

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 for his job. He's checking out a health club where Bruce is giving him more information about the gym and its facilities.

Koji: Hello, Bruce. I was here yesterday and you gave me a brochure.

Bruce: Good to see you again, Koji. Have you decided to sign up?

Koji: I still have some questions. I'd also like to take a look around, if I may.

Bruce: No problem. Let me give you a tour. (Leads Koji into a big room) This is where we lift weights. We have all kinds of modern equipment here. There are weight trainers on standby to assist clients.

Koji: Do you provide an exercise program?

Bruce: Yes, we do. It includes cardio exercises, steps for toning the muscles, **as well as** a diet program.

Koji: I see. It's the same thing in Japanese health clubs.

Bruce: Let me show you the yoga studio.

2. Today's Phrase

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

1. Dogs are courageous **as well as** smart.
2. I manage three stores, **as well as** a small factory.
3. Mr. Tanaka is coming to the party, **as well as** Mr. Trump.

* **as well as** ~ / ~だけでなく

3. Your Task

A gym membership contract is good for six months. You're only going to stay in the city for two months. Talk to the health club manager (your tutor) and ask if you could pay for just a two-month membership. The manager will hesitate to allow it, so you'll have to be convincing.

4. Let's Talk

In your opinion, is going to the gym a productive activity? Why do you say so?

Can exercise really make us live longer and healthier lives? Explain your answer?

What other forms of exercise are there that does not require going to the gym?

5. Today's photo

Describe the photo in your words as precisely as possible.



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