

Lesson 22: Signing Up With a Fitness Club

By Xandra

1. Dialogue

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

Koji has decided to sign up for membership at the Silicon Valley Health Club. Bruce, a health club employee, is assisting him.

Bruce: Thank you for signing up with us. You have the option to pay the membership fee every month, or to pay for the whole year and get a discounted rate.

Koji: I'm choosing to pay monthly since I'm only staying in Silicon Valley for five months.

Bruce: (checking the membership form) Everything seems to be in order. Now, let's check your weight and height.

Koji: (stepping on a weighing scale) It says 62 kilograms, and I believe I'm five feet and four inches tall.

Bruce: Okay (writing down the figures). Now, let's talk about your meals.

Koji: Most of the time, I eat a cup of rice, vegetables and a small portion of meat.

Bruce: That sounds quite healthy. But if you want to lose inches around your stomach, you had better take it easy on the carbohydrates. I recommend leaving the rice out of all your meals.

Koji: I will try. Can I lift weights today?

Bruce: I still have to make a suitable exercise program for you. Let me just remind that you are not to lift very heavy equipment without a gym trainer to assist you.

Koji: Yes, I read the rules. I understand that the health club will not **be accountable for** any injuries that I might sustain under the circumstances.

2. Today's Phrase

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

1. Dog owners should **be accountable for** the well-being and behavior of their pet.
2. The railway company **was accountable for** the train derailment accident in India.
3. Who should **be accountable for** Greece's debts?

* **be accountable for ~ / ~についての(説明する)責任がある**

3. Your Task

You have cancelled your membership because you're moving to another city. A month later, the credit card statement shows that you're still being charged for gym membership. Call the gym and explain your situation. Tell them to do something about the current charges.

4. Let's Talk

What kind of physical activity are you engaged in? Tell your tutor about it. In your opinion, what kind of exercise is best for someone with a regular job? Can people get addicted to exercise? Explain your answer.

5. Today's photo

Describe the photo in your words as precisely as possible.



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