

# ROCK STEADY BOXING HILTON HEAD



STAY IN  
THE FIGHT!



## KICKBOXING FOR PARKINSON'S

Riptide MMA introduces a functional fitness training that helps to:

- Lessen the symptoms of PD
- Enhance "Mind Muscle Connection"
- Improve core strength, balance, stability, posture, range of motion
- Stimulate clear mind
- Improve self-esteem, confidence, and quality of life

**KAREN DEMBIEC**

*We are so thrilled we found Riptide MMA and its owner John Juarez! Kickboxing is the first type of exercise Walt has been able to really enjoy. Walt has more energy now and this type of exercise is very good for his brain and motor system. We have noticed significant improvement in his overall strength: he doesn't use his walker now when we walk around the neighborhood and I have seen him catch himself when he starts to lose his balance.*

843.422.6641 | 36 PERSIMMONS RD.  
BLG 300, SUITE 303, BLUFFTON  
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**ROCK STEADY**  
**BOXING**  
**HILTON HEAD**



**ONE FREE CLASS**

**MUST PRESENT THIS OFFER**

Parkinson's | Fitness Kickboxing | Kids Programs  
MMA Programs | Personal Training



**CERTIFIED ROCK STEADY INSTRUCTOR**

[www.RipTideMMA.com](http://www.RipTideMMA.com)