

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



GV HAWAII PROGRAM SCHEDULE

1) English Lessons + 2) Personal Training Sessions

1 English Lesson Schedule

16 lpw Tuesday-Friday20 lpw Monday-Friday25 lpw Monday-Friday

INTERMEDIATE TO ADVANCED

| Morning Session 1 | 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

| 12:20 - 1:10 pm |
|-----------------|
| 1:20 - 3:00 pm |
| 3:00 - 3:20 pm |
| 3:20 - 5:00 pm |
| |

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

2Personal Training Sessions

INCLUDES:

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

*Does not include Registration fee, Technology & Material fee, accomodation related fees nor aiport transfers.

Only school in Hawaii accredited by IALC and ACCET





"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 opportunites to talk to and be friends with other students during all the activities!"

- Dahyun, Korea

Global Village Hawaii

1440 Kapiolani Blvd #1100 Honolulu, HI 96814 United States

TEL: +1 808-943-6800

EMAIL: hawaii@gvhawaii.com URL: www.gvhawaii.com