

Listening skills practice: Sports centres – exercises

Listen to the people introducing two different sports centres and do the exercises to practise and improve your listening skills.

1. Check your understanding: grouping

Do this exercise before you listen. Write the words in the correct group.

lifeguard	dance teacher	weight machines	sauna
jazz dancing	secretary	swimming pool	changing rooms
water aerobics	Pilates	Zumba	personal trainer

Gym staff	Gym facilities	Gym classes

2. Check your understanding: Which gym?

Do this exercise while you listen. Circle *Gym A* or *Gym B* for these sentences. Which gym has ...

- | | | | |
|----|----------------------------------|-------|-------|
| 1. | a good air-conditioning system? | Gym A | Gym B |
| 2. | dance classes? | Gym A | Gym B |
| 3. | a shop? | Gym A | Gym B |
| 4. | a café? | Gym A | Gym B |
| 5. | a bigger gym with more machines? | Gym A | Gym B |
| 6. | a swimming pool? | Gym A | Gym B |
| 7. | a sauna? | Gym A | Gym B |
| 8. | martial arts classes? | Gym A | Gym B |

3. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best option to complete these sentences.

1. Gym A has lots of activities in the evenings / a few different activities at different times / lots of activities at different times of day .
2. Gym A moved into a new building / built a sauna / opened ten years ago.
3. In gym A, you can have a massage at a reasonable price / free if you are a member / if you book in advance .
4. You can borrow towels and yoga mats / towels / yoga mats from the gym.
5. Gym B can give you advice about training, lifestyle and diet / sports injuries and diet / how to become a professional athlete .
6. In the main gym, you must use a towel / wear trainers / take a bottle of water .
7. The lifeguard can also give you some tips to improve your swimming / demonstrate the best way to swim / give you swimming lessons .
8. The timetable for the classes is available online / in a brochure / on the noticeboard .

Which gym would you like to join? Why?

Which activities would you most like to do?

Which sports or forms of exercise do you like?