

# IELTS Listening Lesson 14

Setting statement:

*You will hear a speaker giving an overview of a fitness retreat to new participants.*

Questions 1–5

Complete the sentences below.

Write NO MORE THAN TWO WORDS AND/OR A NUMBER for each answer.

1. The sunrise stretch session takes place on the yoga platform by the \_\_\_\_\_.
  2. Refreshments served after the morning fitness block include fruit, water, and \_\_\_\_\_.
  3. The chef at the retreat works closely with a \_\_\_\_\_ to design the meals.
  4. Daily schedules for wellness sessions are posted outside the \_\_\_\_\_.
  5. One-on-one trainer consultations are scheduled at the \_\_\_\_\_.
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Questions 6–10

Choose the correct letter, A, B, or C.

6. What time is dinner served at the retreat?
  - A. 5:30 to 6:30 p.m.
  - B. 6:30 to 7:45 p.m.
  - C. 7:00 to 8:00 p.m.

7. What type of evening activity is scheduled for Wednesday?
- A. Guest speaker talk
  - B. Group hike
  - C. Cooking demonstration
8. What is Jordan Pike's area of expertise?
- A. Endurance training
  - B. Functional movement and injury prevention
  - C. Nutrition and recovery
9. Why is Wi-Fi not available in the cabins?
- A. To reduce noise complaints
  - B. To encourage a digital detox
  - C. Due to technical issues
10. When is the departure brunch held?
- A. Saturday at 9:00 a.m.
  - B. Sunday at 9:00 a.m.
  - C. Sunday at 11:00 a.m.
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## Script

Good morning, everyone, and welcome to the Willow Creek Fitness Retreat! We're so glad you've joined us for what promises to be an energizing and restorative week. Whether you're here to push your limits, relax and unwind, or simply try something new, we've designed the program to cater to a wide range of interests and fitness levels.

Let me begin by giving you a quick overview of our daily schedule. Each day starts with an optional sunrise stretch session at 6:30 a.m. on the yoga platform by the lake. It's a gentle, low-impact way to wake up your muscles and connect with the peaceful surroundings. Breakfast is served from 7:15 to 8:30 in the main lodge, and we encourage you to fuel up because mornings are typically our most active time.

At 9:00 a.m., we begin the first of our core training blocks. These include high-energy classes like circuit training, HIIT, and spinning. Don't worry if those sound intense—we always offer modifications and encourage you to go at your own pace. These sessions run until 11:00 a.m., followed by a 15-minute refreshment break. We provide fruit, water, and protein snacks outside the training pavilion.

From 11:15 to 12:15, we shift to our technique-focused workshops. These change daily and include things like posture alignment, breathwork, and mobility drills. Afterward, lunch is served from 12:30 to 1:30. Meals are buffet-style with plenty of vegetarian, vegan, and gluten-free options. Our chef, Laura, works closely with our nutritionist to ensure the meals are both delicious and balanced.

Afternoons are a little more relaxed. From 2:00 to 4:00, you can choose from a variety of wellness sessions—these include guided meditation,

foam rolling for recovery, nature walks, or even journaling workshops. You don't need to sign up for these in advance; just check the daily schedule posted outside the main lodge each morning.

At 4:30, we offer a second block of fitness classes. These tend to be slightly less intense than the morning ones. You'll find options like Pilates, barre, and functional strength. This block runs until 5:30, followed by free time until dinner.

Dinner is served from 6:30 to 7:45 p.m., and afterward, we usually have a group activity. These are totally optional but highly recommended—think fireside chats with the trainers, health Q&A sessions, or gentle evening yoga. On Wednesday, we'll even have a cooking demo, where Chef Laura will show you how to recreate some of her signature dishes at home.

Now, let's talk a little about the instructors. Our lead trainer is Jordan Pike, a certified personal trainer and former competitive athlete. He specializes in functional movement and injury prevention. Assisting him are Anita Gomez, our yoga and mindfulness coach, and Derek Chan, who leads our high-intensity classes. All three are approachable, experienced, and more than happy to chat if you have questions or concerns.

It's also worth noting that we provide one-on-one consultations during the week. If you'd like personalized advice or a private session with any of our trainers, you can book a 30-minute slot at the front desk. These are offered on a first-come, first-served basis and are included in your retreat package.

Let me take a moment to mention safety. We want everyone to get the most out of this week, but without risk of injury or burnout. Please listen to your body and don't push through pain. If you feel unwell, speak to one

of our staff or trainers. We also ask that you fill out the health disclosure form, which should be in your welcome packet, and return it by tonight.

A few quick notes about what's provided and what you'll need. Towels, yoga mats, foam rollers, and resistance bands are available at all activity locations. You do not need to bring your own unless you prefer to. Water stations are located around the property, but we recommend you carry a reusable bottle. If you didn't bring one, we sell them in the retreat shop.

The retreat center also includes some amenities you might enjoy during your downtime. There's a sauna near the spa hut, a small reading lounge, and a deck overlooking the lake—great for sunsets or just relaxing between sessions. Wi-Fi is available in the main lodge but not in the cabins, which we hope encourages a bit of digital detox. If you need to make urgent calls or check emails, feel free to pop into the business nook by the front office.

Lastly, we do have a departure brunch on Sunday morning at 9:00 a.m., where we'll reflect on the week and say our goodbyes. Before that, you'll receive a follow-up email summarizing the sessions you attended and some resources to help you maintain your wellness goals at home.

That's it for now! The rest of the day is yours to settle in, explore the grounds, or join the optional introductory walk at 4:00 p.m., departing from the lodge steps. We're so excited to have you here, and we can't wait to see what this week brings for each of you. Thanks, and once again—welcome to Willow Creek!

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## Answer Key

1. lake

2. protein snacks

3. nutritionist

4. main lodge

5. front desk

6. B

7. C

8. B

9. B

10. B