

ROLLER-SKIING AT STOKE PARK – GUILDFORD

SUNDAYS AT 10.00 FROM 4TH MAY



Come and try a fun and excellent way of getting fit. Roller skiing can be an exciting new hobby helping you tone your body and increase your stamina whilst meeting new friends. It will also get you ready for cross country and downhill skiing!



Where: Stoke Park, meet at SkiFIT flags in Spectrum Car Park.

When: Sunday mornings at 10.00

How: We bring equipment and instructors, you bring a bike helmet, thin gloves and recommended knee & elbow pads.

Cost: Adults £60 and 12-25 year olds £24 for 4 weeks courses



To ensure your place, book your space by emailing:

skifit@roller-skis.com

with your name, mobile number, shoe size and height.

For more information visit our website www.roller-skis.com