

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