

Real Members. Real Results.

*"I have been physically active and required to stay in shape for more than 40 years as a police officer, being an athlete in college, SWAT Commander, and coach. I finally decided to try a formal fitness program at another CrossFit type gym as I am approaching retirement. I ended up seriously hurting myself. I found immediate results in participating in the small group adult classes at **go**performance. Shortly after joining and seeing the success, I encouraged my teenage son to join me as he wanted to get faster, increase his vertical, and his strength. During this past year, I have lost 55 pounds, and he has gained 25 pounds of muscle. My son, Logan, has gained more confidence in himself personally and in his athletic abilities. To this day we continue to reach personal strength and agility goals on a consistent basis.*



Over the years, I thought I was lifting correctly. After a few of the adult small group classes, we realized our bad form was causing the injuries and slowing progress. I was instantly committed after taking the adult group classes and seeing the success. The coaches are motivating, encouraging, and correct improper form. The classes are programmed for success, everyone motivates each other, and the fitness program is constantly changing to keep us interested.

*As the president of Fayette County Community Youth Football, I exclusively use **go**performance trainers in our training camps, and strongly encourage off season training at **go**performance to ensure our young athletes are learning the correct running, jumping, and strength techniques to be successful in their sports. Whether you want to drop some body weight, get stronger, improve your performance in a sport, and/or improve your health, **go**performance is your answer."*

*~ Mark Brown and Logan Brooks
goperformance Members Since 2020*



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