

Joining a gym

Listen to the conversation about joining a gym to practise and improve your listening skills.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the words in capital letters (a–f) with the definitions (1–6).

Definition

1. registration
2. amount of money
3. give
4. create
5. come to
6. cheap

Vocabulary

- a. A new BUDGET airline has started flying to our city.
- b. What is the daily RATE for renting a bicycle?
- c. There is a very small SIGN-UP fee.
- d. They ASSIGN each class a special room.
- e. We can DESIGN a personalised programme for you.
- f. If you VISIT the shop, I can show you in person.

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. The man has only recently decided to join the gym.	True	False
2. The woman says the gym will make sure it has the lowest price in the city.	True	False
3. The woman says that other gyms charge people when they leave.	True	False
4. The gym used to be open for 24 hours but it was too busy.	True	False
5. The personal trainer will tell you what and what not to eat.	True	False
6. The personal trainer doesn't cost anything at all.	True	False
7. The man is not convinced at the end of the conversation.	True	False
8. The gym offers a sample visit.	True	False

Task 2

Complete the sentences with words from the box.

got that	get	don't	Makes	we
bit		of	to know	straight

1. Sure, course.
2. You've right, yes.
3. Sorry, what was that last ?
4. That's useful
5. sense.
6. Sure do.
7. Let me this
8. OK, why I do that.

Discussion

What do you look for in a gym?

Transcript

Receptionist: Hello, welcome to Shake it Off Fitness. How can I help you?

Customer: Yes, thanks. I've been meaning to come in and find some information about here for some time. I was wondering if you could help me?

Receptionist: Sure, of course. What would you like to know?

Customer: I saw on the sign outside that you have the best budget membership in the city. Is that right?

Receptionist: You've got that right, yes. If you find a better rate, then we'll match it. Also, we don't have any sign-up fees or cancellation fees.

Customer: Sorry, what was that last bit?

Receptionist: Cancellation fees. Some gyms charge you money if you leave before a minimum number of months or something like that. We don't do that.

Customer: That's useful to know. Ummm, what times do you have?

Receptionist: We open at 5 a.m. and close at midnight.

Customer: Not 24 hours then, I see.

Receptionist: No. Almost, though! We tried doing the 24-hour thing, but there really weren't a lot of people who wanted to do exercise at 2 in the morning.

Customer: Makes sense. Another question: do you have trainers? Like, will you do a personalised evaluation of me?

Receptionist: Sure we do. As we say on our brochure, we can show you what to do, how to do it and why you're doing it. Have you worked with a personal trainer before?

Customer: Err, no. No, I haven't. No.

Receptionist: So, it's very easy. For your first visits we'll assign you one of our expert personal trainers. He or she will design an exercise plan that's just right for you and show you exactly what to do. We even include nutrition advice in the plan.

Customer: Let me get this straight. All of this is included in the price?

Receptionist: Yes, it is. If you want to continue with your trainer after the first few classes, we can talk about that. It does cost extra though. OK?

Customer: Yeah. Sounds ... great.

Receptionist: Do you have any other questions?

Customer: Hmmm, yeah. Um, OK. Why should I choose here instead of any of the other gyms in the city?

Receptionist: What, you mean apart from our competitive rates and personalised attention?

Customer: Yeah, I guess.

Receptionist: Listen, here's a free day pass. Why don't you drop by and see for yourself? That way you can talk to other members, see the facilities and our staff.

Customer: OK, I'll do that. Thanks very much!

Answers

Preparation task

1. c
2. b
3. d
4. e
5. f
6. a

Task 1

1. False
2. True
3. True
4. False
5. True
6. False
7. True
8. True

Task 2

1. of
2. got that
3. bit
4. to know
5. Makes
6. we
7. get | straight
8. don't