



Unit 7 Practice

Task 1 (p.29)

Announcer : Situation.

You are Rita Chung. You and your friend, Gary, are interested in joining a fitness programme.

You will have two tasks to do. Follow the instructions in the Question-Answer Book and on the recording to complete the tasks. You have two minutes to familiarise yourself with Tasks 1 and 2 before the recording begins.

Task 1.

You and Gary are at a fitness centre trying to decide which fitness programme to join. Listen to the conversation and fill in the leaflets below.

You now have 30 seconds to study the task. At the end of the task, you will have 1 minute to tidy up your answers.

- Rita : Hi, Gary. Are you still interested in joining a fitness programme?
- Gary : Hi, Rita. Yes, I am. I've got a couple of leaflets with me. Here, look at this one.
- Rita : Let me see...Body Pumping. That sounds difficult.
- Gary : Yeah, but I thought the evening class might be good for us. ^①It's from 7:45 pm ^②to 8:30 pm on Mondays and Thursdays.
- Rita : You're right. 7:45 to 8:30 is a good time.
- Gary : And it's only 2 days a week, Mondays and Thursdays. ^③And the price is quite reasonable, it's only \$250 per month. ^④And for the \$250 a month, we have access to the swimming pool and juice bar.

- Rita : I'm not sure if this is the right class. Even though we have access to the pool and juice bar, is weightlifting suitable for us?
- Gary : Then how about this one — Spinning? ^⑤The advertisement says we can control the speed and difficulty of our bike, so I guess it wouldn't be too hard.
- Rita : How about the time?
- Gary : ^⑥It's from 6:15 pm to 7:15 pm, 3 days a week. That's Tuesdays, Thursdays and Saturdays.
- Rita : That sounds better. 6:15 to 7:15, so that's 1 hour.
- Gary : Right. ^⑦And the price is only \$200 per month. ^⑧And for that price, we get a 10% discount on all sportswear.
- Rita : So \$200 a month and a 10% discount on sportswear. Let's look at the other leaflets here. ^⑨This one is a stretching class from 7:15 pm to 8:15 pm ^⑩on weekdays.
- Gary : But these kinds of classes are usually expensive, aren't they?
- Rita : ^⑪It's just \$300 a month.
- Gary : There're 5 classes a week. It's good value but I think having classes every evening is too much.
- Rita : ^⑫Maybe, but we can use the steam and sauna rooms.
- Gary : Access to the steam and sauna rooms would be a bonus, but I still think 5 nights a week is too much for us.
- Rita : OK, then the other leaflet I have is for a yoga class. ^⑬It's \$225 a month.
- Gary : Yoga does sound interesting. ^⑭It says

it can give you energy and ease your stress. Let's see. ¹⁴ There's an evening class from 6:30 to 7:30 on Mondays, Wednesdays and Fridays.

Rita : And for \$225 a month, that's not bad.

Gary : And 6:30 to 7:30 is a good time for us. ¹⁵ And we get 2 free massages every month.

Rita : That's good. 2 free massages is really attractive. The time and price is good, but I still think the cycling class is better for us.

Gary : Actually, I think so too. Let's go with the cycling class. We can always try yoga later.

Announcer : This is the end of Task 1. You now have 1 minute to tidy up your answers.

Task 2 (p.30)

Announcer : Task 2.

You are helping Gary apply for membership at the fitness centre. Listen to the conversation and fill in the membership form below.

You now have 30 seconds to study the task. At the end of the task, you will have 1 minute to tidy up your answers.

Gary : Rita, I want to join a fitness centre. Can you help me with the application?

Rita : Sure. I can help you with that. Let me fill in your name first, Gary Chan. Can you tell me your address, Gary?

Gary : ¹ Flat A, 5th floor, Block 2, Nam Cheong Estate, ² Kowloon. ³

Rita : Can you spell Nam Cheong for me?

Gary : Sure, it's N-A-M C-H-E-O-N-G.

Rita : And your phone number?

Gary : ⁴ I'll give you my mobile number. It's 5761 8898.

Rita : Good. And your email address?

Gary : ⁵ It's gary chan at giant mail dot com. Giant is spelt G-I-A-N-T.

Rita : Hold on... So your mobile number is 5761 8898 and your email is gary chan at giant mail dot com. Is that right?

Gary : Yes.

Rita : Good. What should I put for your occupation?

Gary : ⁷ Um, you can write sales assistant. I just started a few months ago.

Rita : So sales assistant. Now I need your date of birth.

Gary : ⁶ That's the 4th of May, 1987.

Rita : And your height and weight...

Gary : ⁸ My height is 189 cm and ⁹ I weigh 79 kg.

Rita : So you were born on the 4th of May, 1987, and your height is 189 cm and your weight is 79 kg.

Gary : Yes, that's correct.

Rita : Good. Now have you taken any fitness classes before?

Gary : ¹¹ ¹² Yes, I have taken kickboxing and stepping.

Rita : OK, I'll tick those here on your form.

Gary : ¹⁰ I also took the 360 fitness class.

Rita : All right. I'll tick that. And what would you say are your fitness goals?

Gary : ¹⁴ I'd like to tone up and ¹⁵ build strength.

Rita : I see. That's why you enjoyed kickboxing, stepping and 360 fitness classes. Those are good classes to help you tone up and build strength.

Gary : Yep, and I'd like to do more of that.

Rita : Great. Well, they've got three membership packages. For the gold membership, you can go to any of

their clubs in Hong Kong. They have clubs on Hong Kong Island, and in Kowloon and the New Territories. You'll also have access to all the facilities whenever they're open, get 20 free group classes and you don't need to pay any administration fee.

Gary : How about the other two packages?

Rita : The silver membership is also good, but you only have access to one club in Hong Kong.

Gary : And at that club, can I still use the facilities during opening hours?

Rita : Yep. And you can get 10 free group classes and there's also no administration fee. For the bronze membership, you get access to one club and all the facilities before 6 pm. And there's an administration fee of \$50.

Gary ¹⁵ : Well, I only need access to one club but I don't want to pay the administration fee, so I'll take the second package you mentioned.

Rita : Great. And now for your free gift. You have a choice. An exercise bag for carrying everything you need to the centre, sports cap and water bottle, or a gift coupon for sports shoes. Which one would you like?

Gary ¹⁶ : The coupon sounds good but I already have a lot of shoes. And I like the bag I have now, so that leaves only the second choice.

Rita : All right. That's great. Let's go over here and hand in the form.

Announcer : This is the end of Task 2. You now have 1 minute to tidy up your answers.