



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

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

TIP