

## Pure Performance Martial Arts & Fitness Center - Rockville

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## *Pure Performance Martial Arts & Fitness Center - Rockville*

### **Welcome to Pure Performance Martial Arts & Fitness Center in Rockville, Maryland**

Pure Performance Martial Arts & Fitness Center is a premier destination for martial arts enthusiasts and fitness seekers in Rockville, Maryland. With an array of classes catering to all skill levels, it's the perfect place for families, individuals, and those looking to get fit while learning self-defense.

### **Amenities and Accessibility**

One of the standout features of Pure Performance is its user-friendly environment. The facility boasts **\*\*gender-neutral toilets\*\*** and **\*\*wheelchair-accessible entrances\*\***, ensuring that everyone feels welcome and comfortable. The **\*\*wheelchair-accessible car park\*\*** provides convenience for individuals with mobility challenges, allowing easy access to the center's extensive offerings. Additionally, the center includes **\*\*family discounts\*\*** making it an excellent option for parents who want to train alongside their children. Families can enjoy working out together, knowing that there are programs specifically designed for kids.

## **Parking and On-site Services**

Pure Performance offers a **\*\*free parking lot\*\***, allowing members to easily access their training sessions without the hassle of finding street parking. This ensures members can focus on what really matters: training! The gym also features various **\*\*on-site services\*\***, including multiple restrooms and showers to facilitate a seamless experience before and after workouts. The vast gym area is equipped with quality weight lifting equipment that members can use at their convenience.

## **Class Offerings**

Members can take advantage of a diverse schedule that caters to all ages. From Muay Thai to Jiu-Jitsu and Krav Maga, instructors tailor training to each participant's skill level. The **\*\*children's classes\*\*** are particularly noteworthy, providing a safe and encouraging environment where young students can learn self-defense techniques. For those unable to attend in-person, Pure Performance also offers **\*\*online classes\*\***, ensuring that training continues even from home.

## **Community and Environment**

The positive atmosphere at Pure Performance is one of its best attributes. Members describe the community as friendly and supportive, creating a family-like environment. Instructors are dedicated to helping everyone achieve their personal fitness goals, whether they are seasoned athletes or beginners. As one member noted, "There is a strong sense of camaraderie." This welcoming vibe makes it easy to connect with fellow students and instructors, fostering friendships that extend beyond the mat.

## **Conclusion**

In summary, Pure Performance Martial Arts & Fitness Center is more than just a gym; it's a community hub that promotes health, safety, and personal growth through martial arts. With its **\*\*excellent amenities\*\***, **\*\*accessibility\*\***, and a commitment to fostering a friendly environment, it is highly recommended for anyone interested in improving their fitness, learning self-defense, or simply having fun while getting active. Whether you're a parent looking for a

family-friendly program or an individual seeking a welcoming place to train, Pure Performance has something for everyone.

### **We are found at**

Parklawn Commerce Center, 11711 Parklawn Dr Unit G, 20852 Rockville, Maryland - United States (US)

The contact phone of this **Martial arts school** is +1301-881-7314  
And if you want to send a WhatsApp, you can do so at +1301-881-7314

### **We open at the following schedule:**

Day	Hours
Monday	1:45–3:15?PM
Tuesday	Closed
Wednesday	4:45–9:15?PM
Thursday	4:45–8:15?PM
Friday	4:45–9:15?PM
Saturday	4:30–8:15?PM
Sunday	5:45–8:15?PM

The website is Pure Performance Martial Arts & Fitness Center

In case you want to update any information that you consider is incorrect regarding this web, we urge you to send us a message so we can we will fix it promptly. With anticipation thanks.

## **Images**



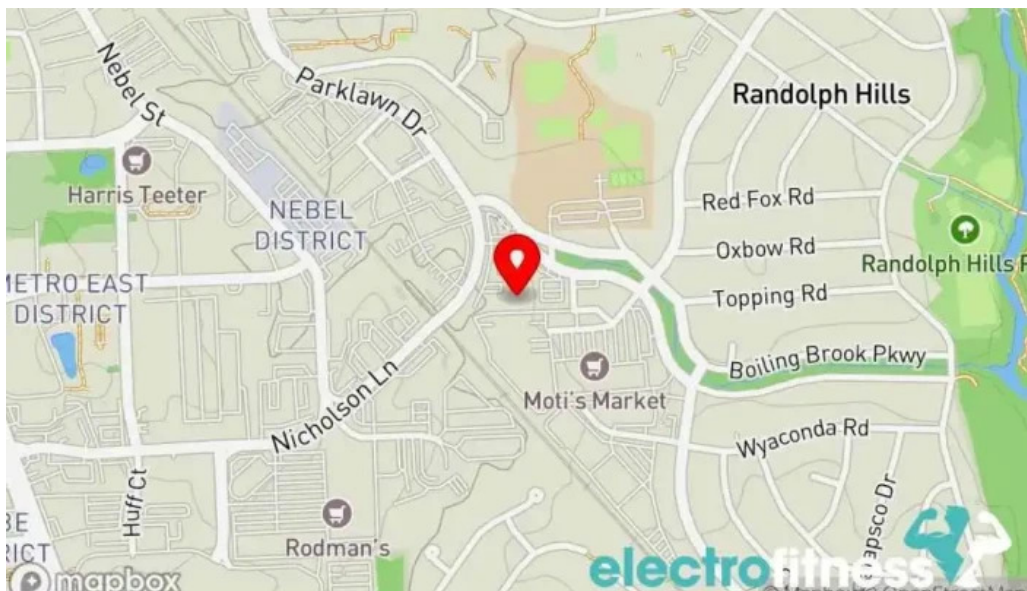
*Pure performance martial arts fitness center street view 360deg*



*Pure performance martial arts fitness center rockville*

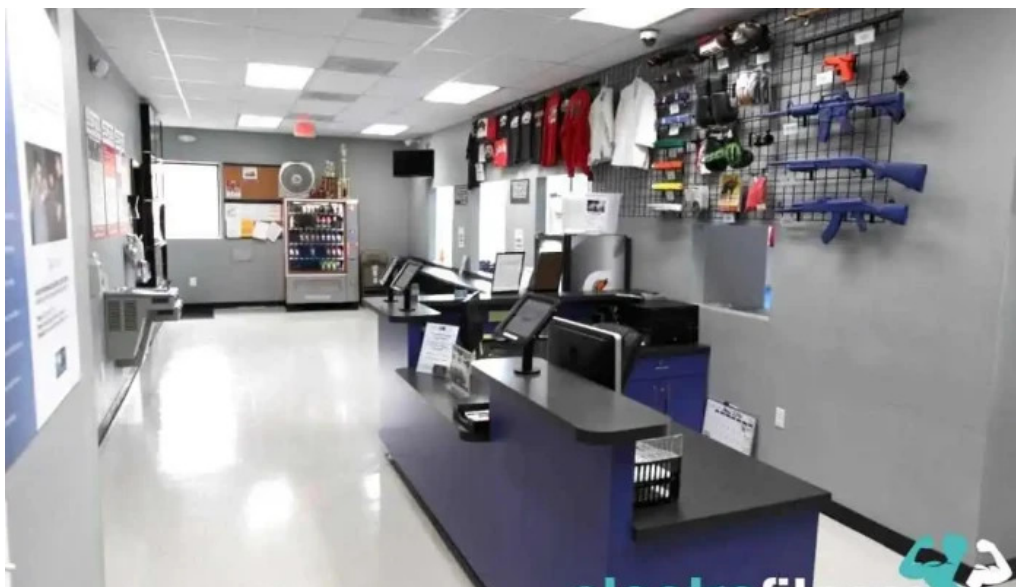


*Pure performance martial arts fitness center martial art*



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## Tags

*Family discount, Gender-neutral toilets, Accessibility, Amenities, Wheelchair-accessible seating, Children, On-site services, Free parking lot, Parking, Toilet, Wheelchair-accessible car park, Online classes, Service options, Wheelchair-accessible entrance*

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**4.9 \*** *Pure Barre - Danville*

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**5.0 \*** *Pure Barre - Lafayette*

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<b>4.9 *</b>	<i>Pure Barre - Boise</i>
<b>5.0 *</b>	<i>New Vision Martial Arts - Acworth</i>
<b>5.0 *</b>	<i>Freestyle Martial Arts Academy - Absecon</i>
<b>5.0 *</b>	<i>Georgia Martial Arts &amp; Self Defense - Acworth</i>
<b>4.7 *</b>	<i>United Fitness &amp; Martial Arts - Winthrop</i>
<b>5.0 *</b>	<i>Pure Strength Studio-The Miss Lou Amazing 12 - Natchez</i>

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boxing gym
boxing ring
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club
coffee shop
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convenience store
counselor
country club
coworking space
dance school
day spa

dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
food producer
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio



private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
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shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization