

Lesson 47: At a Gym

By Xandra

1. Dialogue

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

Eiko: Hi, Bill! You look different. Did you lose weight?

Bill: You noticed? I have lost 10 pounds in the last three months.

Eiko: Wow! I guess lifting heavy weights really helps. Maybe I should start doing that.

Bill: Why not? You're in the gym everyday doing yoga and aerobics. Surely you can spend another thirty minutes for weight training.

Eiko: Well, I do have to **get rid of** my jiggly arms. (shaking her arm to show Bill)

Bill: Eiko, thank you for showing me the loose skin on your arms. You just inspired me to do more exercise!

2. Today's Phrase

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

1. I have to **get rid of** my belly fat so I can look good in tight clothing.
2. How do you **get rid of** dog fleas?
3. Jack **got rid of** his ex-girlfriend's photos.

* get rid of ... /...を取り除く

3. Your Task

You work as a receptionist in the gym. Someone has walked in to check out the gym. He/She (=your tutor) is thinking of getting a gym membership. Show the visitor the gym facilities including the dance floor, the yoga section, the sports training equipment and the shower room. Remember that you are trying to impress the visitor.

4. Let's Talk

Are you a healthy person? How often do you exercise?

Do you hold a gym membership? Why or why not?

5. Today's photo

Describe the photo in your words as precisely as possible.



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