

Getting started at the gym

Have you ever been to a gym? (Yes, I have. I went to...)

Vocabulary Match

1. introduction 2. book 3. nervous 4. suggest 5. include 6. normal

___ worried ___ reserve ___ beginning ___ recommend ___ have in it ___ usual

Conversation

Simon welcomes Amelia to the gym and offers her a free introduction session to help her get started with using the machines and planning her workouts.

Simon: Hi there! Welcome to the gym. Is this your first day?

Amelia: Hi! Yes, it is. I'm a bit ____, to be honest.

Simon: That's completely ____. We offer a free ____ session if you'd like some help getting started.

Amelia: Oh, that sounds great! What does it ____?

Simon: We'll show you how to use the machines and ____ a simple workout plan.

Amelia: That would really help. How can I ____ it?

Simon: I can book it for you now, if you like.

Amelia: Yes, please. Thank you so much!

Simon: You're welcome. Let's get you signed up.

Quiz

1. What does Simon offer to Amelia?
2. How does Amelia feel on her first day?
3. What will the introduction session show Amelia?
4. Who can book the session for Amelia?

True or False

- | | |
|--|--------------|
| 1. Amelia is confident on her first day. | True False |
| 2. Simon offers a free introduction session. | True False |
| 3. Amelia needs to book the session herself. | True False |

Discussion

1. What do you like to do at the gym?
2. Do you prefer working out alone or with friends?
3. Have you ever tried a new sport or activity at the gym?
4. What is your favourite exercise machine?
5. Do you have any funny gym stories?