



Exercise your mind and body with GV Hawaii's English + Fitness Program!

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.

Join one of our quality English programs from any week and your personal training sessions will be scheduled around your class schedule. Just decide how long you would like to study English as well as how many 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@gvenglish.com



English + Fitness
Includes tuition, five 1-hour personal training sessions and gym membership. Minimum 2 weeks.

GV Hawaii English Program Schedule

Monday to Thursday, **16 Lessons**
Monday to Friday, **20 and 25 Lessons**

Intermediate to Advanced	GEP, BEP, or TOEFL
1st Morning Session	08:30—10:10 am
Break	10:10— 10:30 am
2nd Morning Session	10:30— 12:10 pm
*Options Program (5 lpw)	12:20— 13:10 pm
Beginner to Intermediate	GEP or TOEIC
1st Afternoon Session	13:20—15:00 pm
Break	15:00— 15:20 pm
2nd Afternoon Session	15:20— 17:00 pm

**Applicable to students with a student visa taking 25 lessons/week (20 lpw – GEP, BEP, TOEFL, TOEIC + 5 lpw of elective option classes from Monday to Friday).*

*Package includes:

- ✓ English Class Tuition:
 - General English Program
 - Business English Program
 - TOEIC or TOEFL
- ✓ Five 1-hour personal training fitness sessions
- ✓ Gym membership

**Does not include registration fee, textbook and material fee, technology and copy fee, accommodation related fees nor airport transfers.*

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Our mission is to provide a positive, supportive and inspiring learning environment for English language students through our commitment to the highest standard of quality in the areas of academics, extra-curricular activities, accommodations and student services.

