

# Real Members. Real Results.

*"I have been active my whole life, playing sports and working out. As an adult with young kids, when life got too busy to get to the gym, I continued to work out on my own with whatever weights and equipment I had collected in my basement. I was always consistent working out 5-6 days a week, but I didn't know what I was missing until I joined **go**performance. The programming that Lane develops for the small group training classes is so well thought out and balanced. I love never having to think about planning my work out. The coaches have all taken the time to know my abilities (sometimes better than I know myself) and have pushed me to accomplish so much more than I thought I could.*

*A huge part of **go**performance is the genuine sense of community that Lane and Payden have created. The people, both coaches and members, really make **go**performance a special place. I am so glad to have found a gym home at **go**performance!"*

~ Becky Stevens

**go**performance Member Since 2018



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