



Local business of the Month:

Neutral Ground



Neutral Ground is a great place to go to learn and practice martial arts and other self-defense techniques since 2005. There are locations on Milwaukee's east side and Bay View, Grafton, Stevens Point, and Sheboygan.

Neutral Ground can help you with more than fitness. Exercise relieves stress, helps prevent injuries, promotes immune health, builds confidence, and can keep you social.

Milwaukee's east side location is close to UW-Milwaukee, Milwaukee School of Engineering, and Milwaukee Area Technical College so its classes are on a schedule in a way that is accommodating for students.

Whether you are looking to train for MMA, want self-defense lessons, or are looking for a new way to work out, Neutral Ground is there for you. For more information, click [here](#).