

## LESSON NOTES

# Upper Intermediate S1 #10 Finding a Gym in Hong Kong

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# 10

# TRADITIONAL CHINESE

1. A: 你知唔知附近有冇健身房啊? 我想去做運動。
2. B: 五金舖隔離有間。設施一流, 有舉重機, 劃船機, 健身單車, 乜都有。
3. A: 嗰度有冇健身教練㗎?
4. B: 梗有啦。仲可以上堂添。嗰度有瑜珈房同舞蹈房。
5. A: 成個氣氛係點㗎?
6. B: 好多學生同白領去㗎, 特別係落班之後。
7. A: 似乎幾熱鬧㗎。
8. B: 係㗎。十幾台跑步機, 時時刻刻都有人用。

# JYUTPING

1. A: nei5 zi1 m4 zi1 fu6 gan6 jau5 mou5 gin6 san1 fong4 aa3? ngo5 soeng2 heoi3 zou6 wan6 dung6.
2. B: ng5 gam1 pou2 gaak3 lei4 jau5 gaan1. cit3 si1 jat1 lau4, jau5 geoi2 cung5 gei1, waat6 syun4 gei1, gin6 san1 daan1 ce1, mat1 dou1 jau5.
3. A: go2 dou6 jau5 mou5 gin6 san1 gaau3 lin6 gaa3?
4. B: gang2 jau5 laa1! zung6 ho2 ji5 soeng5 tong4 tim1. go2 dou6 jau5 jyu4 gaa1 fong2 tung4 mou5 dou6 fung2.

CONT'D OVER

5. A: seng4 go3 hei3 fan1 hai6 dim2 gaa3?
6. B: hou2 do1 hok6 saang1 tung4 baak6 leng5 heoi3 gaa3, dak6 bit6 hai6 lok6 baan1 zi1 hau6.
7. A: ci5 fu4 gei2 jit6 naau6 wo3.
8. B: hai6 gaa3. sap6 gei2 toi4 paau2 bou6 gei1, si4 si4 haak1 haak1 dou1 jau5 jan4 jung6.

## ENGLISH

1. A: Do you know where there's a gym nearby? I want to go workout.
2. B: There's one by the hardware store. It's got good equipment—weight-lifting machines, rowing machines, bikes and everything it should have.
3. A: Do they have personal trainers?
4. B: Sure, and regular classes too. They also have yoga and dance rooms.
5. A: What's the atmosphere like?
6. B: There are a lot of students and white-collar workers, who go especially after work.
7. A: Sounds busy.

CONT'D OVER

8. B:

Yeah. There are a dozen or so treadmills, but they're always in use.

## VOCABULARY

Traditional	Romanization	English	Class
健身房	gin6 san1 fong4	gym	noun
設施	cit6 si1	equipment	noun
一流	jat1 lau4	first rate	adj
舉重機	geoi2 cung5 gei1	weight-lifting machine	noun
划船機	waak6 syun4 gei1	rowing machine	noun
跑步機	paau2 bou6 gei1	treadmill	noun
健身單車	gin6 san1 daan1 ce1	bike machine	noun
健身教練	gin6 san1 gaau3 lin6	personal trainer	noun
瑜珈	jyu4 gaa1	yoga	noun
舞蹈	mou5 dou6	dance	noun

## SAMPLE SENTENCES

<p>我屋企附近有間健身房。</p> <p><i>Ngo5 uk1 kei2 fu6 gan6 jau5 gaan1 gin6 san1 fong4.</i></p> <p>There is a gym in my neighborhood.</p>	<p>香港嘅公共運動設施好完善。</p> <p><i>hoeng1 gong2 ge3 gung1 gung6 cit6 si1 hou2 jyun4 sin3.</i></p> <p>Public sport facilities in Hong Kong are perfect.</p>
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<p>九龍城嘅泰國菜味道一流。  <i>gau2 lung4 sing4 ge3 taai3 gwok3 coi3 mei6 dou6 jat1 lau4.</i></p> <p>Thai foods in Kowloon City taste wonderful.</p>	<p>舉重機我真係唔想玩，太劬。  <i>geoi2 cung5 gei1 ngo5 zan1 hai6 m4 soeng2 waan2, taai3 gui6.</i></p> <p>I'm not interested in weight-lifting machines. They are too exhausting.</p>
<p>部划船機成日都有人玩。  <i>bou6 waat6 syun4 gei1 seng4 jat6 dou1 jau5 jan4 waan2.</i></p> <p>The rowing machine is occupied every day.</p>	<p>可以買部跑步機每日係屋企鍛煉。  <i>ho2 ji5 maai5 bou6 paau2 bou6 gei1 mui5 jat6 hai2 uk1 kei2 dun6 lin6.</i></p> <p>You can buy a treadmill and exercise every day at home.</p>
<p>買健身單車要幾錢啊？  <i>maai5 gin6 san1 daan1 ce1 jiu3 gei2 cin2 aa3</i></p> <p>How much is a bike machine?</p>	<p>健身教練收費五百蚊一個鐘。  <i>gin6 san1 gaau3 lin6 sau1 fai3 ng5 baak3 man1 jat1 go3 zung1</i></p> <p>A personal trainer costs 500 HKD per hour.</p>
<p>佢去咗印度學瑜伽。  <i>Keoi5 heoi3 zo2 jan3 dou6 hok6 jyu4 gaa1</i></p> <p>He went off to India to learn Yoga.</p>	<p>我五歲開始學芭蕾舞，而家係專業舞蹈表演者。  <i>ngo5 ng5 seoi3 hoi1 ci2 hok6 baa1 leoi4 mou5, ji1 gaa1 hai6 zyun1 jip6 mou5 dou6 biu2 jin2 ze.</i></p> <p>I started learning Ballet dance at the age of five and am now a professional dance performer.</p>

## GRAMMAR

### The Focus of this Lesson is Time Frequency

十幾台跑步機，時時刻刻都有人用。

"There are a dozen or so treadmills, but they're always in use."

Our grammar point in this lesson is about time. We will talk about how to describe things that happen frequently and infrequently. It's grammatical but also a review of vocab that we've

covered in different places. For example, 時時刻刻都有人用 *si4 si4 haak1 haak1 dou1 jau5 jan4 jung6* we translate that as they are always in use. Literally we are saying "at every moment." If it's only 80% of the time, we can say 大部分時間 *daai6 bou6 fan6 si4 gaan3* ("most of the time"). For example, 部舉重機大部分時間都有人用 *bou6 geoi2 cung5 gei1 daai6 bou6 fan6 si4 gaan3 dou1 jau5 jan4 jung6* ("There are people using weight lifting machines most of the time"). A step down from that, if we are going to maybe 50% of the time and there's another word that's used to describe more or less the same, in English it's "often," in Cantonese it's 成日 *sing4 jat6*. For instance, 健身單車成日都有人用 *gin6 san1 daan1 ce1 sing4 jat6 dou1 jau5 jan4 jung6* ("There are often people on the bike machine").

Now let's review these three we've covered: 時時刻刻 *si4 si4 haak1 haak1*, 大部分時間 *daai6 bou6 fan6 si4 gaan3*, 成日 *sing4 jat6*. And if something is happening 40% or 50% of the time, in Cantonese we use 一部分時間 *jat1 bou6 fan6 si4 gaan3*, which is literally a portion of the time. If we move from 40% or 50% to something that happens rarely, we have a couple more words we can use to describe this: 小部份時間 *siu2 bou6 fan6 si4 gaan3* ("a minority of the time"). If something happens very rarely, you can say 唔多 *m4 do1*. And finally if something never happens, we can say 從來都有 *cung4 loi4 dou1 mou5*.

Here are some examples:

1. 我一部分時間用健身教練，一部分時間自己上堂。  
*ngo5 jat1 bou6 fan6 si4 gaan3 jung6 gin6 san1 gaau3 lin6, jat1 bou6 fan6 si4 gaan3 zi6 gei2soeng5 tong4*  
"A portion of the time we use personal trainer, a portion of the time I work out myself."
2. 嗰個健身房小部份時間會好多人。  
*go2 go3 gin6 san1 fong4 siu2 bou6 fan6 si4 gaan3 wui5hou2 do1 jan4*  
"That gym will rarely have a lot of people in it."
3. 佢唔多嚟做運動。  
*keoi5 m4 do1 lai4 zou6 wan6 dung6*  
"He rarely exercises."
4. 我從來都有跳過舞。  
*ngo5 cung4 loi4 dou1 mou5 tiu3 gwo3 mou5*  
"I've never danced before."

5. 我從來都有練過瑜珈。  
*ngo5 cung4 loi4 dou1 mou5 lin6 gwo3 jyu4 gaa1*  
"I've never done Yoga."

## CULTURAL INSIGHT

### Keeping Fit in Hong Kong

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A one-year gym membership in Hong Kong usually costs over 9,000 HKD, but you can get them at bargain prices from people who are moving out of town and are looking to sell their membership online. Depending on the economy, gyms in Hong Kong can be a really 'hard-sell', as locals call it, pushing you in all ways possible to purchase overpriced personal trainer courses. But if you are looking for cheaper gyms or sports facilities, the Leisure and Cultural Services Department has a lot to offer. Online booking of fitness facilities, football pitch, archery, golf facilities, and many others at different locations in the city is available for anyone with an HKID card via this website: <http://w1.leisurelink.lcsd.gov.hk/index/index.jsp>.