Best Body Fitness

About us

You don't want just a gym membership. You want a membership that means something. And that means you need support, expert help and a community.

Best Body Fitness isn't just a gym: it's a full-service fitness membership made for you.

Here's how it works:

STEP ONE: Your assessment

We begin with an assessment session. This is a chance for you to see what we do at **Best Body**. Our assessment plans are no-cost and no-risk. We'll also make a training plan specifically for you.

STEP TWO: Your training

When you decide to become a **Best Body** member, we show you what to do, how to do it and why you are doing it. After a few sessions with an expert private trainer you will feel comfortable working out on your own. But don't worry, we'll always be nearby if you have questions.

STEP THREE: Your membership

Membership works on a month-to-month basis. There are no sign-up fees and no cancellation fees. Start and stop whenever you want. And the best part? Our fees are the most competitive in the whole downtown area.

STEP FOUR: Your community

At **Best Body Fitness**, we see everyone as part of a big team. And when you work with a team, you can do great things. Join any of our specialised classes, led by expert instructors. Come to our nutrition classes. Participate in our regular social events. Everything is included in your fee.

Finally, we wanted to share with you some reasons why our members say that they have chosen us over any other fitness centre in the city.

It's so EASY

- Easy to start, stop, cancel or refund a membership
- Easy to access – we're open 24/7, we never close
- Easy to do exercise – we have lots of equipment, no long wait
- Easy results – our trainers and equipment give you success, fast
- Easy to find – in the centre of town, near public transport and with parking

It's WONDERFUL

- Wonderful members
- Wonderful trainers and staff
- Wonderful equipment
- Wonderful energy
- Wonderful location

Come and visit us for a personal tour!

QUESTIONS

1. Are the sentences true or false?

1. The first visit to the club is free.

True

False

2. Everybody gets the same training plan.

True

False

3. At this gym, you always do exercise with an expert instructor.

True

False

4. If you stop your membership, you don't have to pay anything.

True

False

5. This gym says it's the best value for money.

True

False

6. Nutrition classes cost a little bit extra.

True

False

7. The gym is open at 4 o'clock in the morning.

True

False

8. The gym is outside of town.

True

False

2 Complete the sentences with the words below.

Time membership over whenever specifically own led n earby

1. The gym offers a full-service fitness ..... .

2. We'll make a training plan ..... for you.

3. You can now work out on your ..... .

4. We'll always be ..... to help.

5. Start and stop ..... you want.

6. Join any of our classes, ... by expert instructors.

7. This is why our members have chosen us ..... any other gym.

8. Stop, start or refund your membership any ..... .