

PALABRAS CLAVE



IN THE GYM



PRONUNCIACION

EXERCISE
WORKOUT
ENROLL
TRAIN
TRAINING
SWEAT
ROUTINE
FIT
BODY
IN SHAPE
HEALTHY
WARM- UP
STRETCH
COOL DOWN
WEIGHT
WEIGHTS
GROUND

EKSERSAIS
WORKAUT
ENROL
TREIN
TREINING
SUET
RUTIN
FIT
BORI
IN SHEIP
JELTHI
WORMAP
STRETCH
CUL DAUN
UEIT
UEITS
GRAUND

SIGNIFICADO

EJERCICIO
EJERCICIO
INSCRIBIRSE
ENTRENAR
ENTRENAMIENTO
SUDAR
RUTINA
ESTAR EN FORMA
CUERPO
EN FORMA
SALUDABLE
CALENTAR
ESTIRAR
ENFRIAR
PESO
PESAS
PISO/SUELO

PALABRAS CLAVE

PRONUNCIACION

SIGNIFICADO

CARDIO
LIFTING
TREADMILL
ABS
GLUTES
THIGHS
CORE
GYM

CARDIO
LIFTING
TREDMIL
ABS
GLUTS
THAIS
COR
GIM

CARDIO
LEVANTAR
CAMINADORA
ABS
GLUTEOS
MUSLOS
TRONCO
GIMNASIO

FACILITY
MEMBERSHIP

FACILIRI
MEMBERSHIP

INSTALACIONES
MEMBRESIA

ENROLL
FEE

ENROL
FI

REGISTRAR
TARIFA

TRAINER
COACH
HOT TUB
SAUNA

TRAINER
COUCH
HOT TAB
SONA

ENTRENADOR
ENTRENADOR
JACUZZI
SAUNA

GEAR
EQUIPMENT

GUIR
EKUIPMENT

EQUIPO
EQUIPO

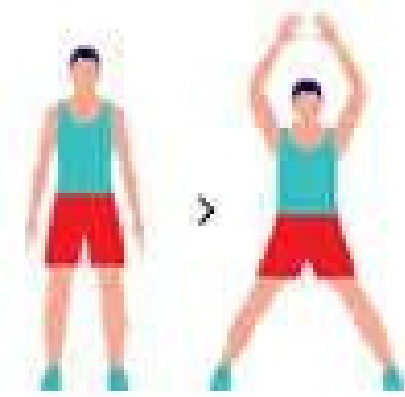
IN THE GYM



PALABRAS CLAVE



TYPICAL WORKOUTS



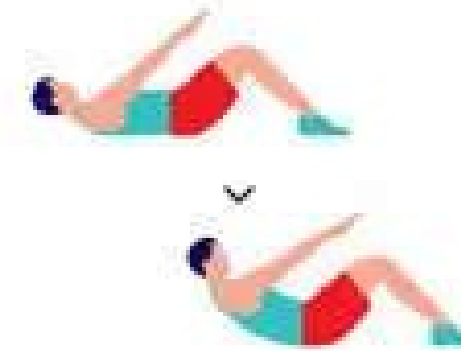
1. Jumping jacks



2. Wall sit



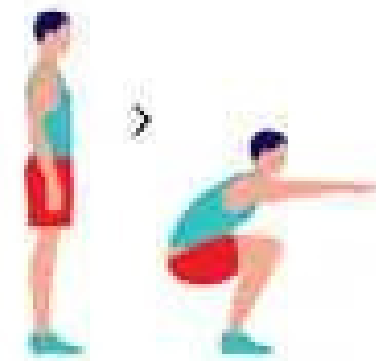
3. Push-up



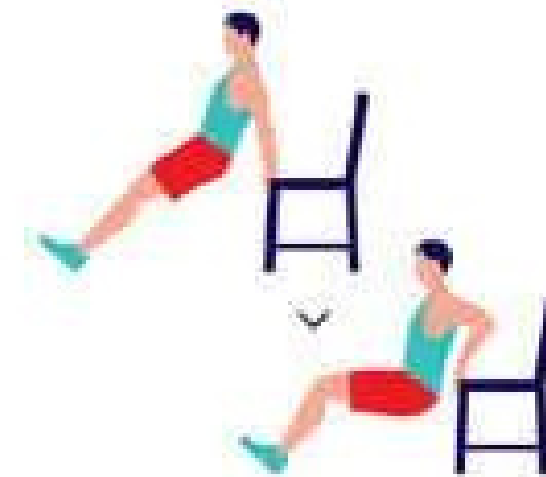
4. Abdominal crunch



5. Step-up onto chair



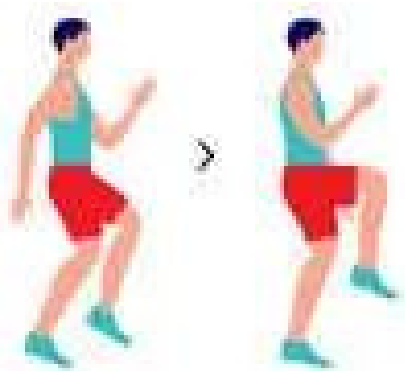
6. Squat



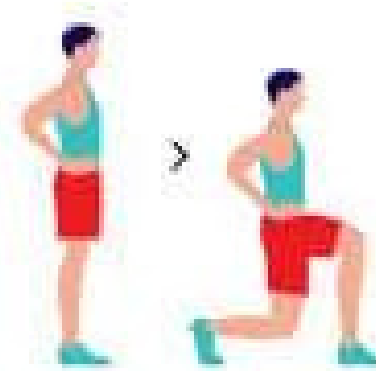
7. Triceps dip on chair



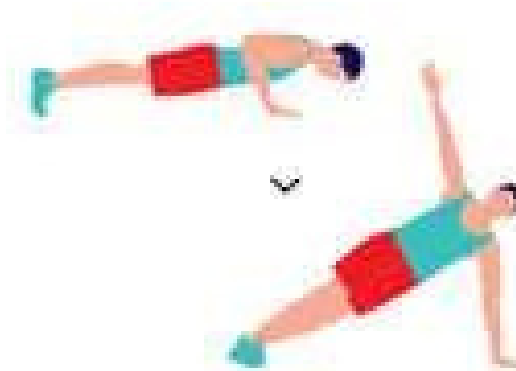
8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

FRASES ESTRELLA



I AM IN SHAPE

ESTOY EN FORMA

I AM OUT OF SHAPE

NO ESTOY EN FORMA

PUSH THROUGH!

AGUANTA!

JOIN THE GYM

UNIRSE AL GIMNASIO

BURN FAT

QUEMAR GRASA

LET'S

VAMOS A _____

PUNTO GRAMATICAL CLAVE

DAR ORDENES



ORDENES POSITIVAS
VERBO BASE SIN SUJETO!

RUN

REST

LAY DOWN

BREATH

GRAB A TOWEL

DO 20 CRUNCHES

GO

DAR ORDENES NEGATIVAS

DON'T __BASE__

IN THE GYM



**WHAT CLASS ARE YOU TAKING ON
_____?**

**QUE CLASE ESTAS TOMANDO LOS
_____?**

**WHAT CLASS ARE YOU GOING TO ON
_____?**

A QUE CLASE VAS A IR EL _____?

**WHAT CLASS ARE YOU HEADED TO?
PARA QUE CLASE VAS AHORA MISMO?**

FITNESS

CLASS SCHEDULE

	08-12 am	1-3 pm	4-6 pm	7-9 pm
MON	Morning Yoga Functional Training	HIIT Workout Dance Aerobics	Zumba Power Training	Crossfit Stretching
TUE	Power Training Yoga	Zumba Power Training	HIIT Workout Dance Aerobics	Cardio Workout Pilates
WED	Morning Yoga Functional Training	HIIT Workout Dance Aerobics	Zumba Power Training	Crossfit Stretching
THU	Power Training Yoga	Zumba Power Training	HIIT Workout Dance Aerobics	Cardio Workout Pilates
FRI	Morning Yoga Functional Training	HIIT Workout Dance Aerobics	Zumba Power Training	Crossfit Stretching
SAT	Power Training Yoga	Zumba Power Training	HIIT Workout Dance Aerobics	Cardio Workout Pilates
SUN	Morning Yoga Functional Training	HIIT Workout Dance Aerobics	Zumba Power Training	Crossfit Stretching



**ENROLL
IN THE GYM**

HOW CAN I HELP YOU?

A: GOOD MORNING! I'M INTERESTED IN JOINING YOUR GYM.

B: THAT'S GREAT TO HEAR. WE HAVE MANY MEMBERSHIP OPTIONS AVAILABLE. THE MOST POPULAR IS OUR PREMIUM MEMBERSHIP THAT GIVES YOU ACCESS TO ALL THE FACILITIES AND CLASSES WE OFFER. IT'S A GREAT VALUE.

CAN I HAVE YOUR FULL NAME, PLEASE?

A: MY NAME IS _____

B: THANK YOU, CAN YOU ALSO GIVE ME YOUR CONTACT INFORMATION, SUCH AS YOUR PHONE NUMBER AND EMAIL ADDRESS?

A: YES . MY PHONE NUMBER IS _____ AND MY EMAIL ADDRESS IS _____

B: PERFECT. NOW, WE HAVE DIFFERENT PAYMENT OPTIONS AVAILABLE. YOU CAN CHOOSE TO PAY MONTHLY OR ANNUALLY. THE ANNUAL PAYMENT PROVIDES A DISCOUNT. WHICH ONE DO YOU PREFER?

A: I THINK I'LL GO WITH THE MONTHLY PAYMENT FOR NOW.

B: NOT A PROBLEM. OUR MONTHLY FEE IS \$50, AND THERE IS A ONE-TIME REGISTRATION FEE OF \$30. YOU ALSO NEED TO BRING A VALID ID .

DO YOU HAVE ANY QUESTIONS ABOUT THE FEES OR THE FACILITIES?

A: YES, I DO. WHAT ARE THE GYM'S OPERATING HOURS?

B: WE ARE OPEN FROM 6:00 A.M. TO 10:00 P.M. ON WEEKDAYS AND FROM 8:00 A.M. TO 8:00 P.M. ON WEEKENDS. OUR FACILITIES INCLUDE A FULLY EQUIPPED GYM, A SWIMMING POOL, A SAUNA, AND VARIOUS FITNESS CLASSES.

A: THAT SOUNDS GREAT! ARE THERE ANY EXTRA FEES FOR THE FITNESS CLASSES?

B: NO, ALL OUR FITNESS CLASSES ARE INCLUDED IN THE MEMBERSHIP FEE. YOU CAN PARTICIPATE IN ANY CLASS THAT YOU WANT.

A: EXCELLENT! I'M EXCITED TO GET STARTED. WHEN CAN I BEGIN USING THE FACILITIES?

B: AS SOON AS YOU COMPLETE THE REGISTRATION PROCESS AND MAKE THE INITIAL PAYMENT, WE WILL GIVE YOU A MEMBERSHIP CARD AND YOU CAN START USING THE GYM RIGHT AWAY.

A: THAT'S FANTASTIC! I'LL COMPLETE THE REGISTRATION NOW AND MAKE THE PAYMENT.

B: WONDERFUL, LET'S BEGIN THE PROCESS AND GET EVERYTHING SET UP FOR YOU.

TAREA

MIRAR UN VIDEO DE WORK-OUT:

[HTTPS://YOUTU.BE/RI_6L992GRA](https://youtu.be/RI_6L992GRA)