



EMPOWERED NINJAS

Our martial arts class is a 6 week course which provides students an opportunity to learn self defense basics, safety awareness, self discipline and physical fitness. Classes will include modified games and activities which will provide exercise, karate skills and social skills utilization. Classes will be modified to fit client and group abilities. We request parents be present during class.

Classes will be held Wednesdays at 5:30

**LOCATION: 39393 Van Dyke, Suite 105
Sterling Heights, MI 48313**

SIGN UP AT: 586-722-7524

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