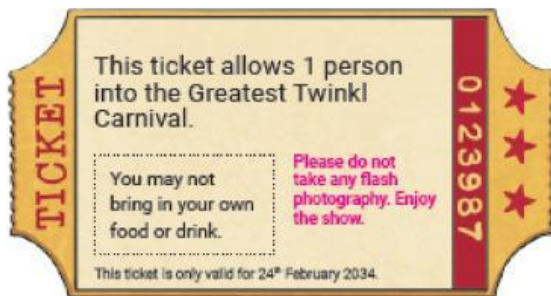


Part 1 Practice

Questions 1 – 5

For each question, choose the correct answer.

1.



A. You can't bring your own snacks to the show.

B. The ticket is valid for any day until 24th February 2024.

C. You can only take pictures using the flash.

2.

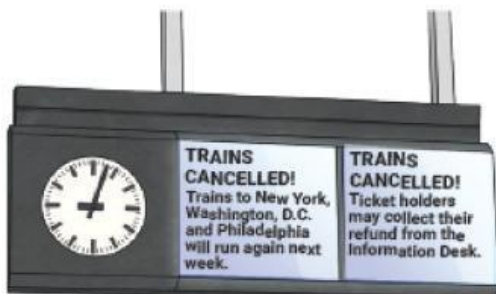


A. I can get a free pancake with my coffee on Tuesday at 9am.

B. I can get a free pancake with my coffee on Sunday at 8am.

C. I can get a free pancake with my cola on Friday at 11:30am.

3.



A. Four cities' trains are delayed.

B. Ticket holders can get their money back for these trips.

C. These trains will be available again tomorrow.

4.



- A. Dean is asking Oliver to get the balls.
- B. Oliver is going to be late for football.
- C. Oliver must explain that Dean will be late.

5.



The company is

- A. Asking the client to do something for them.
- B. Asking for information from the client.
- C. Checking the client received their product.

The people below all want to join a new gym class.

On the opposite page there are descriptions of eight gym classes.

Decide which class would be the most suitable for the people below.

1		Josh prefers working out in the morning because he likes to study in the afternoon. He's trying to save money, so he doesn't want to spend a lot on classes. He likes working out in big groups.
2		Taylor takes sport really seriously. She wants to join a gym that has classes every day, Monday to Friday. She's played hockey, tennis and basketball. Now she wants to focus on improving her stamina and overall fitness.
3		Jacob isn't very fit, but he would like to get fitter with an exciting gym class because he usually finds exercising boring. He also wants his friends to join in. He'd like to track his progress every week.
4		Chloe loves going to the gym but is recovering from a running injury. She's interested in low-intensity classes like stretching. She would like evening classes.
5		Rachael is very fit and is planning a challenging triathlon. She has been focusing on her running and swimming techniques, and would now like to join a class to help her improve her endurance on her bike. She would like to train twice a week.

A HIIT Goals!

If you're looking for a new way to exercise and reach new heights in your fitness journey, then our powerful HIIT classes are for you! HIIT workouts are high-intensity interval training, meaning we change exercises regularly to keep your heart racing! This builds endurance and stamina! Classes: 7 days a week.

C Reach Higher!

Come and join our new fitness classes for beginners! Join our professional coaches for one-to-one personalised training plans to get fit quickly! Personal trainer classes are once a week. Joining fee: £50.

E Full Speed!

This class is for people who want to improve their stamina and have fun at the same time! Our spinning classes are taught by biking professionals who'll take you on the ride of your life! Suitable for those training for a bike race or triathlon. Time and speed are tracked every week. Classes are every Tuesday and Thursday evening.

B Box-Fit

We believe we are the best boxing club in the city! Come along, have fun and improve your fitness! Get trained by professional sport coaches and see your fitness improve week by week with our personalised fitness tests. Bring your friends along for free! Boxing gloves provided. Suitable for beginners.

D Sprinter

These classes are for anyone who wants to improve their running techniques! At Sprinter, we specialise in giving runners new skills to improve their speed, endurance and strength. Each class is for 90 minutes, every Saturday morning.

F Time Out

If you're looking for a gentle, low-cost gym class, then this is the class for you! We offer yoga classes to improve your strength and confidence! Our yoga teachers are qualified to help with individual recoveries. Classes are held in the evenings from Monday to Friday.

G Flex!

We believe in you! Join our new body building course and transform yourself! Our sports coaches will help you achieve your goals and help make you fitter and stronger! Classes are once a week: Friday evening. Not suitable for beginners.

H Crossfit Club!

This is a class for people who want to push themselves to the max! Our Crossfit club involves a quick 15 minute run around the park followed by a 45 minute intense interval weight training session at the gym. 50% off your membership for the first three months. Morning and evening groups. Minimum of 20 people per group.

Now, decide which class would be the best for each person:

1. Josh:

2. Taylor:

3. Jacob:

4. Chloe:

5. Rachael: