

# Real Members. Real Results.

*“Over the past few years I have been training in between seasons with Lane and the other coaches at **go**performance. It has helped me with my speed and agility, but especially with my strength and stamina. I can move a lot faster laterally and can throw a lot more weight around than I’ve previously been able to do while still being able to recover quickly. In the past few months I have seen big leaps in my strength training from being consistent and sticking with the program. I have also noticed that my lateral agility and my max effort speed have become increasingly faster week after week. Ever since I have committed to play lacrosse in college, my mindset about training has definitely changed in the sense of trying to be the best I can be and improve as much as I can before I leave. The culture and environment at **go**performance is absolutely unmatched in my opinion. It is like a big family - it doesn’t matter if it’s your first time or if you’ve been coming for years, they will take you and treat you like family. The coaches are next-level and know exactly how to motivate you to the fullest but also know how to laugh and make it really fun as well. I genuinely attribute almost all my athletic success to **go**performance and truly do you think it is the place to go if you want to get yourself to the next level.”*

*~ Eric Fewell, Piedmont College, Lacrosse  
**go**performance Member Since 2014*



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