

## EVOLVE LEVEL 5 Mid Term Test 1B

### LISTENING 2

Do you tend to put off exercising because it's too time-consuming? Do you panic about going to the gym because it takes too long to get there, change, exercise, change again, and then get to work? Do you occasionally feel tense and uneasy because you know you should exercise but you can't find the time? If this sounds a little like you, why not consider joining our fantastic "seven and seven" class? As long as you enjoy the company of other people, we promise you're going to love our classes!

What's a "seven and seven" class? Well, if you've never come across this idea before, it's very simple. We meet at seven a.m. and seven p.m. every day of the week. Our classes take place in Bryant Park, out in the fresh air. You choose the time that suits you best – either before your work day begins, or after it ends. We offer a wide range of activities, from mindfulness training, which teaches you breathing techniques and quiet meditation, to high intensity interval training, which enables you to regain control of your overall health and fitness.

We welcome new members of all ages and you don't have to be fit to join! We can help you assess your strengths and weakness. We will weigh the pros and cons of each activity type for your specific fitness level and age. To give you an example, we have members who find it hard to operate gym equipment, so they do yoga and meditation classes with us instead. We also have members who used to be scared to run because of their health issues, but we have coached them and helped them overcome their fears. We are famous for getting people off the couch and into the park! No one is ever left out and it's a great chance to interact with people from all walks of life. Our trainers are highly qualified and will take great care of you.

Check out our website "seven and seven" dot net to find out more. We look forward to meeting you soon!