

COURTHOUSE MAGAZINE

SUMMER 2026 EDITION

COURTHOUSE

MAGAZINE

BESTIES WHO BURPEE!

How a two-week trial turned into something unexpected.

THIS IS YOUR CLUB

Summer has a way of bringing people together.

For Courthouse members, that can mean spending a little more time chatting with a friend or catching some sunshine on the pool deck before or after a workout. Our kids are busy enjoying various day camps and cannonballing into the pools, while parents can slow down a bit and enjoy extra quiet time. Friendships are built, healthy habits revitalized, and everyone walks around just a little bit lighter and happier.

It is one of my favorite seasons at the Club.

Courthouse has been my home away from home for the majority of my adult life, and my “why” always comes back to community. Our Clubs are full of families. Full of friendships that started on the training floor or in a Club Fitness class or on the pool deck while the kids worked on their swim

strokes. Community is not a feature of membership here. It is the whole point.

This summer, we are leaning into that more than ever.

We have been doing some quiet, exciting work behind the scenes. Courthouse has always been committed to growing alongside our members, and right now that means exploring new ways to help you move, recover, and fuel well. We are looking closely at what we offer in the way of nutrition, from what is available at the Coffeebar to what you can grab on your way out the door. We are also developing new fitness programming that we think you will love. We are not ready to share everything just yet, but we are ready to say that good things are coming.

Here is what we do know: the best version of Courthouse is not something that we build alone. It is something that we build with you. The members who show up every morning, who bring their kids to swim, who drag their best friend to a training session, and then stay for coffee after. You are the reason this place works, and you are the people best qualified to tell us what it needs to become.



So we are asking.

At the back of this magazine, you will find a simple invitation to share your thoughts with us. What is working. What you wish we had. What would make your experience here feel even more like home.

We are listening.

In the meantime, we hope this issue feels like summer. A little fun, full of good food, and full of people worth knowing.

See you in the club!

Jess Edmiston
Vice President of Marketing & Communication

STRENGTH TRAINING, SIMPLIFIED.

At its core, strength training is simple. Lift a little heavier or add more reps from week to week, and you will get stronger, build muscle, and feel better.

Unfortunately, social media and the internet have made it feel more complicated than it needs to be. The good news is that getting started does not have to be complicated.

I have been in the fitness industry for over ten years, and in that time, I have seen many trends come and go. The one thing that remains constant and continues to grow is strength training. No matter the age, the benefits are for everyone.

For those just getting started, a full-body or upper/lower split is a great place to begin. Both approaches provide enough variety to keep training fun and enough recovery time between sessions to see real results.



Ryan Pierce
Fitness Education & Program Developer

Here is what an upper body day might look like:

CHEST PRESS 3 SETS OF 5 - 8 REPS

Focus: Chest, triceps, and front of shoulders - Dumbbell, barbell, or machine.

CHEST-SUPPORTED ROW 3 SETS OF 5 - 8 REPS

Focus: Back, traps, and rear shoulders - Machine or bench supported.

CHEST FLY 3 SETS OF 8 - 10 REPS

Focus: Chest isolation - Machine, cable, or dumbbell.

LAT PULLDOWN 3 SETS OF 8 - 10 REPS

Focus: Back and lats - Cable machine.

LATERAL RAISE 3 SETS OF 8 - 10 REPS

Focus: Middle shoulder - Cable or dumbbell.

BICEP CURLS 3 SETS OF 8 - 10 REPS

Focus: Biceps - Cable or dumbbell.

TRICEP EXTENSIONS 3 SETS OF 8 - 10 REPS

Focus: Triceps - Cable or dumbbell.

Rest 60 to 90 seconds between sets. That recovery time is part of the work, not a break from it.

The most important thing is to push yourself. Most new lifters stop their sets with the strength for five or more reps still left in them. Those last reps are where progress lives.

Have questions? Our Club Trainers are happy to help!

Besties Who Burpee

Desi Hodgin and Amelia Bilyeu have known each other since middle school.

But, like a lot of childhood friendships, life got busy, and the years created distance. Then, in the summer of 2021, they found each other again in the most Courthouse way possible. Poolside, watching their kids splash through swim lessons.

That reconnection planted a seed. Three years later, they are at Battle Creek five days a week, training side by side, and running an Instagram account called “Besties Who Burpee” that is equal parts accountability, humor, and proof that it is never too late to start.

It started simply enough. In the fall of 2024, Desi received a month of training and a two-week friend pass. She invited Amelia to join her. Two weeks became two years of consistent training, and neither of them has looked back.

They are Battle Creek regulars now. Monday and Wednesday mornings, they hit Spartan. On Tuesday, Thursday, and Friday, it's Performance Training.

What keeps them coming back is not just the workouts, but the accountability they have to each other. “We literally tell each other regularly how we would not be doing this without each other. When one of us misses a class, the other is gloom and doom.” On the days it feels impossible, they text each other. Not to cancel, but to remind one another how good they'll feel when they leave the gym. “We never regret a workout, but we do regret missing one.”

Ask them when they realized this friendship had become something bigger, and they do not hesitate. “There is something about having a friend who can do all of life with you, and that is what we have found in each other. Whether it is parenting help, marriage advice, encouragement, laughter, or joy, she is my person.”

Summer brings its own rhythm. When the school drop-off routine disappears in June, they refuse to let it derail them. Their kids have become regulars at the outdoor pools, especially when the slide is up at West. “Our kids are troopers,” they say. “We often hit up the outdoor pools to keep things fun for them.”

Their Instagram account came about on a whim. Their gym friends kept sending reels and workout challenges for them to try. They wanted to

participate but were not ready to post on their personal pages, so they created a separate one. “It has turned out to be such a fun outlet for us.”

The message behind the account is one they feel strongly about. “We are in our late thirties and want you to know it is not too late to start prioritizing your health. Now that we feel healthier, stronger, and more energized, we truly feel we have hit our prime.”

For anyone sitting on the fence, their advice is direct. “Courthouse has made the community for you. You just have to show up and join us.”

NEITHER OF THEM EXPECTED.

Desi Hodgin

Amelia Bilyeu



Follow the Besties

FIRE UP THE GRILL

SIMPLE INGREDIENTS.
SERIOUS FLAVOR.

Summer is the perfect time to dial in your nutrition without giving up the meals you love. This Whole30-friendly recipe from Mary Smith of Mary's Whole Life is full of real ingredients and big flavor, plus it's simple enough for a weeknight dinner. We think it'll fit perfectly into your summer meal rotation.

WHOLE30 TERIYAKI BURGERS WITH GRILLED PINEAPPLE

BURGERS

2 lbs grass-fed ground beef
4 cloves garlic, minced
2 tsp powdered ginger
4 tbsp fresh cilantro, chopped
2 tbsp coconut aminos
Salt and pepper to taste

TERIYAKI SAUCE

1/2 cup pineapple or orange juice
2/3 cup coconut aminos
2 tbsp rice vinegar
4 cloves garlic, minced
2 tsp powdered ginger
2 tsp arrowroot powder
Pinch of crushed red pepper

TOPPINGS

6 pineapple rings
2 red onions, sliced
Lettuce leaves for buns

INSTRUCTIONS

Combine burger ingredients and form into six patties. Heat grill over medium heat. Bring all teriyaki sauce ingredients except arrowroot to a boil, then whisk in arrowroot to thicken. Grill burgers 4 to 5 minutes per side. Grill pineapple rings and red onion alongside. Serve on lettuce buns topped with teriyaki sauce, pineapple, and onion.



View
Full Recipe



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15 THINGS TO DO THIS SUMMER

SUMMER IS CALLING

There is no shortage of things to love about summer in the Pacific Northwest. We put together a list of fifteen of our favorites. From the pool deck to the trailhead, from a donut worth driving for to a concert under the stars, this is your list. **Get after it!**



01

Ride the slide at West's Pool
Some things never get old.

02

Bike at Willamette Mission State Park
The trails are waiting.

03

Try a class you have never taken before
You might just find your new favorite thing.

04

Treat yourself to a Homer Simpson at BigWig Donuts
Strawberry hibiscus never tasted so good.

05

Hike at Drift Creek Falls
Worth every step of the trail.



06

Grab a summer frappé from the Coffeebar
Cold, refreshing, and steps from the weight room.

07

Pick fresh berries at a local U-Pick farm
The freshest thing you will eat all summer.

08

Pool Deck Centergy or Mat Pilates
Move well. Breathe deep. Repeat.



09

Visit the Salem Saturday Market
Local flavors and good people. A perfect Saturday morning.

10

Rally some friends for a pickleball game
Friendly competition encouraged.

11

Paddleboard at Turner Lake
Flat water, fresh air, and good for the soul.

12

Make an açai bowl at home
You will wonder why you waited so long.



13

Catch a River's Edge Summer Series Concert in Independence

Good music, warm nights, and no better place to be.

14

Bring a friend to the Club for the first time

The best thing you can do for someone you care about.

15

Grab a scoop at Dreamie's Creamery

Because summer is not complete without it.



THIS IS YOUR CLUB.

Help us make it even better.

CREDITS:

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



Tell us what you love, what you want, and what would make this place feel even more like home.



Fall brings a full lineup of leagues and clinics, some new to the season, some open year round.

Grab your team, find your court, and pick your path.

ADULT PROGRAMS



BASKETBALL LEAGUE

Adult basketball returns in September with Division 1, Division 2, and Women's play across Battle Creek, West, and Lancaster. Team registration opens in August.



VOLLEYBALL LEAGUE

New this fall, Adult Co-Ed volleyball joins our league lineup with a six-week season plus playoffs, offering competitive and recreational divisions at Battle Creek, Keizer, and Lancaster. Team registration opens in August.



RACQUETBALL LEAGUE

Also new for 2026, we are exploring an adult racquetball league, planned as a six-week season with a playoff tournament. Details are still being finalized. Stay tuned for more.



PICKLEBALL CLINICS

Our three-part Beginner Clinic Series is back this fall at Battle Creek, West, and Keizer, taking players from their first rally to real game play. Registration opens soon.



IMPACT JIU JITSU

Part of our year-round lineup. Train Jiu Jitsu, Muay Thai, Boxing, and more in a program built for every skill level, with regular classes at South River Road, Lancaster, Keizer, and Battle Creek. Coming to West Salem in October 2026.

YOUTH PROGRAMS

Fall brings a new Volleyball Club season and the return of our basketball clinic, right alongside our year-round youth lineup.



VOLLEYBALL CLUB

Fall clinics (September), Pre-season clinics (late October), and Tryouts (November) are right around the corner. Courthouse Volleyball Club continues developing young athletes into confident competitors and teammates.



BASKETBALL CLINIC

Our youth basketball clinic is coming back this fall to build fundamentals and confidence on the court. From there, players can carry that momentum straight into the recreational league kicking off this winter.



IMPACT JIU JITSU

Part of our year-round lineup. Kids build discipline, confidence, and real skills on the mat, with regular classes running throughout the year at South River Road, Lancaster, Keizer, and Battle Creek. Coming to West Salem in October 2026.



SWIM LESSONS

Available all year at South River Road, West Salem, Keizer, and Battle Creek, group and private lessons meet kids wherever they are in the water. Try your first lesson for free.