

Functional Skills Maths | Entry 3 | Going To The Gym Workbook



Useful Vocabulary

This is a list of vocabulary for this handout.

- | | |
|-------------------|-------------------|
| • Membership | • Yoga |
| • Contract | • Cardio |
| • Swimming Pool | • Dance |
| • Protein Powder | • Martial Arts |
| • Tub | • Beginner |
| • Cycle | • Intermediate |
| • Recovery Shake | • Advanced |
| • Concentrate | • Push Up |
| • Container | • Set |
| • Stretching | • Kettlebell |
| • Routine | • Light |
| • Exercise bike | • Medium |
| • Lifting weights | • Heavy |
| | • Stationary Bike |

1. Abi has this information about membership for the gym.

Month 1
476

Month 2
623

Calculate the difference between the number of people in month 1 and the number of people in month 2?

Round 476 to the nearest 100

Use the rounded number to check your answer to first question

2. Jules is looking at contract costs for joining a gym.

Contract	A	B	C	D
Cost (£)	18	24	30	

The costs follow a number pattern.

What is the cost for Contract D?

3. The gym had 60 customers yesterday.

12 out of the 60 customers used the swimming pool.

What fraction of the customers used the swimming pool?

Tick (✓) the correct answer.

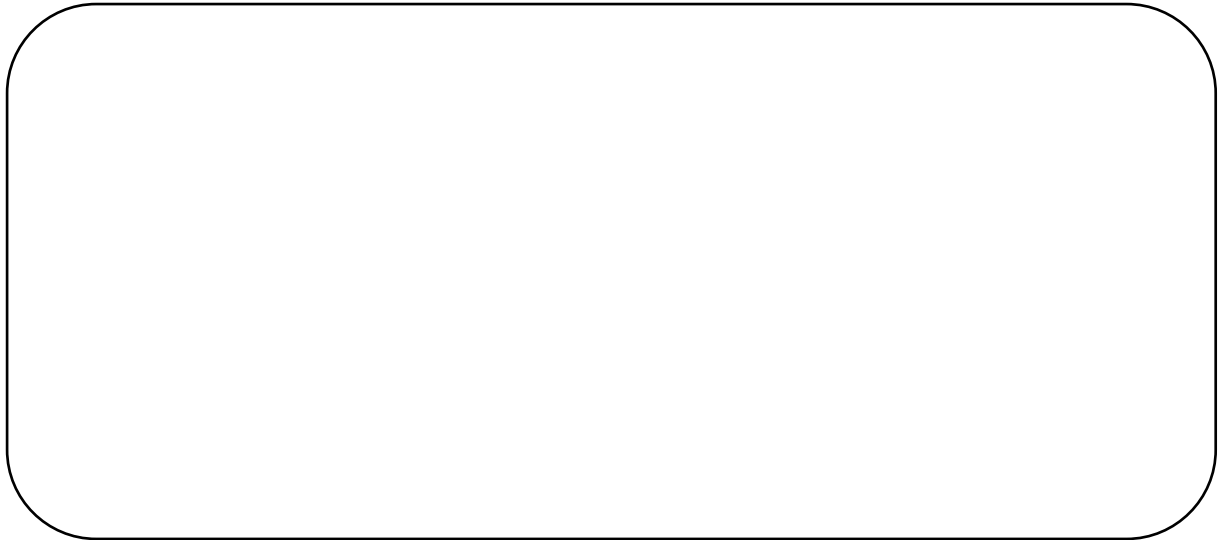
$\frac{1}{3}$	$\frac{1}{5}$	$\frac{1}{10}$	$\frac{1}{4}$
()	()	()	()

4. The gym sells tubs of protein powder.

Each tub costs £8.

They sell 59 tubs in total last month

How much money did the gym make?



5. Fatima is looking at gym membership figures for men and women.

Men
538

Women
359

Calculate the total of these amounts.

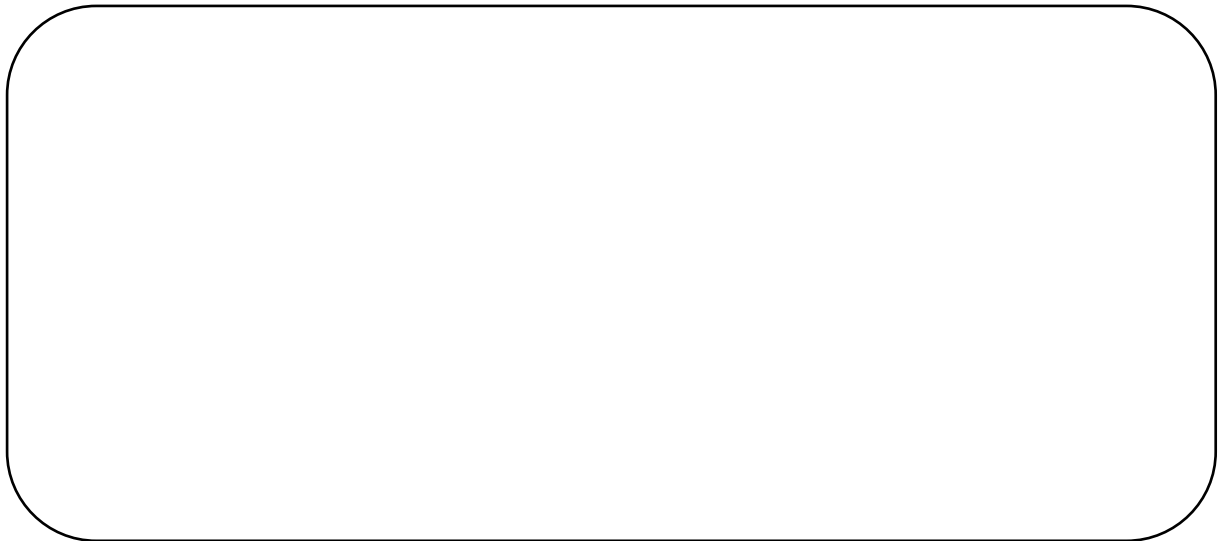


6. Devon's gym has kettlebells of different sizes.

Light	6kg
Medium Light	12kg
Medium	18kg
Medium Heavy	24kg
Heavy	

The weights follow a number pattern.

What is the weight of the heavy kettlebell?



7. Mark is training in the gym using a stationary bike.

He plans to cycle 68 km each week for 14 weeks.

How far will Mark cycle in the 14 weeks in total?

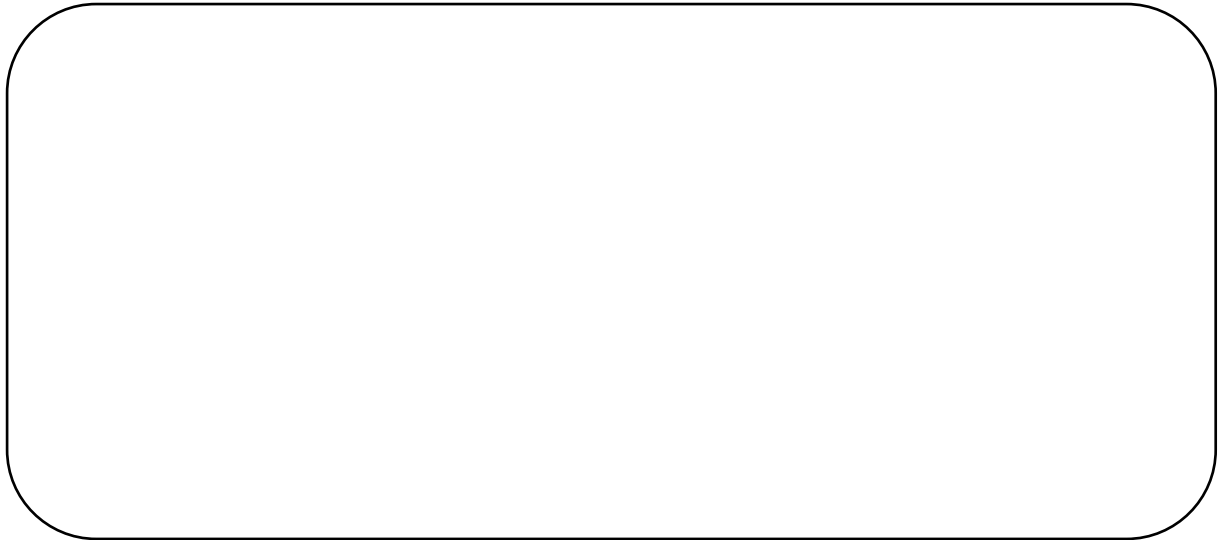


8. Leroy has £300 to pay for gym membership.

The gym membership costs £14 each month.

What is the greatest number of months that Leroy can pay for?

Show how much money he will have left over.



9. The gym has a special offer on membership.

Special Offer

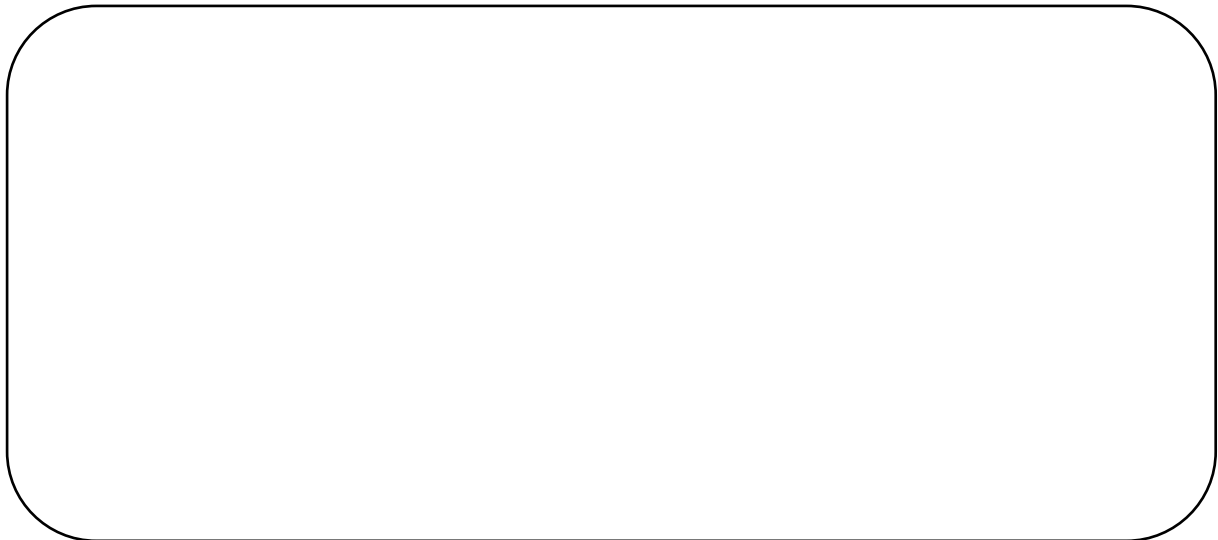
Pay for 12 months of
membership
save $\frac{1}{3}$ of the cost

The cost of 12 months of membership is £240

April thinks she will save £70 with the special offer.

Is April correct?

Show why you think this.



10. Sandy wants to buy a yoga mat for her yoga class.

The yoga mats have different lengths.

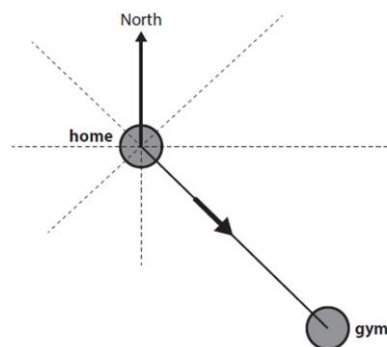
Sandy buys the second longest mat.

Which yoga mat does she buy?

Tick (✓) the correct answer.

173 cm ()	185 cm ()
172 cm ()	180 cm ()
183 cm ()	178 cm ()

11. Manny wants to cycle from his home to the gym.



In what direction does Manny need to cycle?

12. Jessie pays £28.70 each month for her gym membership.

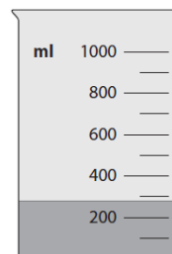
She pays for six months in advance.

How much does Jessie pay for the six months?

Use correct money format.

13. Sam is mixing a recovery shake from concentrate and water.

The diagram shows the amount of concentrate she puts into a container.

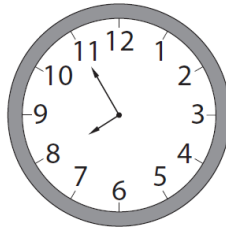


Sam adds water into the container up to the 500 ml division.

How much water does the Sam add to the nearest division?

14. Coco goes to the gym in the morning.

The clock shows the time she arrives.



What time does the clock show?

Tick (✓) the correct answer.

8.05 pm ()

7.55 am ()

8.05 am ()

7.55 pm ()

15. Ginny is exercising in the gym.

She spends 20 minutes on the exercise bike, 25 minutes lifting weights and 10 minutes stretching.

She started her routine at 9.45 in the morning.

What time does Ginny finish her routine?

16. Milton works in a gym.

He has kept a list of the classes people have signed up for in one morning.

yoga	cardio	weights	dance
martial arts	yoga	dance	cardio
martial arts	weights	yoga	weights
weights	yoga	cardio	cardio
yoga	cardio	weights	dance

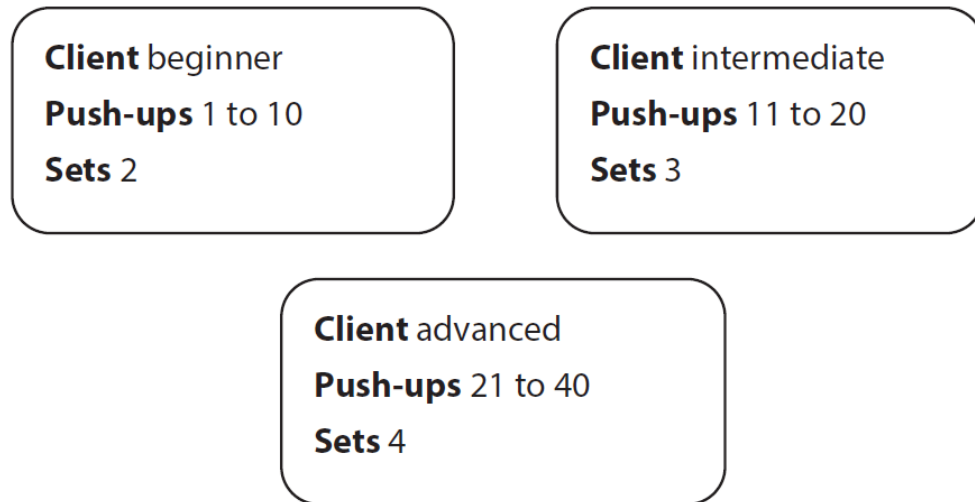
Milton needs to complete a frequency table to show this information.

Complete the frequency table.

Class	Frequency

17. Fleur is a personal trainer.

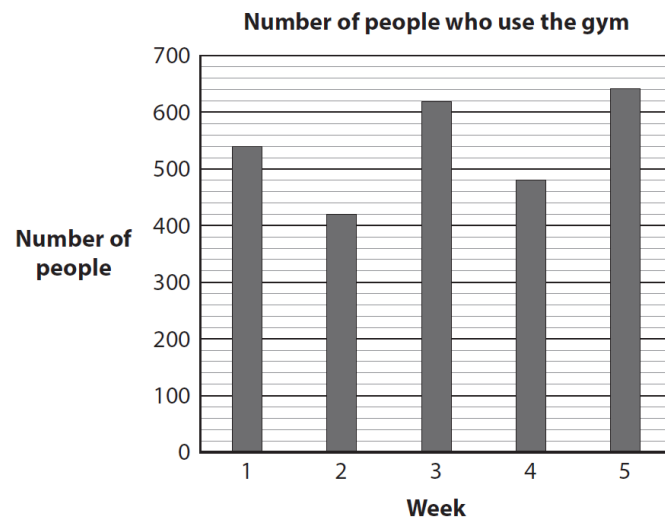
She has this information about exercise for her clients.



Fleur wants to show this information in a table.

Organise the information in a table.

18. The chart shows the number of people who use the gym where Mike works.



Mike thinks the total number of people who used the gym in week 2 and in week 3 is less than 1000.

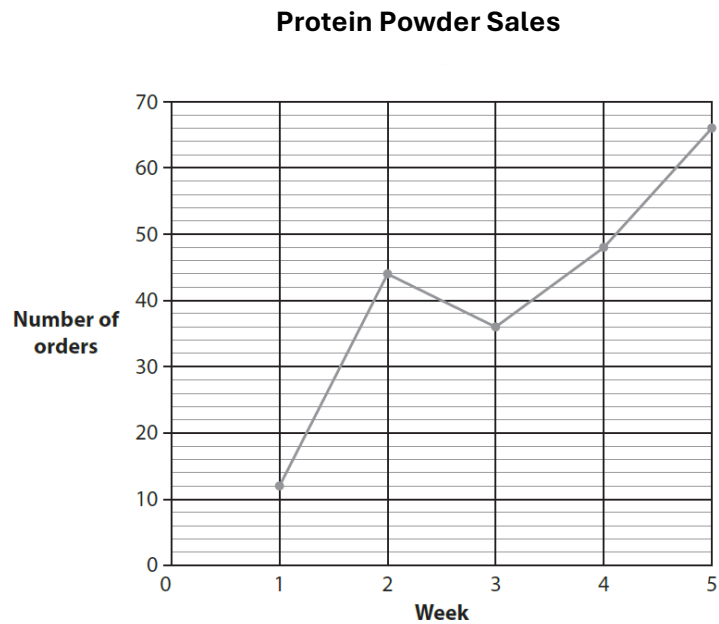
Is Mike correct?

Show why you think this.

19. Kayleigh works in a gym.

She is looking at orders of protein powders.

She has this graph.



Kayleigh says there were 16 more orders in week 5 than in week 4

Is Kayleigh correct?

Show why you think this.

Answers

1. 147, 500, 623 - 500 = 123
2. £36

Tick (✓) the correct answer.

$\frac{1}{3}$ $\frac{1}{5}$ $\frac{1}{10}$ $\frac{1}{4}$
 () (✓) () ()

- 3.
4. £472
5. 897
6. 30kg
7. £952
8. 21 months, £6 left over
9. No, £80

Tick (✓) the correct answer.

173cm 185cm

 () ()

172cm 180cm

 () ()

183cm 178cm

 (✓) ()

- 10.
11. South East
12. £172.20
13. 200 ml

Tick (✓) the correct answer.

8.05 pm ()
 7.55 am (✓)
 8.05 am ()
 7.55 pm ()

- 14.
15. 10.40am
16. Do NOT accept tallies

Class	Frequency
Yoga	5
Cardio	5
Dance	3
Weights	5
Martial Arts	2

(Client exercises)		
Client	Push-ups	Sets
beginner	1 to 10	2
intermediate	11 to 20	3
advanced	21 to 40	4

17.

18. No, $420 + 620 = 1040$

19. No, $66 - 48 = 18$