

LISTENING PART 3

For each question, write the correct answer in the gap.

Write one or two words or a number or a date or a time.

You will hear a gym owner called Lee Norton talking about a spin class.

New Spin Class with VR (Virtual Reality)

Lee's gym introduced the VR spin class in

(1) _____.

Lee says the new VR spin class mixes exercise with

(2) _____.

When Lee tried the class himself, he found exercising less

(3) _____.

Lee says he most enjoys the VR session involving cycling through the (4) _____.

The best class for beginners is (5) _____ long.

Lee has plans for a VR class which offers the experience of (6) _____.

LISTENING PART 4



For each question, choose the correct answer.

You will hear an interview with a woman called Alisha Bennett, who teaches yoga.

- 1 What does Alisha say about yoga?
 - A It's not as difficult as it looks.
 - B It's suitable for a wide range of people.
 - C It's become more popular in recent years.
- 2 Alisha took up yoga because she thought it would help her
 - A learn to relax.
 - B make new friends.
 - C recover from an injury.
- 3 Why did Alisha decide to become a full-time yoga teacher?
 - A She wanted to work for herself.
 - B She needed a career change.
 - C She had to earn some more money.
- 4 Alisha says her students are often surprised when
 - A their fitness improves.
 - B their energy levels increase.
 - C their attitude towards life changes.
- 5 What benefit of yoga teaching does Alisha mention?
 - A She has become more confident.
 - B She is now a more cheerful person.
 - C She has developed a good sense of humour.
- 6 What does Alisha intend to do in the near future?
 - A write a book
 - B post videos online
 - C set up another school