

Listening skills practice: Sports centres – exercises

Listen to the people introducing two different sports centres and do the exercises to practise and improve your listening skills.

1. Check your understanding: grouping

Do this exercise before you listen. Write the words in the correct group.

lifeguard	S	dance teacher	S	weight machines	F	sauna	F
jazz dancing	C	secretary	S	swimming pool	F	changing rooms	F
water aerobics	C	Pilates	F	Zumba	C	personal trainer	S

Gym staff	Gym facilities	Gym classes

2. Check your understanding: Which gym?

Do this exercise while you listen. Circle *Gym A* or *Gym B* for these sentences. Which gym has ...

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|----|----------------------------------|--------------|--------------|
| 1. | a good air-conditioning system? | Gym A | Gym B |
| 2. | dance classes? | Gym A | Gym B |
| 3. | a shop? | Gym A | Gym B |
| 4. | a café? | Gym A | Gym B |
| 5. | a bigger gym with more machines? | Gym A | Gym B |
| 6. | a swimming pool? | Gym A | Gym B |
| 7. | a sauna? | Gym A | Gym B |
| 8. | martial arts classes? | Gym A | Gym B |

3. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best option to complete these sentences.

1. Gym A has lots of activities in the evenings / a few different activities at different times / ~~lots of activities at different times of day~~ .
2. Gym A moved into a new building / built a sauna / ~~opened~~ ten years ago.
3. In gym A, you can have a massage ~~at a reasonable price~~ / free if you are a member / if you book in advance .
4. You can borrow towels and yoga mats / towels / ~~yoga mats~~ from the gym.
5. Gym B can give you advice about ~~training, lifestyle and diet~~ / sports injuries and diet / how to become a professional athlete .
6. In the main gym, you must use a towel / ~~wear trainers~~ / take a bottle of water .
7. The lifeguard can also ~~give you some tips to improve your swimming~~ / demonstrate the best way to swim / give you swimming lessons .
8. The timetable for the classes is available online / ~~in a brochure~~ / on the noticeboard .

Which gym would you like to join? Why?
Which activities would you most like to do?
Which sports or forms of exercise do you like?