

Lesson 47: At a Gym

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

Katsu: Why do you go to the gym?

Jack: What do you mean? The gym is a good place to exercise.

Katsu: Don't you get bored running on a machine? Isn't it better to run outside?

Jack: You're right. It's not fun to run on the treadmill every day.

Katsu: Why don't you **join me for** jogging tomorrow? I start running at 5:00AM.

Jack: 5:00AM? I think I'll just run on the boring treadmill.

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. Why don't you **join me for** some tea?
2. Is it okay if my friend **joined us for** dinner?
3. Mike invited me to **join him for** coffee.

* join someone for ... / (人の)...に参加する、付き合う

3. Your Task

You have decided to go to the gym every day. Your goal is to lose weight. You don't know what kind of exercises you should do. Talk to a gym instructor (=your tutor) and ask for advice. You should tell your instructor how many hours you can spend in the gym, what you eat, and your daily activities.

4. Let's Talk

How often do you exercise?

What kind of sport do you do?

Why do you like that sport?

5. Today's photo

Describe the photo in your words as precisely as possible.



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