



LEADERSHIP ACADEMY
MARTIAL ARTS | FITNESS | SELF DEFENSE
WOODRUFF, WISCONSIN

**NEW MORNING
CLASS**

MOVE BETTER. FEEL STRONGER. BUILD CONFIDENCE.

MARTIAL FLOW

Low-impact martial arts for adults who want better balance, flexibility, confidence, and self-defense awareness without sparring or pressure.

LOW IMPACT

Joint-friendly movement with smart pacing.

BEGINNER FRIENDLY

No experience or uniform required.

NO SPARRING

No rank testing, pressure, or hard contact.

REAL BENEFITS

Balance, mobility, posture, and confidence.

TRY 2 WEEKS FREE

Mondays & Wednesdays, 9:00-9:45am

Leadership Academy Martial Arts • 320 Oak St, Woodruff • 715-358-3971

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