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# Gym Membership

By Samuel Stokes (<http://www.SamuelStokesMusic.com>)

Running Time: approx. 3 minutes

*(HANK works at Gym World Mania as a personal trainer. PETE enters the gym, which he is considering joining).*

HANK: Hello sir! Welcome to Gym World Mania! Can I interest you in a membership plan?

PETE: Uh yeah, hi. Actually, I'm here for a friend.

HANK: Oh, well, is your friend interested in a membership plan?

PETE: Yes, I am, I mean, *he* is. I mean, maybe.

HANK: Ah, so what is your, uh, "friend" interested in - the Super Fat-Burning Fanatic Plan or the Ultimate Ludicrous Muscle Building Spectacular Plan?

PETE: Uh, the first one, I guess. You see, I, I mean *he* has been putting on a few extra pounds lately.

HANK: I see. So is this friend anyone I would know?

PETE: *(small pause)* Yeah, it's me.

HANK: You don't say ...

PETE: I just keep gaining weight and I'm not sure what to do.

HANK: Well, let's start with your diet.

PETE: Oh, I'm not on a diet.

HANK: I know, but I mean what is your daily caloric intake?

PETE: Oh, I don't take any medications.

HANK: No, that's not ... never mind. Tell me what have you eaten today?

PETE: Uh, let's see. For breakfast, I had eggs, bacon, toast, and orange juice.

HANK: That's not bad, what did you have for lunch?

PETE: Don't you want to hear about second breakfast first?

## "Gym Membership"

HANK: Second breakfast?

PETE: Yeah, that's the one that comes between first breakfast and mid-morning snack.

HANK: Uh ... okay ...

PETE: So for second breakfast, I had a big bowl of Lucky Charms with chocolate milk and three or four spoonfuls of sugar on top.

HANK: Ah, and what did you have for your mid-morning snack?

PETE: A large pepperoni pizza.

HANK: I think that's all I need to hear.

PETE: But we didn't even get to lunch yet.

HANK: We didn't have to; I can already see you take in far too many calories.

PETE: But doesn't exercise make up for that?

HANK: It can. What kind of exercise do you do?

PETE: I do sit-ups.

HANK: That's good. How many sit-ups do you do?

PETE: One a day.

HANK: One a day?

PETE: Yeah, I do half of it when I wake up in the morning and the other half when I go to bed at night.

HANK: I don't think that really counts. Do you do any other exercise?

PETE: I jog every day.

HANK: Oh, jogging is good for fat-burning. How much do you jog?

PETE: Every day when noon rolls around, I jog to the lunch room to eat.

HANK: I'm picking up on a pattern here. If you don't eat less and start a serious exercise program, you're going to keep piling on the pounds.

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PETE: Okay, okay, you're right. So how much is the Super Fat-Burning Fanatic Plan?

HANK: Well, you're in luck. It used to be \$499.95 a month, but we're running a special right now. If you sign up for a three-year plan, you can lock in at the amazingly low rate of \$199.95 a week.

PETE: \$199.95 a week?! For that kind of price it had better come with some kind of guarantee.

HANK: Oh, it does. In fact, we have never failed yet.

PETE: Really? So everyone who has signed up for your program has lost weight?

HANK: That's right?

PETE: But how is that possible?

HANK: Well, after spending all of their money on the program, they didn't have enough money left to buy food.

PETE: You know, I don't think this is for me. I think I'll just scale back and have a medium pizza instead of a large for my mid-morning snack, and maybe every other day I'll skip second breakfast.

HANK: Suit yourself, but if you want to put on some serious muscle, stop back by next month when we'll be running a special on our Ultimate Ludicrous Muscle Building Spectacular Plan.

PETE: That's okay, I probably can't afford it. Thanks anyway.

*(PETE leaves the gym).*