



FREE 10-WEEK PROGRAM

2025 KEALAHO'IMAI

GROUP FITNESS INSTRUCTOR CERTIFICATION



1

ELIGIBILITY CRITERIA

- High School Diploma or equivalent
- Ages 18+; 17 ok if recent H.S. graduate
- Resident of Maui, Molokai, or Lanai
- UHMC health clearances (required for Maui residents only)

2

APPLY ONLINE

<https://forms.gle/RmaQsuHG9aA7ZNku5>

Deadline: August 17, 2025



EXERCISE SCIENCE FOR ACE-CERTIFIED GFI INSTRUCTORS

**September 16 -
November 20, 2025**

Online Classes
Tuesdays & Thursdays
at 5:00-7:00 pm

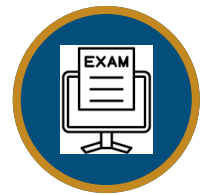


PRACTICUM VOLLEYBALL: PLYOMETRICS & CARDIOVASCULAR CONDITIONING

September 20 - November 22, 2025

In-Person Classes at UHMC Kahului campus
Saturdays at 8:30-11:30 am

Or self-directed activity for
Molokai/Lanai students



ACE GFI CERTIFICATION EXAM

By December 19, 2025

Maui students must take the
exam at UHMC Kahului campus
(only weekdays available)

Molokai/Lanai students may
take the exam online

