

Announcing
Mark Noble, MS Exercise
Physiology

Cleveland Skating Club

March 12 –14

For personal evaluation and personal
program development

Cost \$250

2 seminars on skating will also be provided
Seminar cost \$15 per family for 1st and 5 or second
Those scheduling an evaluation attend seminars free

Physiology of jumps and skating
Physiologic appropriate training

Contact

Mary Ann Hulme

216-991-0110

For more information and scheduling appointments

Scheduling will be done around competitors schedule

Seminar times will be announced when CIC schedule
is complete

Spring is the time to design the training program!

Any person can be evaluated by Mark Noble you do not have to be a skater

See www.prsmfitness.com for more information on Mark Noble
US Skating national competitors know Mark so do the Duke Blue Devils,
Heart and Brain attack survivors, West Point Cadets, Astronauts, you too
can have his time and attention. He designs a full training program