



TRY SOMETHING NEW

Roller-skiing a fun and excellent way to get fit. No previous experience required. Learn the technique of roller-skiing and it might lead onto cross country skiing on snow in the future.

Roller-skiing is a rapidly growing sport around the world. Come and try and find out how and exciting it can be to get FIT and meet people.

The SkiFIT Club offers a free taster session on Sunday 12 January at King Alfred Leisure Centre, Hove at 9:15am.

We are running a Sportivate Sussex 6 week roller skiing course starting on Sunday 19 January at Preston Park Velodrome car park at 9:15am and 10:45am.

Following dates are: 26 Jan, 2 Feb, 9 Feb, 2 Mar, 9 Mar (No sessions during Half Term)

To book your place email skifit@roller-skis.com

For other local sessions in Surrey and Sussex please look on our website www.roller-skis.com



JOIN US!



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