

Unit 6

Unit 6 Extension

Student A

1 You and your partner are planning to get fitter and healthier. Your partner has found a website for a new health club in the area. Use these prompts to ask him/her questions about the club. Remember to respond appropriately to his/her answers.

- what facilities the club offers
- details about the different health and fitness programmes offered by the club, and their benefits
- what types of membership are available at the club and any costs involved
- any offers or discounts
- times and availability of any classes you might want to attend
- the location and accessibility of the club

You: OK, tell me about the new health club you've found. What facilities does it offer?

Student B: No problem. They've got a gym and fitness suite, a pool, a sauna and a steam room. Oh, and tennis courts. You know, the usual things.

2 You later found this website for a new health club. Read it and then answer your partner's questions.

Body Balance Health Spa

Are you tired of the stresses of modern life? Do you ever find time to relax? Does traditional exercise make you feel even more tense? Here at the Body Balance Health Spa, we offer the chance to exercise and unwind with a range of alternative therapies from yoga and pilates to Alexander technique; and a variety of massage and aromatherapies including acupuncture, flotation and chiropractic therapy.

What makes us different?

We believe that traditional forms of exercise can cause stress and injury to your mind and body. We offer the chance to get fitter and healthier more naturally. No more hours spent running or spinning, lifting weights or loud music. At Body Balance Health Spa you can relax your way to a better life.

Classes and therapy

We have a range of therapists and alternative health practitioners available for you. As a member, you will receive a 30% discount on all therapies. You can book online or at reception. (Click on 'Treatments' menu for full range of treatments.) There are also free daily yoga and pilates classes (11 a.m., 2 p.m. and 7 p.m.) for all members.

Membership

- Off-peak (weekdays 9 a.m.–6 p.m.) £65 / month
- Full (7 Days 7 a.m.–10 p.m, includes 5 free massage or aromatherapy sessions) £85 / month
- Joining fee £25
- Minimum membership is 12 months
- Yoga and pilates classes and use of sensory room are included

Join now for a month's off-peak trial membership for only £70 (Offer ends 31st March)

Location

Find us in the town centre. Top Floor, The Gateway Shopping Precinct (entrance by PriceCo Supermarket)

BodyBalanceHealthSpa@googlemap.com

Student B: Great, you've found another health club. What can you tell me about it?

You: It's called the Body Balance Health Spa. It's an 'alternative' health club – they don't do traditional types of exercise.

Unit 6

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Student B

- 1 You and your partner are planning to get fitter and healthier. You have found this website for a new health club in the area. Read it and then answer your partner's questions.

Fitness 4 Health Club

We are the newest, best-equipped health club and spa in this area. Our basic membership includes use of our state-of-the-art gym and fitness suite, sauna, steam room and adults-only pool. If you're interested in tennis, we offer a gym and tennis membership, using our 4 indoor and 6 outdoor courts.

Classes and courses

We offer a range of classes from Zumba, Boxercise, Spin and Aquarobics to tennis coaching and year-round club tennis. If you want to get fit, Fitness4Health is the place for you!

Membership

- Fitness Off-Peak (weekdays 10am – 5pm, no tennis) £180 / month
- Full Fitness (7 Days 6am – 11pm, no tennis) £250 / month
- Tennis Off-Peak (weekdays 10am – 5pm, tennis and fitness) £230 / month
- Full Tennis (7 days 6am – 11pm, tennis and fitness) £300 / month
- Membership fees DO NOT include our one-off £100 joining fee
- Minimum membership is 12 months
- Fitness4Health is an adults only club, no U18s allowed

Join this weekend and enjoy the following range of benefits:

- 50% off your joining fee
- Free gym induction from one of our personal trainers
- Free dinner for two in the club restaurant
- 6 free tennis lessons with one of our qualified coaches (Full tennis memberships only)

Location

4 miles from the city centre off the A340 Goodstock roundabout. Click on the link for map and directions Fitness4healthlocation@googlemap.com

Student A: OK, tell me about the new health club you've found. What facilities does it offer?

You: No problem. They've got a gym and fitness suite, a pool, a sauna and steam room. Oh, and tennis courts. You know, the usual things.

- 2 Later your partner found another website for a different type of health club. Use these prompts to ask him/her questions about it. Remember to respond appropriately to his/her answers.

- what facilities the club offers
- details about the different health and fitness programmes offered by the club, and their benefits
- what types of membership are available at the club and any costs involved
- any offers or discounts
- times and availability of any classes you might want to attend
- the location and accessibility of the club
- what's different about the club and what advantages it might have over the health club you found

You: Great, you've found another health club. What can you tell me about it?

Student A: It's called the Body Balance Health Spa. It's an 'alternative' health club – they don't do traditional types of exercise.