

Join the best MMA fitness gym in Temecula

At Dan Henderson's Athletic Fitness Center, we offer the best-rated classes for MMA in Temecula CA. Through our hard work, specialist instructors, high-grade equipment, and passion for helping people learn, we have managed to create a community that welcomes all levels and ages. You won't find any other fitness center in the area that offers our high-quality classes for the fantastic prices we have. We are the area's number one choice for fitness centers, so don't miss out!

Benefits of training at our Temecula MMA fitness center

When you train with our fitness center for MMA in Temecula CA, you get plenty of benefits. First and foremost, our specially designed classes cater to any age and skill level. The perks continue with our talented instructor list, including former professional combat athletes and coaches, and a huge range of classes to choose from for MMA and fitness. At Dan Henderson's Athletic Fitness Center, you'll be a part of a supportive community from the teachers and fellow students, and all at extremely competitive prices!

1. Striking

Our striking classes at Dan Henderson's Athletic Fitness Center teach you everything you need to know about stand-up fighting and techniques. We teach both the fundamentals for beginners and the most advanced moves for the experienced so everyone can learn in the best way possible.

2. Grappling

We have lots of grappling classes so you can learn the most important and perfected moves for wrestling, takedowns, controls, pins, sweeps, submissions, and more. Our carefully designed classes will turn beginners into elites!

3. Fitness

At Dan Henderson's Athletic Fitness Center, we aren't only specialists in MMA. We are specialists in fitness, too. With cardio, yoga, spinning, and more, we can help you reach your fitness goals in no time at all. Our state-of-the-art equipment and certified team members are here to help you every step of the way.

4. Kids

Kids are welcome at our fitness center to take part in all types of MMA and fitness classes. We offer classes especially for kids so they can train, learn, and grow in a conformable, safe, and fun environment. Your kids will love our classes!

1. pick a class

We offer dozens of classes to ensure that everyone gets exactly what they want. Pick your class and start your fitness journey with us! If you don't see the type of class you're looking for, just give us a call to see what other programs we can offer you.

2. enjoy your workout

Enjoying your workout is just as important as the workout itself. We have the perfect classes, highly experienced teachers, and a relaxing environment so you can enjoy your workout with us every time!

3. join our community

We want everyone to be part of the community we have created. Our fitness center offers everyone the chance to get fit, enjoy their workout, meet new people, make new friends, and be part of something special!

Do you offer any free trials?

Yes, we do! To ensure that you get to experience our excellent services with no commitment, we offer one free day pass to anyone interested. This pass allows you to try out any classes we offer so you can know exactly what to expect.

Do you offer kids' classes?

Yes! At Dan Henderson's Athletic Fitness Center, we have a whole range of classes for kids of all ages. Your child's experience level also isn't an issue because they will always be put in classes with kids in their age range as well as experience range so they can learn in the best way possible.

Will I learn self-defense?

At Dan Henderson's Athletic Fitness Center, we never advocate the use of violence. However, we do teach everyone the skills necessary to learn how to defend themselves in a life-threatening situation. Since all our students are taught by former professional combat sports athletes and world-renowned combat sports coaches, you can be sure to learn both crucial effective techniques and gain a lot of confidence.

How do I sign up?

Signing up with us is easy! All you have to do is give us a call and book your free class. When you come to the fitness center for your free class, you can then sign up in person with our team. Don't forget, our free classes come with zero obligation, so come and enjoy your free trial!