

2022 学年度第一学期期末考试

高一英语试题

本试卷满分 120 分，考试用时 120 分钟。

第一部分 阅读(共两节;满分 50 分)

第一节 阅读理解(共 15 小题;每小题 2.5 分，满分 37.5 分)

阅读下列短文，从短文后各题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A

Class Format: Created by Sadie Kurzban, 305 Fitness is a fierce dance cardio class with a live DJ. No prior dance experience is required, but you'll be moving your body nonstop and learning choreography that will help you become a better dancer and build confidence. Here, you can burn 700+ calories in under an hour while getting lost in the music.

How often should you go? "I recommend 2 classes per week," says Founder Sadie Kurzban.

When can you start seeing results? "Most clients report seeing results after just 4 or 5 classes. It's incredibly effective!"

Locations: For class schedules and locations, [click here](#).

Cost: \$34 for a single class-and new clients get a second class free! For other package options(选择),[click here](#).

Class Format: Wondering where the Victoria's Secret Angels hit the gym? One word: DOGPOUND. Clients have the choice of joining in on a class, working out with a friend or partaking in one-on-one training. Everyone's body is different, and DOGPOUND offers a fully personalized workout for your individual needs. Workouts include high intensity training, boxing, strength training, and more.

How often should you go? "Fitness is all about getting what you put into it. If you work out consistently, as well as adjusting dietary habits outside of the gym, you will begin to feel and notice the results your body is making soon," says Rhys Athayde, founding trainer at DOGPOUND.

Location: 1 Renwick Street, New York, NY 10013; 646-620-6533.

Cost: Classes start at \$42, and for more package options, [click here](#).

Class Format: P.Volve was founded by celebrity and Victoria's Secret trainer, Stephen Pasterino. Here, you'll never do the same workout twice; it consists of hundreds of moves.

When can you start seeing results? You'll start seeing results within 1-2 months. How often should you go? Ideally, clients should be going to P.volve 3-4 days/week.

Location: 112 Bowery, New York, NY 10013; 888-338-2351.

Cost: Single classes start at \$40 and P.volve's online streaming workouts are \$29.99/month-with the first two weeks free.

1. Jane wants to attend a dance course to lose some weight, she_____.

- A. She can call 888-338-2351 for more information.
- B. She can get the first two classes for 34 dollars only.
- C. She will start seeing the result 1 month later.
- D. She needs to go to 1 Renwick Street, New York, NY 10013.

2. DOGPOUND is different from the other two in that_____.

- A. It holds the lowest cost.
- B. Its results are slower than the other two.
- C. It offers more package options.
- D. It provides personalized training.

3. If you want to work out in P.Vblve,_____.

- A. You may learn hundreds of moves.
- B. You can train the first two weeks for free.
- C. You ought to go there at least twice a week.
- D. You will do the same workout at most a month.

B

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