

In the Gym

Jane: Hello, my name is Jane and I'd like to ask few questions about getting fit.

Bob: Hi Jane. What can I do for you?

Jane: I need to get in shape.

Bob: Well, you've come to the right place. Have you been doing any exercise lately?

Jane: I'm afraid not.

Bob: Ok. We'll start of slow. Which type of exercise do you enjoy doing?

Jane: I like doing aerobics, but I hate jogging. I don't mind doing some weight-lifting, though.

Bob: Really! I believe we need to have plenty of works to do. How often can you work out?

Jane: Twice or three times a week would be good.

Bob: Why don't we start with an aerobics class twice a week followed by a little weight lifting?

Jane: Sounds fine to me.

Bob: You'll need to start slowly, and build up gradually to three or four times a week.

Jane: OK. What kind of equipment will I need?

Bob: You'll need a leotard and some sneakers.

Jane: Is that all? How do I sign up for the classes?

Bob: You need to visit our office then you can check the schedule that you prefer.

Jane: Great! I can't wait to get started. Thanks for your advice.

Bob: No problem. I'll see you in aerobics class!

Key Vocabulary

get fit
get in shape
(do) exercise
aerobics
jogging
weight lifting
equipment
leotard
sneakers
sign up
join
advice

Practice:

1. Do you think taking aerobics class would be fine? Why?
2. Would you prefer to have the said class as well?
3. What will you do in order to be physically fit?
4. Do you think having sexy body is really important? Explain your answer.