

## ENGLISH + FITNESS

Minimum Age: 16 years old    Minimum 2 weeks  
16, 20, or 25 English Lessons per week - Variable start dates

## HAWAIIAN PARADISE, THE PERFECT SETTING FOR HEALTH AND FITNESS!

**ENGLISH PLUS FITNESS** is the perfect combination for a healthy body and mind for students 16 years and older! Regardless of your experience and fitness level, by adding a moderate amount of exercise into your daily life in paradise, you can improve your well-being and quality of life in Hawaii. One to one personal fitness training sessions will teach you proper exercise and fitness tips and techniques along with nutritional advice to support you in reaching your health and fitness goals.

Just decide your English study period as well as the number of English lessons you would like to take a week—16, 20 or 25 lessons and we will take care of the rest!

Contact GV Hawaii now to reserve your spot in this popular program at [hawaii@gvhawaii.com](mailto:hawaii@gvhawaii.com)



Only school in Hawaii accredited by IALC and ACCTE



"The atmosphere at GV Hawaii is really nice and easy going. The school activities are the best, especially the island trips and snorkeling with the dolphins. I had a lot of opportunities to talk to and be friends with other students during all the activities!"

- Dahyun, Korea



## GV HAWAII PROGRAM SCHEDULE

① English Lessons + ② Personal Training Sessions

### ① English Lesson Schedule

16 lpw    Tuesday-Friday  
20 lpw    Monday-Friday  
25 lpw    Monday-Friday

### INTERMEDIATE TO ADVANCED

Morning Session①	8:30 - 10:10 am
Break	10:10 - 10:30 am
Morning Session②	10:30 - 12:10 pm
*Options programs(5 lpw)	12:20 - 1:10 pm

### BEGINNER TO INTERMEDIATE

*Options programs(5 lpw)	12:20 - 1:10 pm
Afternoon Session①	1:20 - 3:00 pm
Break	3:00 - 3:20pm
Afternoon Session②	3:20 - 5:00pm

\*Applicable to students with a student visa taking 25 lessons/week (20 lpw - GEP+ 5 lpw of elective option classes from Monday to Friday)

### ② Personal Training Sessions

#### INCLUDES:

Tuition, five 1-hour personal training sessions and gym membership

\*Does not include Registration fee, Technology & Material fee, accommodation related fees nor airport transfers.

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