

# Real Members. Real Results.

*"goperformance has become a necessary part of my life since 2012. Here you will find coaches who are caring and friendly and workouts that push you but aren't overwhelming.*

*Here at goperformance, I have learned two things:*

- 1) "Can't" is not a part of my vocabulary - consistency will allow "CAN" to happen.*
- 2) Being physically fit is a combination of both diet and exercise.*

*I feel the best I ever have and much of that has to do with Lane and his team at goperformance. "*

*~ Sheila Scott  
goperformance Member Since 2012*



**goperformance<sup>®</sup>**  
& FITNESS  
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