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|----------|------------|------------------------------|
| 1 army | 3 jogging | 5 30 th September |
| 2 bridge | 4 trainers | 6 Shawes |

Narrator:  **Track 9 Listening Part 3**
Worksheet 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. Look at questions 1 to 6 now. You have 20 seconds.

You will hear a talk about an exercise class called Extreme Bootcamp.

Woman: Hi, everyone. I'd like to tell you about a new exercise class I've just tried. It's called 'Extreme Bootcamp' and it's hard but great fun! What does 'bootcamp' mean? It's actually a word used by the army when they're training new soldiers. It's nothing to do with what's on your feet. And believe me, it's nothing like a camping trip either! It's a short course of challenging physical training.

Most of us are used to exercising in the gym, with nothing but TV screens or other people to look at while we're on the machines or whatever. But Extreme Bootcamp is different 'cos you do the class on a bridge. It goes over a river, so it's nice to look at while you exercise. You won't like the sound of this, but the class meets at 6.30 a.m. every weekday for a month. It's only for an hour, but class members do lots in that time, beginning with jogging to warm up. After that there's some weightlifting and jumping, and then you do some more relaxing exercises at the end.

The clothes you should wear are pretty much the same as you'd wear for any other exercise class – so a T-shirt and shorts or a tracksuit is fine. Oh, and wearing trainers is a must, so do bring a good pair with you. Bootcamp is good fun, I promise! If you're interested in joining the next one, there's a registration day on 17th September – though the first class won't be until the 30th. The bootcamp's run by Ellie Shawes and she can give you more information, if you need it. Her surname's spelt S-H-A-W-E-S, and you can contact her via the website. I've got her