

SuperFit

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Do you want to work out and have fun? Then join today!
SuperFit is open 24 hours every day!
We can help you get in shape, lose weight or just feel and look great!

Facilities

There are five training studios, a women-only studio and a pool for water classes at our gym. We have excellent equipment and new Power Plate® machines. The pool is free for swimming from 8am to 3pm and after 8pm. There are two excellent cafés, both serving healthy snacks and fruit juices.

Classes

You can take up water polo, dance some zumba or do karate! We have group classes for everyone!

workout classes
step aerobics, dance aerobics, Pilates, yoga, zumba, samba

martial arts
karate, judo, taekwondo, capoeira

aqua training
water polo, water aerobics

For more information use our [class finder](#).

Special offers

For non-members only

- Try us for 3 days free of charge!
- Use our Power Plate® machines for only \$ 10 a month!
- *Happy hour*, 6 p.m.-7 p.m. on Fridays, for a free session with a personal trainer.

C Listen, read and write T for True or F for False.

1. *SuperFit* is open on Sunday mornings.
2. On Fridays, all classes are free.
3. Zumba is a kind of martial art.
4. At *SuperFit* you can have something to eat or drink.
5. There are five studios in total.
6. You can swim in the pool at 10pm.
7. Non-members pay £10 every time they use a Power Plate® machine.

Decide in which part of
the text you can find the
information you need.

