

The Ultimate Fitness Choice

Choosing a Gym Membership

PART 01 Warm-Up Activity

- How often do you work out?
- Do you prefer exercising alone at home or attending a class at a gym? Why?
- What are the three most important things you look for in a gym (e.g., price, location, types of classes)?

PART 02 The Scenario

You are looking for a new gym to join. You and a friend have found two different options, but you only have a budget of \$60 per month and you both want to take at least two classes a week. You need to visit the gyms, ask questions, and decide which one is the best value for your specific needs.

Gym A: "Power-Up Fitness"

- **Monthly Fee:** \$45 (Base membership)
- **Facilities:** Large weight training area, HIIT zone.
- **Classes:** Spin (\$5 extra), Yoga (\$10 extra), Dance (Free).
- **Extras:** Personal trainer sessions are \$30/hour. Women-only sessions on Tuesday mornings.

Gym B: "Zenith Wellness Center"

- **Monthly Fee:** \$55 (All-inclusive)
- **Facilities:** Boutique studio, Pilates equipment, Sauna.
- **Classes:** All classes (Yoga, Pilates, Spin) are included in the price.
- **Extras:** Personal trainer sessions are \$50/hour. No women-only sessions.

THE TASK & GOAL

Compare the two gym options and reach a final decision on which one to join.

1. Discuss your personal fitness goals and what classes you want to take.
2. Roleplay the interaction between a potential member and a gym receptionist.
3. Compare the total costs based on the classes you actually want to do.
4. Agree on one gym to "sign up" for.

ROLES & PERSPECTIVES

A: THE RECEPTIONIST

You work at the gym. You want to show the guest around and convince them to sign up today. Be ready to explain the costs and the schedule.

B: THE POTENTIAL MEMBER

You are interested in joining but have a strict budget. You must ask about specific classes (Yoga/HIIT) and whether you can have a tour before deciding.

REFERENCE Useful Language

INQUIRING ABOUT COSTS	ASKING ABOUT CLASSES	MAKING A DECISION
How much does it cost to join?	What fitness classes do you run?	It all looks great. Sign me up!
Would I need to pay extra for...?	Have you been to this class before?	I think [Gym A] is better because...
Is there a joining fee?	Are there any women-only sessions?	That's a bit over my budget.

PLANNING & NOTES

Plan your dialogue here

Blank area for planning and notes, containing several horizontal lines for writing.

PART 03 Reflection

1. Which gym was more expensive once you added the classes you wanted?
2. What was the most important factor in your decision: the price, the facilities, or the classes?

Blank area for reflection, containing several horizontal lines for writing.

The Ultimate Fitness Choice

Target language practice.



TIME

30-40 MINS

OBJECTIVE

Students will practice functional language for inquiring about services and making comparisons to reach a consensus.

GRAMMAR FOCUS

PRESENT PERFECT FOR EXPERIENCE & MODALS FOR INQUIRIES

- Have you been to this spin class before?
- Would I need to pay extra for yoga?
- I'll show you around now.

KEY VOCABULARY

MEMBERSHIP OPTIONS

PERSONAL TRAINER

WEIGHT TRAINING

HIIT

SIGN UP

Procedure

- Warmer (5 mins):** Lead a brief class discussion using the questions in Part 1. Write the names of different gym classes (Spin, HIIT, Pilates) on the board to check pronunciation.
- The Task (20 mins):**
 - Pair students and assign roles (Receptionist/Member).
 - Students use the "Gym A" and "Gym B" data provided in the situation.
 - Monitor the pairs, ensuring they are using the target language from the "Useful Language Box."
 - Encourage them to calculate the actual cost (e.g., Gym A base + 2 Spin classes = \$55).
- Feedback (10 mins):** Ask a few pairs which gym they chose and why. Conduct a "delayed correction" session by highlighting common errors heard during the task.