

1

Vocabulary



Label the pictures with the words in the box.
Then listen and check your answers.

go jogging do karate lift weights do aerobics



1. _____



2. _____



3. _____



4. _____

2

Read



A. Listen to the dialogue. Then read it out in groups.
Which class does Phil want to join? Why?

Phil Ready to go, Julie?

Julie No, I'm waiting for Nat to finish her aerobics class.

Phil I don't know how you can spend so many hours at the gym. It's boring.

Julie I disagree. It's great here. You should join too.

Phil I'm quite fit, thanks. I ride my bike to school and I sometimes go jogging at the weekend. I don't need to work out at the gym.

Julie But at the gym you can make new friends!

Phil You're right about that. But aerobics is just boring, isn't it?

Julie No, it isn't. Anyway, you can use the machines or lift weights.

Phil That's boring too.

Julie I agree. I like aerobics better. Wait a minute, you like karate, don't you?

Phil Karate? It's brilliant fun and good exercise. I'll definitely join.

Julie Great.

Nat Hi, you two. I wasn't long, was I?

Julie Hey, Nat, Phil is joining the gym.

Nat Nice one. We can do aerobics together. The new instructor is great.

Phil No, no. Aerobics is... you know...

Nat No, I don't.

Phil Well, it's boring. And it's so easy it's ridiculous. But karate?

Nat Do you really think aerobics is easy? Ha, ha!

Phil What's so funny?

Nat Well, you should come and try it one day. You'll be surprised! There are more people in the aerobics class than in the karate class.

Phil What!?



B. Read again and complete the sentences.

- _____ is having an aerobics class.
- Phil goes _____ at the weekend.
- _____ and _____ don't like using the machines or lifting weights.
- Phil wants to join the _____ class.
- A lot of people choose to join the _____ class.