

## Do you like working out in gyms?

Stacy / Australia



**Part 1:** Listen to the conversation and answer the questions.

1	How does she feel about gyms?	2	What does she like to do for exercise?	3	What does she like to do?
a	She loves them	a	Dancing	a	Work out alone
b	She hates them	b	Lift weights	b	Work up a sweat

**Part 2:** Put the following words in the text.

sweat / classes / big / way / not / wasting / motivated / disguise / tea / pumping

Hi, I'm Stacy. I am Australian, and I live in Scotland. And my question is, do I like working out in gyms?

And the answer is a \_\_\_\_\_, fat no. I hate it. I have had probably three or four gym memberships in the last 20 years, and I've not really used any of them. I canceled them because I was just \_\_\_\_\_ my money.


It's very hard to feel \_\_\_\_\_ to go to the gym and when you actually do get there, I just find it really boring. I don't like working out on equipment that other people have sweated on, and I don't like doing those kinds of exercise \_\_\_\_\_. I find them kind of boring.

I'm a dancer, so to me, dancing is my exercise, and I love it, so it's exercise in \_\_\_\_\_. I work up a \_\_\_\_\_, I get my heart \_\_\_\_\_, and I much prefer that than a gym membership.

It's just, it's \_\_\_\_\_ for me. I think for some people they love it and it works, especially if you work somewhere very close to the gym or you get your gym workout done before work, and then you've done it for the day and it's out of the \_\_\_\_\_.

But it's just not my cup of \_\_\_\_\_, not for me.

Answer Key

<p><b>Do you like working out in gyms?</b></p> <p>Stacy / Australia</p>	
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1	How does she feel about gyms?	2	What does she like to do for exercise?	3	What does she like to do?
a	She loves them.	a	<u>Dancing</u>	a	Work out alone
b	<u>She hates them.</u>	b	Lift weights	b	<u>Work up a sweat</u>

**Part 2:** Put the following words in the text.

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Hi, I'm Stacy. I am Australian, and I live in Scotland. And my question is, do I like working out in gyms?

And the answer is **a big, fat no**. I hate it. I have had probably three or four gym memberships in the last 20 years, and I've not really used any of them. I canceled them because I was just **wasting** my money.

It's very hard to feel **motivated** to go to the gym **and** when you actually do get there, I just find it really boring. I don't like working out on equipment that other people have sweated on, and I don't like doing those kinds of exercise **classes**. I find them kind of boring.

I'm a dancer, so to me, dancing is my exercise, and I love it, **so** it's exercise **in disguise**. I **work up a sweat**, I **get my heart pumping**, and I much prefer that than a gym membership.

It's just, it's **not for me**. I think for some people they love it and it works, especially if you work somewhere very close to the gym or you get your gym workout done before work, and then you've done it for the day and it's **out of the way**.

But it's just **not my cup of tea**, not for me.

Here are the **short definitions and examples** for the selected words and phrases from Stacy's response:

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## Vocabulary Explanations and Examples

1. **a big, fat no**

**Meaning:** A strong and definite no.

**Examples:**

1. Do I like gyms? That's **a big, fat no**.
2. I asked her to go hiking and got **a big, fat no**.

2. **in disguise**

**Meaning:** Appearing as something else.

**Examples:**

1. Dancing is exercise **in disguise**.
2. That boring chore was fun **in disguise**.

3. **work up a sweat**

**Meaning:** To exercise enough to sweat.

**Examples:**

1. I **work up a sweat** when I dance.
2. He loves to **work up a sweat** at the gym.

4. **get my heart pumping**

**Meaning:** To do something that increases your heart rate (usually from exercise).

**Examples:**

1. Dancing really **gets my heart pumping**.
2. A fast run will **get your heart pumping** quickly.

5. **out of the way**

**Meaning:** Finished or completed early.

**Examples:**

1. I like to get my workout **out of the way** before work.
2. Let's get the meeting **out of the way** first.

6. **not my cup of tea**

**Meaning:** Not something you like or enjoy.

**Examples:**

1. Gym workouts are **not my cup of tea**.
2. Horror movies are **not my cup of tea**.

7. **not for me**

**Meaning:** I don't like it or it doesn't suit me.

**Examples:**

1. Gym life is **not for me**.
2. Running marathons is **not for me**.