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.

<table>
<thead>
<tr>
<th>lifeguard</th>
<th>dance teacher</th>
<th>weight machines</th>
<th>sauna</th>
</tr>
</thead>
<tbody>
<tr>
<td>jazz dancing</td>
<td>secretary</td>
<td>swimming pool</td>
<td>changing rooms</td>
</tr>
<tr>
<td>water aerobics</td>
<td>Pilates</td>
<td>Zumba</td>
<td>personal trainer</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gym staff</th>
<th>Gym facilities</th>
<th>Gym classes</th>
</tr>
</thead>
</table>

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

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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?