

## NICE Maintenance Package Options



### 1. Once (1) a week Maintenance Option

One class each week. Class will be every Wednesday, from 6:00pm to 7:30pm. This option will include fitness, nutrition, counseling and health coaching of level II\* NICE program along with an open gym time. Take home “fitness/workout” schedule will be given to be FOLLOWED at home for 5 days outside of the NICE program – required. Food and exercise logs are a must in level II.

**Length:** 10 weeks

**Cost:** \$180.00



### 2. Twice (2) a week Maintenance Option

Two classes each week. Classes will be every Monday and Wednesday, from 6:00pm to 7:30pm. This option will include fitness, nutrition, counseling and health coaching of level II\* NICE program along with an open gym time once a week. Take home “fitness/workout” schedule will be given to be FOLLOWED at home for 5 days outside of the NICE program – required. Food and exercise logs are a must in level II.

**Cost:** \$360.00

**Length:** 10 weeks



***\*Level II NICE Program requires a full cooperation and DEDICATION on the part of the participants.***

***\*At this point in the program, we will be there to guide you, however taking your fitness and health into your own hands will not only be REQUIRED but should be a priority.***