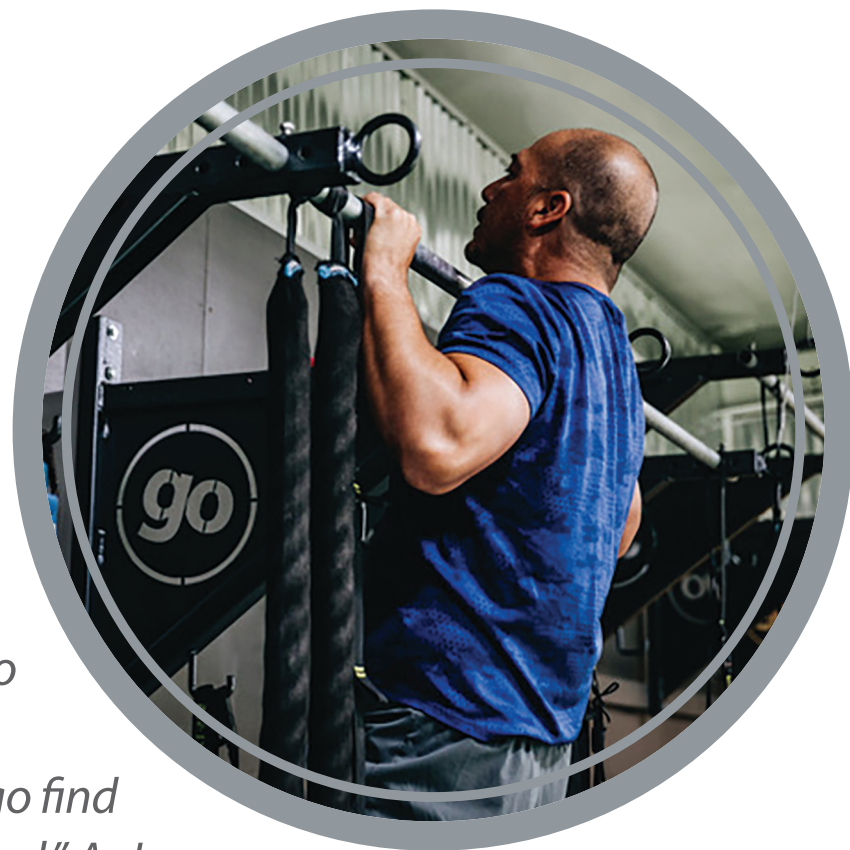


Real Members. Real Results.

*"I've been a member at **go**performance since January 2017. Before joining **go**performance, I was an avid runner for ten years. Running was my game and Larry was my name. I ran so much I even qualified for the Boston Marathon 2012. Running Boston was the pinnacle of my middle-aged running career. Suddenly I decided to stop running. A good friend of mine once told me, "If you lose interest in doing something you love, go find something new you can do to make you feel fulfilled." As I was aging, I noticed my physique was heading towards a dad bod as the miles declined. One day I decided to step into **go**performance and I was greeted by Lane and Payden Montgomery. I asked Lane about weight training and getting strong. He said, "Come on we will help you transform from a runner into an athlete!" Three years later I've reversed "Father Time" and feel 28 years old again! The consistent action from week to week and program to program has allowed me to reach my strength and athletic goals beyond anything I had ever dreamed of. I can lift more weight, jump higher and further, run faster and go longer during workouts than most people my age. Working in the restaurant business, things can challenge you in many different ways. Participating in the adult morning classes gives me the energy and mental sharpness to take on whatever comes my way afterwards. When you want to be part of a gym community, **go**performance is the way!"*

~ Larry Ricca

goperformance Member Since 2017



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