

## PRE-INTERMEDIATE UNIT 6

- 2 Read the title of the article. What do you think it is about?

## Now trending in health and fitness



More people are getting into exercising than ever before. With the number of fitness freaks growing, so is the choice of keep-fit classes. Forget about boring running and weights machines at the gym, and try something new, fun and different. Here are four of the latest exercise classes taking the fitness world by storm.

## BOOGIECISE

For anyone who loves dancing, this class is a must-try. The class takes place in a nightclub on a dancefloor which not only lights up, but also changes colour! Copy the instructor's choreographed dance routines while the DJ pumps out classic disco, electro, pop and house music from the 70s, 80s, 90s and 00s.

## SURFERCISE

This class was invented by surfers in Hawaii to help them be fitter in the water. It's basically weight training under water. Using a variety of exercises, you will carry, push and pull weights around a swimming pool. The water makes the workout gentle, but the weights challenge your cardiovascular system.

## TRAMPO-LEAN

Twice as effective as running, and twice as much fun as karaoke, Trampo-lean involves bouncing around on a trampoline for an hour, doing different exercises the whole time. If you want something to wake you up after a long day at work, or to kick start your weekend, this might be the class for you!

## SCHOOL FIT

This class will take you back to the school playground, but also give you a high-intensity, full-body workout. The main equipment for this class is a hula hoop and a skipping rope. It may take you a while to get the hang of it, but you can look forward to superhuman coordination and core strength if you do!



- 3 Read the rest of the article. Which exercise class
- 1 was created to improve fitness for a particular sport?
  - 2 will make you feel like a child again?
  - 3 plays songs from lots of different years?
  - 4 might take a long time to be good at?
  - 5 doesn't happen in a gym or a swimming pool?
  - 6 is good for people who need more energy?

- 4 Find words or phrases in the text to match the definitions 1–6.

- 1 becoming interested in \_\_\_\_\_
- 2 people who love doing exercise  
\_\_\_\_\_
- 3 make it difficult for your heart and lungs  
\_\_\_\_\_
- 4 begin something quickly \_\_\_\_\_
- 5 fast and difficult \_\_\_\_\_
- 6 learn how to do something \_\_\_\_\_

- 7 Read the extracts from the recording below. Match the words and phrases in bold with their synonyms, a)–h).

- 1 ... a friend of mine **convinced me** to join her ...
- 2 ... the website's pictures almost **put me off** going ...
- 3 ... what **appealed to me** about Surfercise was the fact that it's a **high-resistance** but **low-impact** workout.
- 4 ... people like me who **suffer from** bad joints ...
- 5 ... could give me **long-term** health problems as I get older.
- 6 ... it wasn't just for **hardcore** fitness freaks ...

- a) difficult/heavy for the body
- b) very serious
- c) made me decide
- d) made me like
- e) made me not want to
- f) continuing for a long period of time into the future
- g) be in pain because of
- h) gentle for the body