



Core Strength  
Balance  
Equal Strength

Do you have it?  
Do you want it?

Endurance  
Easier, higher  
Jumps Flexibility  
Faster Spins  
High Spirals

HOW?

Be evaluated by  
**Mark Noble, MS Exercise Physiology**

Prsmfitness of Huntsville, Alabama

Where: Cleveland Skating Club

When: During CICs, March 12-14, 2004 by appointment

Cost: \$250 including personal program development & seminars

Contact: Mary Ann Hulme @ 216-991-0110 for more information or appt.

Seminars only : \$15 per family for 1<sup>st</sup> \$5 additional for the 2<sup>nd</sup> seminar

Mark returns for his 3<sup>rd</sup> visit to Cleveland to provide the service

2000 US Skating Nationals – he evaluated the national competitors at CSC

2001 Guest Speaker for the parents meeting at Eastern Great Lakes Regional – Birmingham

2003 Cleveland Skating Club to evaluate skaters, adults and other athletes

References include the Hulmes, Chriens, McDonalds and Pieter Kollen

Duke Blue Devils, Orland Magic, NASA astronauts, West Point Cadets, U of M athletes.....

Please see [www.prsmfitness.com](http://www.prsmfitness.com) for  
more information about Mark Noble