



Lesson 13: Going to the Gym

Exercise 01

Vocabulary

gym	(N.)	a building or room that has equipment for doing physical exercise	I go to the gym regularly.
seven days a week	(ADV.)	every day	I exercise seven days a week .
trainer	(N.)	a person who prepares people or animals for an activity or sport	My gym trainer always helps me to stay fit.
during	(PREP)	from the beginning to the end of a period of time	I often work during weekends and holidays.
elevator	(N.)	a machine that takes people up and down in a building	It's faster to use the elevator than the stairs.
escalator	(N.)	moving stairs	Most malls have escalators for the customers' convenience.
floor	(N.)	used to express the number of the floor/level in a building	I live on the top floor of the building.

Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

May is asking the mall manager about the gym.



May

Excuse me. Does this mall have a gym?



Manager

Yes, it does.





May

Where is it located?



Manager

The gym is on the third floor. You can take the elevator or the escalator.



May

When does it open, and when does it close?



Manager

It's open seven days a week during the mall's working hours.



May

Do they have personal trainers?



Manager

I'm sorry, but they don't have personal trainers.



May

I see. Anyway, I will go to the gym later. Thank you for your help.



Manager

You're welcome.

Check your understanding:

- What was May looking for at the mall?
- Where is the gym located?
- When is the gym open?



Exercise 03

Role Play

Read the dialogue aloud with your teacher.

Situation:

- You meet your teacher at the gym.
- Talk about training with your teacher.

Exercise 04

Discussion

- 1) Do you usually go to the gym?
- 2) If so, how often do you go there?
- 3) Do you think it's necessary to go to the gym? Why?
- 4) Do you exercise regularly? How often?
- 5) Why is exercise important for the body?

