READING: ĐỌC THÔNG TIN VỀ 5 NHÂN VẬT (6-10) VÀ 8 ĐOẠN QUẢNG CÁO KHÓA HỌC (A-H). HÃY CHỌN KHÓA HỌC PHÙ HỢP NHẤT VỚI MỖI NHÂN VẬT

Questions 6–10

The people below are all looking for a fitness course.
On page 98 there are eight advertisements.
Decide which course would be the most suitable for the following people.
For questions **6–10**, mark the correct letter **(A–H)** on your answer sheet.

6



Yolanda would like to do gentle exercise in the open air in the evenings. She likes to do things with groups of older people.

7



Bashir likes meeting people, team sports and competition. He wants to improve his sporting skills and get stronger and fitter. He is free two afternoons a week.

8



Vikash doesn't have much free time. He wants to be able to exercise for an hour a day in the evenings or early morning. He prefers to do things on his own.

9



Laurent wants something he can do with his wife and teenage children. They all enjoy being outdoors, especially at the seaside. He only has weekends free.

10



Tomoko is very interested in other cultures. She would like to learn to do something that is good exercise but not too tiring. She finishes work at 4.30 p.m.

LIVEWORKSHEETS

Fitness courses

A **Sarasvati Yoga School**
In our large mixed ability classes, you can work at your own relaxed speed and learn about yoga in ancient India. From 7 to 9 a.m. and 6 to 8 p.m., on Mondays and Fridays.

B **Running training**
Join us for running training every Tuesday and Thursday in Anderson Park. The complete run starts at 5 p.m. and takes an hour. Fit adults only.

C **Fitness Fans' Gym**
We're open every day from 7 a.m. to midnight. Personal fitness trainers will study your individual needs and design an exercise programme just for you.

D **Sports Club**
Do you want to make new friends, train with others, get professional coaching and play in matches? Get fit and develop your abilities! Join the Sports Club!

E **Water aerobics**
Have fun and get fit in the Wilson indoor pool. Much easier than normal aerobics and great for teenagers. Classes every afternoon from four to five.

F **Beach volleyball**
Join us every Sunday morning at Sunnysands beach. Kids and adults are welcome to take part. We're not professionals. We just play for fun and exercise!

G **Tara's T'ai Chi**
Most of our members are people in their forties, fifties and sixties who enjoy the gentle movements of T'ai Chi. All our classes are held in Anderson Park. Week nights from 6 to 8 p.m.

H **Ballroom dancing**
Dance your way to fitness in our ballroom dancing class. Perfect for couples. You'll sleep well after two hours of movement! Evenings from 9.30.

LIVEWORKSHEETS