

Read sections (A–E) of a magazine article by a student who decided to try different fitness classes. Then answer Question 10(a)–(j).

Fitness classes, anyone?

When I started university, I decided to try as many different fitness classes at the student sports centre as possible. Four months later, I'm proud to say I've been to quite a few! Here are some of the classes I've tried and my experiences of each.

A Pilates

I know from following videos at home that Pilates involves controlled movements and stretching, but this class wasn't really what I'd expected. Admittedly, there was calming background music and a focus on breathing, but the instructor just wasn't clear what she wanted us to do. So despite her repeated attempts to explain, there was quite a lot of confusion in this particular class. And although the class is meant to be for all levels, it is assumed you have basic knowledge and are not completely inexperienced. I've heard that different instructors tend to have very different teaching styles, although the basic exercises are similar, so I won't give up yet – perhaps I'll try a different one.

B Bollywood Dance Beats

If you don't know what happens in a Bollywood Dance Beats class, there's a 15-minute warm-up followed by 45 minutes learning a dance routine set to a Bollywood movie soundtrack. I've been to one class so far and, although it was a mixed group of beginners and more experienced regulars, we were all made to feel completely at ease. I felt a little foolish dancing at first but soon gained confidence. The upbeat Indian music was new to me too. When the class finished, I was exhausted but in high spirits, even though it had been a constant challenge to remember the routine!

C Capoeira Moves

Capoeira is a Brazilian martial art which includes elements of dance, gymnastics and music, and this class involved practising basic kicks and other movements in pairs. The teacher gave very few instructions, as many of the students were regulars, instead using body language to demonstrate. Other beginners found this approach slightly puzzling, but for me watching the teacher was all I needed to be able to follow the routine. I found the pace of the movements too fast to begin with, but when I thought about the class the next day, I realised I'd definitely learned something. Most beginners can probably cope with this class. However, to make the most of it, you might consider one or two easier classes before going to this one.

D Flow Fit

This is the class I've attended most frequently. I never know what exercises to expect each week, which keeps it interesting. It's a good workout, mainly strengthening your leg and stomach muscles, with some arm exercises too, and your body aches for days afterwards! Before the first class, I was worried I wouldn't be able to do it. However, the instructor explained everything clearly, from beginner's exercises up to more advanced options. In fact, it struck me at one point during the class that I was already familiar with many of the movements, so now I often just do the advanced options.

E Body Pump

You can guess what this class is like from the name – basically lifting weights, with a few stretches in between. The only time I went, I was late and missed the warm-up – this bothered me as it's crucial for exercising safely. In the main part of the class, we just repeated the same exercises again and again. Although this helped me to get my technique right, I soon got bored. I also found the loud music very distracting. Halfway through the class, the instructor suggested we all try using heavier weights for one exercise to see if we could manage, which I thought was quite a good approach. If you love lifting weights, this class might be for you. Otherwise, I'd advise you to try something else instead.

For each question, write the correct letter A, B, C, D or E on the line.

Which section includes the following information?

- (a) a teacher who gave students a particular challenge to complete [1]
- (b) the use of music for relaxation [1]
- (c) a welcoming atmosphere for people of all levels [1]
- (d) the fact that each class is unpredictable [1]
- (e) a positive feeling at the end of the class [1]
- (f) the writer's negative opinion of the teacher [1]
- (g) a concern about the risk of injury [1]
- (h) advice for getting maximum benefit from the class [1]
- (i) the writer realising in the class that she knew more than she thought [1]
- (j) an initial struggle to keep up with the exercises [1]

[Total: 10]