.

Back then, I was a young mom with three small children, desperate to get out of the house, move my body, and make the most of the two glorious hours Kids Court offered each day. I was terrified to take a class, despite many invitations from staff. I vividly remember finally being persuaded to try a spin class. I snuck in, sat in the very back row, and did my best not to make eye contact with anyone.

That first class was the catalyst I needed to come back a second time, and a third. Before I knew it, I was a regular in both R30 & Group Power, and slowly began stepping out of my comfort zone, getting to know a few of the people around me. While my Courthouse journey has had its ebbs and flows, I look back on that time as a new member and have so much gratitude for taking that first step.

Over the past fifteen years, I've participated in all types of fitness at Courthouse. I've tackled Spartan training, and my kids have participated in everything from swim lessons to club volleyball. A few years ago, I even started teaching my own spin class. Some of those familiar faces from Group Power and R30 have turned into deep, lifelong friendships.

As I've transitioned into a career at Courthouse, I've grown to love our mission even more. We want everyone who walks through our doors to look good and feel great through simple, fun exercise. It's more than a workout. It's creating space for community with like-minded individuals. My friends here have laughed with me, pushed me to grow, encouraged me through seasons when I didn't feel successful, and provided the support I needed along the way.

Whether you work at Courthouse or call us your home away from home, always be on the lookout to be a friendly face. Take a new class. Invite someone along. Build community every step of the way.



Jess Edmiston
Vice President of Marketing & Communication



SCAN TO
VIEW ONLINE
SCHEDULE



GROUP POWER TURNS TWENTY

TWO DECADES OF GETTING STRONGER TOGETHER

Whether you're a longtime fan or you've never tried it before, there's no better time to join the Power community.

Twenty years ago, Courthouse launched Group Power, and it changed everything.

Before Power, our strength classes were instructor-created with individual formats, personal playlists, and every class was very different. When Group Power arrived, it introduced an innovative program with a structured approach, intentional music, and functional training designed for real results.

What started as a fresh new way to train quickly became one of the most beloved communities in our Clubs. Today, Group Power attracts individuals of all ages and experience levels, as well as anyone who wants to get stronger in a fun and motivating environment.

Why Power Still Works

Group Power blends effective, full-body strength training with dynamic, athletic movement and music that makes the work feel good. It's accessible, adaptable, and consistently delivers results.

Build Muscle, Build Life

Most adults start losing noticeable muscle mass after age 30, unless they engage in strength training. Building and maintaining muscle supports stronger bones, improves balance, and helps prevent long-term injuries. Strength training isn't just helpful, it's vital to living a healthy life.

20 Years, And Still Powerful

As we celebrate two decades of Group Power at Courthouse, we're honoring the instructors who have poured their energy, passion, and expertise into leading engaging classes year after year. Their coaching, consistency, and commitment have built the Power community we know today.



"I teach Power because it keeps me strong in every way - muscle, bone, movement, and mindset. My passion is to lead members on a strength journey that helps them live healthier and more fully. At any age, everyone benefits from strength training."

**Cathi White
Power Instructor**



"I have three kiddos who have been growing up with Courthouse for the last five years,"

Mariah says. "All three have participated in Courthouse Swim. My oldest passed all the levels and eventually moved into private sessions before shifting to high school sports. My younger two still participate, and we always have a great experience at every Club."

"Courthouse has given us a place to feel loved and valued, both individually and as a family." Most recently, her middle daughter, Leilani, completed her first Volleyball Clinic at Keizer. "The first night was all tears," Mariah shares. "But her coach was so warm and invited her to come early the next week. By week four, she was hooked. She gained so much confidence so quickly." Now, Leilani is excited to play club volleyball this season. Mariah's

THE ECHEVERRIA FAMILY'S COURTHOUSE JOURNEY

For Mariah Echeverria, Courthouse is more than a workplace. It's the place where her family found belonging, confidence, and community.

She began as a member and, after falling in love with training and the way Courthouse employees made her feel seen and valued, eventually joined the team herself. Today, Mariah serves as the Hospitality and Activities Manager at the Lancaster Club.

Where Happiness & Health Come Together



"It feels good to be part of something bigger than ourselves. Courthouse has given us strength, resilience, and so much joy."

husband, Joey, also stays active through Spartan and Performance Training.

When the Echeverrias moved from California in 2020, the transition was difficult and isolating. The Club became the place where they were welcomed, encouraged, and embraced as family.

"Courthouse has given us a place to feel loved and valued, both individually and as a family." As Mariah looks ahead, she's excited to help bring that same warmth to Lancaster through youth activities, family events, and community spaces that help others feel at home.



NEW EQUIPMENT ARRIVING EARLY 2026

BIG UPGRADES ARE ON THE WAY

New Equipment Arriving Early 2026

We are committed to keeping our weight rooms modern, functional and ready for the way you train. This Spring, many Clubs will receive new equipment that brings more variety and more options to your workout.

You can expect additions such as a belt squat (figure A), hip adductor/abductor (figure B), and pendulum X squat (figure C), along with other high-demand equipment.

All of these additions are part of a larger effort to keep adding value to your membership. Courthouse continues to invest in better spaces, better experiences and better tools to support the way you train and the way you feel every time you walk through our doors.



figure C
PENDULUM X SQUAT



figure A
BELT SQUAT



figure B
HIP ADDUCTOR/ABDUCTOR

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



“Group Power is truly for everyone. It’s a full-body workout that strengthens both muscle and movement.”

Lexxie Farmer
Power Instructor

A CLUB FOR EVERYBODY



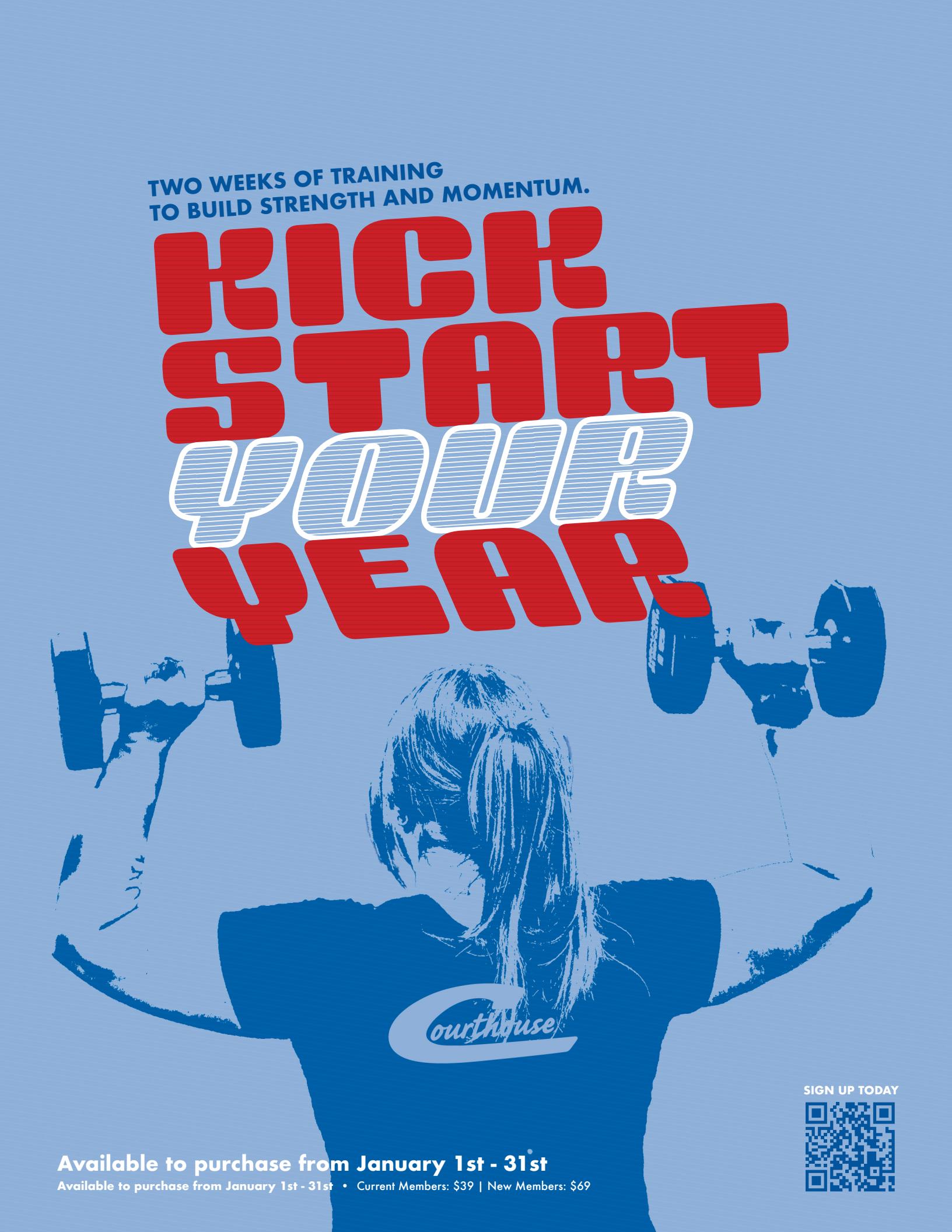
**CLAIM YOUR SLICE.
DISCOVER YOUR CLUB.**



At Courthouse, we believe fitness should be simple and fun. That's why we offer so many ways for kids, teens, and adults to move, play, learn, and grow. **Visit our website to learn more or start a trial.**

TWO WEEKS OF TRAINING
TO BUILD STRENGTH AND MOMENTUM.

KICK START YOUR YEAR



ourhouse

SIGN UP TODAY



Available to purchase from January 1st - 31st

Available to purchase from January 1st - 31st • Current Members: \$39 | New Members: \$69