Exam task

3 **The people below all want to join a sports class. On the next page there are descriptions of eight classes. Decide which class would be the most suitable for the following people. For 1–5 write the correct letter A–H.**

1. 
Chloe enjoys team sports but doesn't want to play in competitions. She needs a morning class. She doesn't have much money and can't afford to buy expensive equipment. ☐

2. 
Mike isn't very fit. He would like to get fitter, but he finds exercise boring. He's looking for an evening class that is different every week. He'd also like to see how he is improving over time. ☐

3. 
Sofia loves sport but is recovering from a serious injury. She wants to train in the afternoon with someone who understands her injury and can give her advice on exercises she can do at home. ☐

4. 
Jack is very fit and is planning a challenging 200 km run. He wants to train at least twice a week and would like some personal training too. He wants to train indoors and outdoors. ☐

5. 
Tara takes sport seriously. She plays hockey and tennis and wants to improve her skills and take part in competitions. She isn't free from Monday to Friday. ☐

LIVEWORKSHEETS

Sports classes

A Sport for life

Weekly sessions in seven different sports, including squash, tennis and basketball. Do your favourite sport or try new ones each week. Classes take place on Thursdays 3–4 pm and Sundays 2–3.30 pm in Green Park and in the Park Gym. We don't believe in winners and losers, just having fun!

B Top training

Our club offers individual training sessions in the gym, with a personal trainer. The class is ideal for people who enjoy training alone and are keen to improve their fitness, or people who have particular difficulties with their fitness. Classes: every morning 9–11 am.

C Active plus!

This is a great class for people who enjoy playing sport with others in an informal way. Choose from a range of sports, including 5-a-side football and hockey. Classes are on Saturdays from 9–11 am. We provide balls, hockey sticks, etc. and a monthly report on how your fitness is improving.

D Water-cise!

Have fun and get fit at your local sports centre! Classes every Tuesday and Thursday from 6–8 pm. No two classes are the same! We organise regular competitions and also offer individual fitness checks every month, plus the chance to gain progress certificates.

E Fitness for All

If you're looking for a gentle, low-cost exercise class, Fitness for All offers exercises to improve your strength and confidence slowly. Our trainers are qualified to help with individual problems and can give you extra ideas to try outside the class. No equipment necessary. Classes: every Tuesday from 2–4 pm.

F Sport for all

This class is for people who want to take up a sport such as football or tennis for the first time. It's a great way to get fit in the fresh air. Classes start with training exercises, followed by a game or small tournament. Classes: every Tuesday and Thursday, 6–8 pm. All equipment provided.

G Rising stars

We believe sports are for winners! We offer training from professional sports coaches to help you become a more successful player. Choose from a range of team and racket sports. Players are encouraged to join local and national leagues. Classes: every Saturday and Sunday, or book an individual lesson with one of our trainers.

H Go for it!

This is a class for people who want to push themselves so they can compete against other people or themselves! Training takes place every Tuesday, Thursday and Saturday. Classes involve a one-hour run in the park, followed by weight training in the gym. Individual coaching and advice on improving fitness at home are also available.

LIVEWORKSHEETS