

Real Members. Real Results.

"I like to eat! I love chocolate! I want to stay healthy and fit! These were and are my motivation and goals!

*I never really had a problem committing or finding the time for exercise but finding the right exercise that not only burns calories but improves strength, fitness, and endurance was a challenge for me. This is exactly what **go**performance offered! I had never worked out in a gym before, so this was a new experience for me. My previous exercises of choice were running and doing pilates-type exercises. I noticed that I was not staying strong/firm, increasing strength, nor was I burning enough calories. I honestly did not know what to expect when I started working out at **go**performance. I would laugh in the beginning and say they need a class for the "delicate flowers", but even with that being said – all the classes were adaptable for my strength level at that time.*

I am also amazed at the coach's level of commitment to my individual goals. Even though they are group classes, they are constantly watching to ensure that I am practicing safe techniques, encouraging me to go harder or go stronger, and making my workout experience FUN! In addition to getting in a great exercise, I can say I always get in a good laugh while I am there! The people, coaches and clientele, are all wonderful and make the exercise experience have a spark of JOY!

*Since 2018 when I joined **go**performance, I am amazed at how I have improved in my strength, my tone, overall fitness, and my body's ability to burn more calories (shhhh: it is nice to have a donut day). The amount of weight I can lift, push, pull, press, row, or curl is still an incredible thought for this once 'delicate flower'."*

~ Kim Nolen

goperformance Member Since 2018



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