

Real Members. Real Results.

*"I started my journey at **go**performance the summer of 2019. I was a new mom, 20 pounds up, and in the worst shape of my life. I tried working out on my own, but nothing seemed to work. I have been an athlete my whole life who has competed at an amateur as well as a collegiate level. Because of this, I am very competitive with myself when it comes to my body. This made the lack of weight loss disheartening because fitness is something that has always come easy to me. When I ran out of ideas, I decided to attend **go**performance with my mom. The first few weeks were painful and grueling, but I stayed consistent and slowly began to see results. Once I was back into decent shape, I started attending the Saturday morning classes with Treon. Treon is by far one of the toughest trainers I have ever experienced. He does not allow "sandbagging," and is quick to let you know when you aren't working hard enough. On days when I don't feel like pushing myself, tough love is exactly what I need. Treon wants you to be the best version of yourself and will not allow you to quit on yourself.*



*Lane's programming is unique, as it is unlike anything that can be found at other gyms in the area. He is focused on the overall fitness of his clients, while also challenging them to train like athletes. Although I no longer compete, I appreciate that Lane and his staff still expect excellence. I am always encouraged to do my best each and every time I step into the gym. **go**performance has given me the tools to success in and out of the gym. When COVID hit in 2020, we were forced into quarantine, I was able to apply what I've learned. I continued my training at home, which is something that I could not have done before.*

***go**performance has changed my physical appearance as well as my mental strength. Today, I am 20 pounds down, and tougher than I've ever been. I have met people at the gym who I now consider to be family, worked harder than I have in the past, and also found a new love for fitness. **go**performance still gives me the competition that I crave and the push to be the best version of myself. I thank Lane, Payden, Treon, and everyone in between who has had such a profound impact on my life thus far. I look forward to continuing my journey and seeing what comes next."*

~ Chase Parker
goperformance Member Since 2019



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