



## **Additional Services for Teens and Adults offered by Legacy American Martial Arts**

**www.legacyama.net      651-343-2070**

### **Women's Self Defense Seminar**

Learn the necessary steps to prevent yourself from being a victim. Our staff will show you what you can do to minimize your chances of being attacked in the first place and how to defend yourself against some of the most common attacks. Legacy AMA will come to your book club, church group, or other group event for an educational, yet confidence-building day.

### **Personal Training (Genesis Fitness)**

Ms. Jena Bushey, certified personal trainer, corrective exercise specialist (NASM) and weight management consultant (ACE) offers personal training sessions and weight management counseling sessions for 1 or 2 at a time. She wants to help you find your new and healthier you, so contact her to start your new beginning.



### **Private Group Lessons**

You pick the time. You pick the topic. You pick your classmates. Legacy AMA offers 1-hour private group lessons twice a week in the mornings or afternoons. Topics include; Taekwondo, Brazilian Jiu-Jitsu, Personal Protection, Women's Self-Defense, Tai Chi, and Group Fitness. Lessons are \$300/month for up to 10 students. Contact us for more information and scheduling.

### **Parties for Adults**

Adults interested in doing something different for a church group, bachelor or bachelorette party, birthday party, or other special event can book something special with us. We can run a range of events from a Tai Chi bridal shower, to a Brazilian Jiu-Jitsu birthday party to self-defense seminars. Legacy AMA would be happy to be your host. Contact us for dates and pricing.

### **Corporate Seminars**

Our instructors can come to your place of business or host corporate seminars on a variety of topics for you and your staff. Tai Chi offers a method of stress relief for those who work in a high-stress environment. Taekwondo and our self-defense seminars offer workers ways to keep themselves safe at the workplace and in their personal lives.