

Real Members. Real Results.

*"I love **go**performance!"*

*I have been a member of **go**performance since 2013. When I joined, I was skeptical about how long it would last. I had always been self-motivated to maintain a decent level of fitness, but I had done it on my own. After years of reading books, magazines and web pages to discover the best "program", I was suffering from exercise burn out, and it showed. Then came **go**performance.*



*Lane and Payden Montgomery and the host of excellent coaches they have hired over the years got me re-energized and kept me there. Their programming is constantly varied and has challenged me to engage in new areas of fitness. After joining, I quickly improved in all aspects of my physical fitness and fixed problems I didn't even know I had! For almost 10 years now, the **go**performance team has kept me interested in working out. I truly look forward to stepping into the gym, even at 5:30 AM.*

*Most important to me has been my **go**performance "family". Lane and Payden foster an atmosphere of community. Through good times and bad, I have always felt supported by the close friends I have made at **go**performance."*

~ Sean Ervin

***go**performance Member Since 2013*



goperformance®
& FITNESS

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