

Lesson 22: Signing Up With a Fitness Club

By Xandra

1. Dialogue

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

Koji has just moved to Silicon Valley because of his job. He has gone to a health club to ask about gym membership.

Bruce: Hello. How can I help you today?

Koji: Hi. I'd like to ask about gym membership.

Bruce: Here's a brochure, sir. My name is Bruce. I'm one of the trainers here.

Koji: (Looking at the brochure) Could you explain the gold membership option?

Bruce: Gold membership gives you access to the entire facility including the pool and the sauna.

You can also join classes like yoga, boxing or aerobics.

Koji: I see. Let me look at the brochure **for a while**.

2. Today's Phrase

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

1. Mom, I'm going out **for a while**.
2. Jack is taking a break from work **for a while**.
3. The office was not busy **for a while**.

* **for a while** / しばらくの間

3. Your Task

It's your first day at a gym. The fitness trainer (=your tutor) needs to get information about your 1) height and weight, 2) food that you like to eat everyday, 3) your job and other activities. Respond to the trainer's questions.

4. Let's Talk

Do you exercise every day? Why or why not?

Why is exercise important?

Do you wish you had more time for exercise? Explain your answer.

5. Today's photo

Describe the photo in your words as precisely as possible.



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