CAMBRIDGE 10

Test 1

Section 2

On behalf of LP Clubs, I'd like to welcome you all here today. My name's Sandy Fisher and I'm (1) ……. here. Before we start our tour of the club I'll just run through some basic information about the facilities we have here, including recent improvements, and (2)…… ……. ship available.

Our greatest asset is probably our swimming pool which at 25 metres isn't Olympic-sized, but now we've expanded it to eight lanes, it's much wider. This means there are rarely more than (3) ……. at a time in each lane. Unfortunately, there isn't space for an outdoor pool here but the glass roof on the (4) ……., which means you can enjoy something of the open-air experience on warmer days.

Our (5) …….has all the latest exercise equipment including ten new running machines, and a wide range of weight-training machines. Each member is given full training in (6) ……. and there is always a trainer on duty to offer help and advice. Although we do have adult-only times after 6 and at certain times at weekends, children are well catered for. Older children continue to benefit from (7) …….; anything from trampolining to yoga.

One thing all our members appreciate about us is that we take very good care of them. This starts on day one with your personal assessment. You are asked to fill in (8) ……. of any health problems. One of our personal trainers will then go through this with you.

The trainer will then take you through the safety rules (9)…… ……. in the fitness suite. During your next exercise session a personal trainer will work with you to make sure you understand these. It's very important to do this because we really do want to avoid having any sports injuries. There's a lot more to (10) …….simply lifting weights!

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At the end of the personal assessment, the trainer will draw up a plan, outlining what you should try to (11) ……. This will then be reviewed at the end of the six weeks.

Now, I'll just quickly run through the types of membership we have available. All members must pay a joining fee of £90 in addition to the rates for (12)…… ……

Gold membership entitles you to free entry at all LP Clubs. There are now LP clubs in all major cities and towns so if you travel a lot this will be a great advantage. (13)……. £50 a month and joint membership for you and your partner will cost £75.

Premier membership is for professional people whose work commitments make it difficult for them to use the club during the day and so LP gives booking preferences to Premier members at peak times. This means you will find it easier to (14)……. that suit you. Reciprocal arrangements with other LP Clubs are available to Premier members. Premier membership is for individuals only, but you will be sent (15) …….The monthly fee is £65.

You don't have to have any special clothes or equipment when you visit the club. We (16) ……. in the changing rooms, but it's very important to remember your photo card because you won't be able to get in without it.

For people who aren't working during the day then…

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