

Are you getting inspired by the Winter Olympics in Sochi?

Would you like to find out more about this fun winter & summer sport? Then come and meet **Olympic** hopeful Fern Cates and join in a

FREE roller-skiing session with

The SkiFIT Club at the Bandstand on Hove/Brighton seafront

Thursday 20th February 2014 @ 11am

Fern is in the BNDS (British Nordic Development Squad) and trains on snow in various locations during the winter season and on roller-skis during the rest of the year. www.roller-skis.com

The SkiFIT Club and Fern would love you to come along to find out more and have a go at roller-skiing, which is an up and coming, low impact sport – great for those of you who fancy doing something new and getting in shape.

Email us your name, mobile, height and shoe size to be able to participate in the free sessions.



To find out more about Fern and roller-skiing, please see the links below

www.roller-skis.com

www.twitter.com/FernCates

