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)** _____.

LIVEWORKSHEETS

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

LIVEWORKSHEETS