



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE APRIL 21ST , 2023

LAKEWOODNATIONALGC.COM



HOA

Good Evening Lakewood National Residents,

Please see the details below about upcoming meetings:

Board of Directors Meeting: There will be a Board of Directors meeting on April 27, 2023 at 3:00 PM. This meeting will be held in person in the Amenity Center- Aerobics Room A. You may attend in person, or you may attend virtually using the link below. Once you've registered, you will receive a confirmation and instructions on how to join the meeting.

<https://attendee.gotowebinar.com/register/5224806018350664538>

Architectural Review Committee Meeting: The next Architectural Review Meeting is scheduled for **April 26, 2023 at 3:00PM**. ARC requests for this meeting are due no later than Friday, April 20. ARC requests received after this date will have to be reviewed at the next regularly scheduled meeting. This meeting with the Committee will be held virtually and you are welcome to participate by clicking on the link below or dialing in by phone.

<https://meet.goto.com/380172277>

You may also dial in using your phone.

United States (Toll-Free): 1 877 309 2073

United States: +1 (646) 749-3129

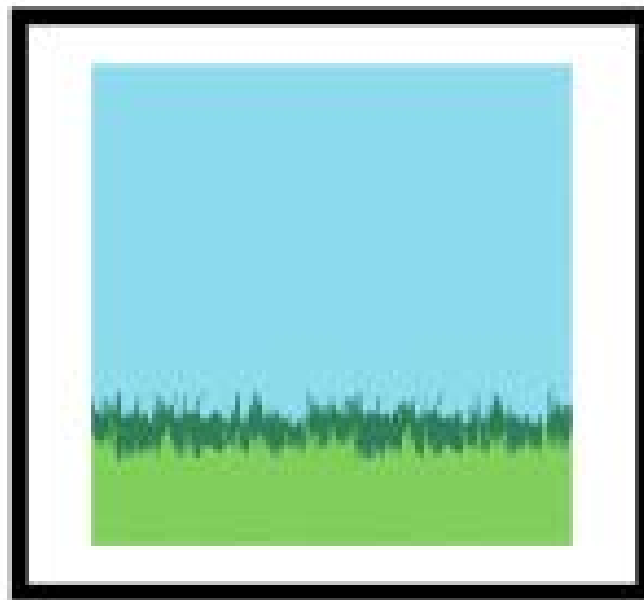
Access Code: 380-172-277

Get the app now and be ready when your first meeting starts:

<https://meet.goto.com/install>

Please note: All exterior modifications must be approved by the Committee, prior to commencing any work. If you have any questions about this process, please email me at asaad@theiconteam.com.

LAWNCARE



Lakewood National Community Rules & Regulations Reminders

DID YOU KNOW?

During our community inspection, we observed a number of properties featuring hard edging **which is not permissible as per the established community standards:** Please see the requirements below from the ARC Design Standards for Lawns:

Lawn areas of your Lot are to be sodded with approved Floritam species. All areas which are not sodded, paved, or left in natural vegetation, must be covered with three (3) inches of mulch to maintain soil moisture and to keep weeds out of planted beds. Mulch must match that as originally installed. **Rock of any variety shall not be used in place of mulch. There shall be no hard edging (i.e. curbing, brick, metal, pvc) permitted around any planting/shrub beds.**

Important to note: Projects that started without approval, may require removal or further modifications if they do not meet the community design standards, which can be costly, so please be sure to follow this process.

Please note the important reminders below regarding Landscape Improvements.

Landscaping is an important aspect of community image which is critical to maintain long-term property values and residents satisfaction. All exterior landscaping modifications require an Alteration Application and must have the prior written approval of the Architectural Review Committee before commencing any work. It is important to reference the landscaping and irrigation design standards posted on the Lakewood National website for details of compliance prior to starting the application. Below are the links to the community standards that describe in more detail what's allowed for your Landscape architectural application: (Please copy and paste into your browser for quick access)

HOA - Documents & Forms: <https://lakewoodnationalgc.com/documents/>

ARC Standards & Requests: [ARC Design Standards Manual - 4 18 22 Update.pdf](#)

Any questions about this process should be emailed to: asaad@theiconteam.com.

A Note from ArtisTree:

The fastest way to get your work order completed is to submit them directly to ArtisTree via our online work order system. Go to www.artwo.biz and be sure to use community ID "Lake-727"



DEEPER ROOTS. HIGHER STANDARDS.®



LIFESTYLE

Good Afternoon Lakewood National,

This is one of the most exciting weeks of my time at Lakewood National!

We started off the week with terrible rain and wind that threatened to ruin this amazing week, but Mother Nature was kind and since then, it has been magnificent.

As you are all aware, The Korn Ferry Tour is here and it is incredible. The buzz around the community is totally electric. As I look out my office window, it's been great to see hundreds of people every morning on the driving range and all the volunteers helping everywhere.

The actual tournament kicked off yesterday and the fans poured in. To be honest, I felt like a kid at Christmas with all the food trucks and sponsors around the property as well as the people clapping around the tees and greens; it's exactly like you see on TV. I am so excited to see who takes home the trophy.

Thank you so much to all the volunteers and the Lakewood National team as it has been a pleasure working with you all this week!!

Below you will see the flyer for the upcoming Two Blooms Flower Arranging class, please make sure to book your spot as soon as possible. We have not received the same response as in the past as I know there are a lot of members that have returned north for the summer, but we do have to have a minimum of 15 members for the event to go ahead, so please sign up today

We are also holding our first-ever Doctors Panel Q&A, the Healthcare hour on **May 5th** we see four doctors from Lakewood Ranch Medical Center specializing in an array of expertise, this will enable you to send questions in advance or ask on the day. Please click the RSVP below to attend.

LIFESTYLE



presents

SPRING FLING FLORALS *at Lakewood National*



THURSDAY, MAY 4th • 1:00 PM

\$75 • REGISTER BY APRIL 25th

Grab your friends and neighbors and join us in Aerobics Room A for a beautiful afternoon of fresh floral arranging with Melissa & Robin of Two Blooms Events! Enjoy creating your own gorgeous spring centerpiece while learning lots of floral tips & tricks throughout. The perfect way to spend the day with some creativity & joy!



   @TWOBLOOMSEVENTS | TWOBLOOMSEVENTS.COM

CLICK TO REGISTER

**Please note a minimum of 15 members must sign up
by April 25th for this event to take place**

LIFESTYLE

LAKEWOOD RANCH MEDICAL CENTER HEALTHCARE HOUR



Join Us for an “ASK the Doctor” Panel Discussion

Featuring: Robert Finkelstein, DO; Kinga Porter, DO,
Samuel Yelverton, MD; and Eden Yelverton, MD

Lakewood National Aerobics Room A , Friday May 5 at 1:00PM

Dr. Robert Finkelstein, owner of The Center for Skin Wellness, an innovative Dermatology and Skin Care Center that combines the latest medical procedures with the most advanced rejuvenation techniques.

Dr. Kinga Porter, a board-certified Internist and Integrative Holistic Medicine Specialist. Her practice, Whole Health, strives to build stronger doctor-patient relationships that are able to address complex medical issues.

Dr. Samuel Yelverton, board-certified in General Surgery, he sees both elective and acute care general surgery patients at Lakewood Ranch Medical Center. He performs all aspects of general surgery, including minimally invasive and da Vinci robotic surgery.

Dr. Eden Yelverton, a board-certified obstetrician and gynecologist, dedicated to the healthcare needs of women through all phases of life and trained in robotic surgery.

Submit questions in advance
maryellen.woska@lwrmc.com
before May 3, 2023

L W R M C . C O M



**Lakewood Ranch
Medical Center®**

CLICK TO RSVP

LIFESTYLE

CLICK HERE FOR ACTIVE GROUPS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

Member Run Groups

Run a Group Today

We are excited to announce that we are now accepting applications for Member Run Groups.

The purpose of the Member Run Groups is to bring together residents with a common interest or talent in an organized manner that will enhance the leisure opportunities available within the community.

Each group will have a leader that will be responsible for all things within the group. Once the groups have been formed and approved the Lifestyle Director will market the group to the community so that members can reach out to the leader to join.

We are very excited for you all to be able to start these groups.

You choose your Group

If you are interested in forming a group then please click the below links to fill out the relevant forms and submit to your Lifestyle Director

All groups and contacts will be uploaded to the community website

Benefits of forming a group

- ☐ Choose your group type
- ☐ Meet other members
- ☐ Find friends that have a passion for what you have a passion for
- ☐ Book a room for your group
- ☐ Have fun

If you would like more information then please don't hesitate to contact Rob Commissar
rcommissar@theiconteam.com

MEMBER RUN GROUPS GUIDELINES
MEMBER RUN GROUPS APPLICATION



GOLF

Congratulations!

2023 Club Championship Results:

Congratulations to Cameron Smillie (Men's Club Champion) and Emma Francis (Ladies Club Champion)!!!! Also, congrats to all of our flight winners. Attached you will find the complete event results.

Callaway Putter Fitting:

Our next Callaway "PUTTER" Fitting Day will be on May 3rd from 4pm-7pm. Please click [HERE](#) for registrations:



GOLF



LAKEWOOD NATIONAL GOLF CLUB
2023 MEN'S CLUB CHAMPIONSHIP

OVERALL CHAMPION



CAMERON SMILLIE – 149

\$50 PRO SHOP CREDIT



FLIGHT 1

GROSS: 1ST PLACE - STEVE HOULE - 150 - \$25

NET: 1ST PLACE - JOHN CRAFT - 147 - \$25

NET: 2ND PLACE - MARTY MCDONALD - 148 - \$13

FLIGHT 2

GROSS: 1ST PLACE - JEFF KRIDEL - 159 - \$25

NET: 1ST PLACE - MARK BARRY - 147 - \$25

NET: 2ND PLACE - THOMAS MCDAVITT - 149 - \$13

FLIGHT 3

GROSS: 1ST PLACE - SCOTTY HIMLER - 160 - \$25

NET: 1ST PLACE - CHRIS LAMBETH - 147 - \$25

NET: 2ND PLACE - STEVEN BURNS - 148 - \$13

FLIGHT 4

GROSS: 1ST PLACE - TERRY QUINN - 166 - \$25

NET: 1ST PLACE - MANUEL FELIX - 149 - \$25

NET: 2ND PLACE - KEVIN DONOVAN - 153 - \$13

FLIGHT 5

GROSS: 1ST PLACE - ALAN REISFIELD - 165 - \$25

NET: 1ST PLACE - MATT MCKEE - 143 - \$25

NET: 2ND PLACE - JOSEPH VITELLO - 145 - \$13



FLIGHT 6

GROSS: 1ST PLACE – BRIAN WILES – 180 – \$25

OVERALL NET CHAMPION; TERRY HORNER – 140 – \$50

NET: 1ST PLACE – BOB ROHRBACH – 153 – \$25

NET: 2ND PLACE – RESTY GABRIEL – 153 – \$13

FLIGHT 7

GROSS: 1ST PLACE – NICK LEHMAN – 191 – \$25

NET: 1ST PLACE – RICHARD FALCO – 153 – \$25

NET: 2ND PLACE – BILL FITZPATRICK – 156 – \$13

GOLF



LAKEWOOD NATIONAL GOLF CLUB
2023 WOMEN'S CLUB CHAMPIONSHIP

OVERALL CHAMPION



EMMA FRANCIS

SCORE – 159

\$37 PER PERSON



OVERALL NET CHAMPION

JENNY MORTELL

SCORE - 143

\$37 PER PERSON

2ND NET - LYNNE HEY - 148* - \$22 PER PERSON

3RD NET - KATHY MALES - 148 - \$10 PER PERSON

GAME CHANGER CLINICS



EACH CLINIC WILL FEATURE A FUNDAMENTAL TOPIC AND WILL BE EXPLAINED, ILLUSTRATED, AND DISCUSSED BEFORE PARTICIPANTS BREAK INTO HITTING STATIONS AND RECEIVE INDIVIDUAL ATTENTION FROM THE PROFESSIONAL STAFF. A RANGE OF DIFFERENT TOPICS WILL INCLUDE WEDGE PLAY, PUTTING, FULL SWING TOPICS, IRONS, DRIVER, COURSE MANAGEMENT, AND MUCH MORE.

APRIL CLINICS

WEDNESDAY, APR. 5TH 4:00 P.M.
PUTTING

FRIDAY, APR. 7TH 4:00 P.M.

IRONS

WEDNESDAY, APR. 12TH 4:00 P.M.

FAIRWAY WOODS/HYBRIDS

FRIDAY, APR. 14TH 4:00 P.M.

CHIPPING

WEDNESDAY, APR. 26TH 4:00 P.M.

DRIVER

FRIDAY, MAR. 28TH 4:00 P.M.

PITCHING/BUNKER

**BECOME YOUR BEST WITH
SIX 1 HOUR CLINICS
PER MONTH**

MONTHLY CLINIC FEE - **\$100 PER MONTH**
SINGLE CLINIC FEE - **\$25**

**TO SIGN UP, EMAIL MIKE:
MMCCLELLAN@THEICONTEAM.COM**



LESSON FEES

with Mike McClellan

INDIVIDUAL

1 Hour Lesson \$100 1 Hour Playing

Lesson \$100 9-Hole Playing Lesson

\$175 Junior Lessons 1 Hr. \$75 Packages

3 – 1 hour lessons \$250

(Individual Lessons Only / Expire after 3 months)

GROUP

(1) Hour Sessions

2 Students - \$50 each

3 Students - \$40 each

4 Students - \$30 each



FOR ADDITIONAL DETAILS & TO SIGN UP
PLEASE CONTACT MIKE MCCLELLAN,
DIRECTOR OF INSTRUCTION AT
MMCCLELLAN@THEICONTEAM.COM

GAME CHANGER CLINICS

Become your best with Six 1
Hour Clinics Per Month!

Each clinic will feature a
fundamental topic that will be
explained,
illustrated, and discussed before
participants break into hitting
stations and receive individual
attention from the professional staff.
A range of different topics will
include wedge play, putting, full
swing topics, irons, driver, course
management, and much more.

6 (1) hour clinics per month

Monthly Clinic Fee - \$100 per

month Single Clinic Fee - \$25

To Sign up, Email Mike:

MMcClellan@theiconteam.com

January's Clinics:

Friday, January 6th 4:00 p.m. - Putting

Wednesday, January 11th 4:00 p.m. - Irons

Friday, January 13th 4:00 p.m. - Fairway
Woods

Monday, January 16th 4:00 p.m. - Chipping

Wednesday, January 18th 4:00 p.m. - Driver

Wednesday, January 25th 4:00 p.m. - Pitching



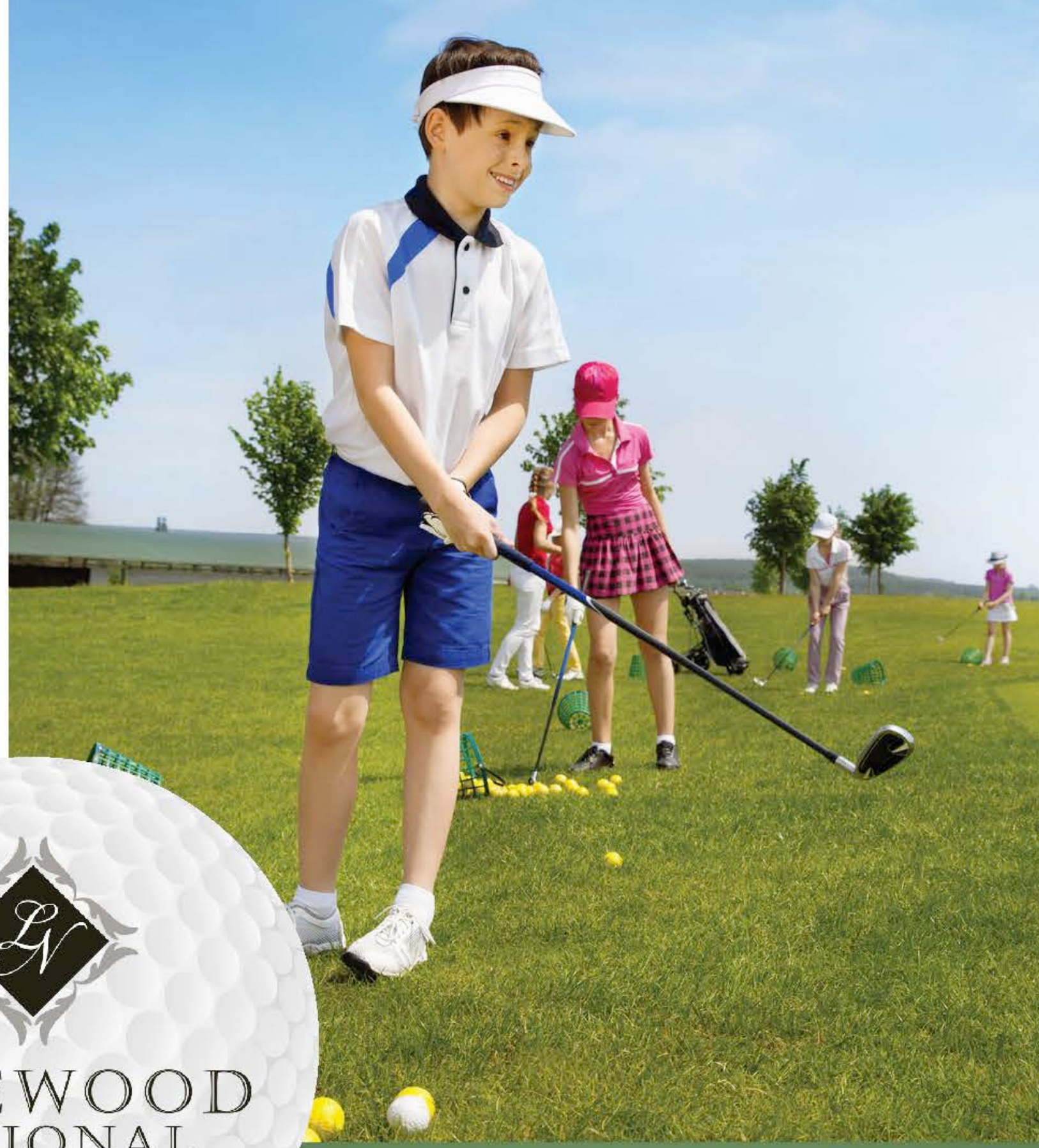
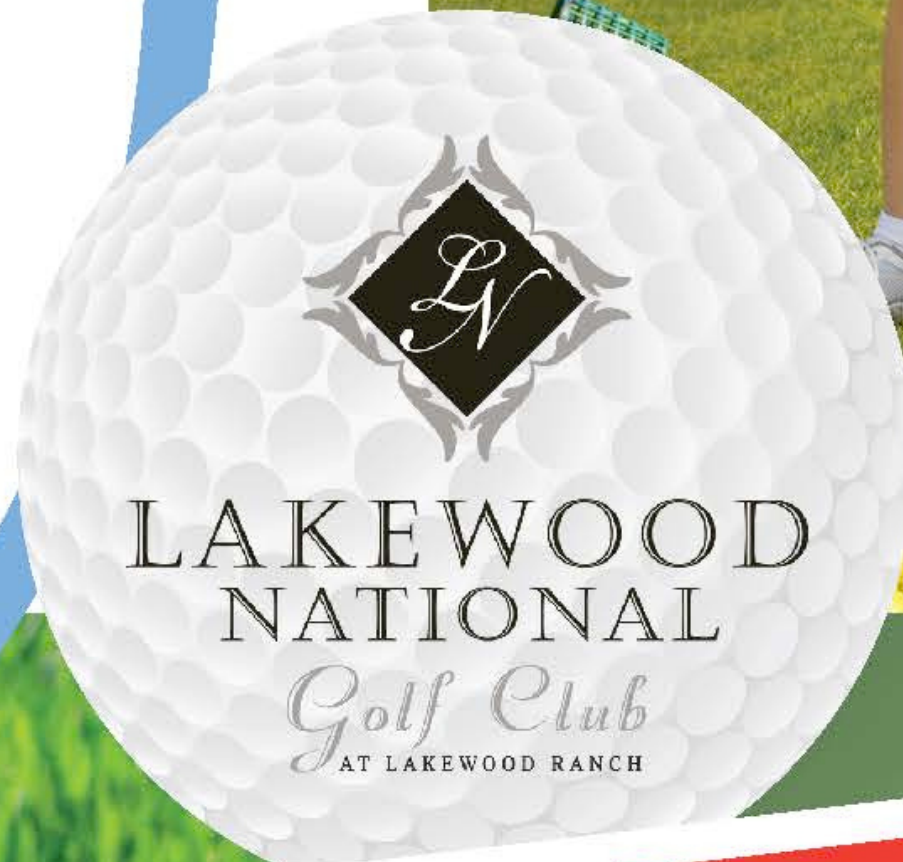
WINTER/SPRING 2023
LAKEWOOD NATIONAL
GOLF ACADEMY

GOLF PROGRAMS

JOIN US & IMPROVE YOUR GAME

LAKEWOOD NATIONAL

Summer JUNIOR GOLF CAMP 2023



JUNE: 5-9 | 12-16
26-30
JULY: 17-21 | 24-28

ALL SKILL LEVELS
AT LAKEWOOD NATIONAL

CAMP INCLUDES:

- ✓ PUTTING INSTRUCTION
- ✓ PITCHING/CHIPPING/BUNKER
- ✓ FULL SWING PRACTICE
- ✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF
- ✓ ON-COURSE FUN EVERYDAY!

**MONDAY-
FRIDAY
9AM-4PM**

**BOYS & GIRLS
AGES 7-15**

**COST:
\$325 PER WEEK**

-LUNCH INCLUDED EACH DAY-

**TO REGISTER: VISIT THE GOLF SHOP OR
EMAIL MIKE: mmcclellan@theiconteam.com**



MORE INFO: 941.720.3046

LAKEWOOD NATIONAL RACQUET SPORTS



SOCIAL ADULT TENNIS PROGRAM (MEMBERS ONLY)

**Social Tennis: Monday-Wednesday-Friday,
8:00am - 9:30am**

SIGN UP ON SALIX

Court reservations open 3 days ahead at 7:00am - no stacking. Please put all player's names on the reservation box. 90-minute limit on the reservation.

ONLINE RESERVATIONS SYSTEM/CHECK-IN

All players must register in the Tennis Pro Shop prior to play. Reservations can be made through the Salix Reservation online system.

EQUIPMENT RENTALS/REPAIRS

Racquet/Paddle Demo/Rental Fee: \$5 (for a set of 4 racquets or paddles).

Racquet Re-Stringing Fee: \$15 labor charge

Guest Fee Policy: \$10 per player

BALL MACHINE PROGRAM & RATES

Lakewood National boasts a "self-retrieving" ball machine. All players must receive training from the Tennis Pro Shop staff before operating this machine. The machine must be reserved through the Pro Shop or the Salix Reservations online system.

1/2 Hour Member Rate: \$10, Monthly Member Rate: \$40

Annual Member Rate (Ball Machine Club): \$150
individual, \$200 family

Tennis Pro Shop Hours:

Monday - Friday: 8:00am - 5:00pm

Saturday - Sunday: 8:00am - 1:00pm

Tennis Pro Shop Phone: (941) 777-7015

Pickleball Hours of Operation: Dawn to Dusk

INSTRUCTIONAL PICKLEBALL PROGRAM - MIN. 3 PLAYERS

Nate Griffin, USPTA, PTR

1 Hour Private - \$80, 1/2 Hour Private - \$45

Wednesday: 3-4pm, \$20 per player - Pickleball 101 Clinic

Wednesday: 4-5pm, \$20 per player - Pickleball 102 Clinic

Social Play: Resident all levels play (9.00-11.30am) 7 days per week

Pickleball rules are posted at the court. Tennis dress code required.

INSTRUCTIONAL PROGRAM (GEST FEES ADDED FOR NON-MEMBERS)

Nate Griffin, USPTA, PTR

1 Hour Private - \$80, 1/2 Hour Private - \$45

Abdul Idi, USPTA, Assistant Tennis Professional

1 Hour Private - \$75, 1/2 Hour Private - \$40

John Mellekas, USPTA Assistant Tennis Professional

1 Hour Private - \$60, 1/2 Hour Private - \$35

Angelo Reyes, PTR Assistant Tennis Professional

1 Hour Private - \$60, 1/2 Hour Private - \$35

Wednesday: 8:30-10:00am, \$30 per player - 3.0 and below "Drill and Play" - Coach Abdul

Friday: 8:30-10:00am, \$30 per player - 3.5 and above "Drill and Play" with Coach Abdul

Tuesday: 6:30-8pm, \$1 per player - Evening Social Tennis (all levels) organized by the Pro Staff. Sign up on Salix.

Nate Griffin, USPTA, Director of Racquet Sports
NGriffin@theiconteam.com

For more information contact Mihaela Murariu,
Pro Shop Manager at
mmurariu@theiconteam.com

FITNESS

Fitness Updates

GROUP CLASSES

****Fitness Classes are outdoors during the Korn Ferry Tour, April 13 –25. Bring your own MAT. Check Salix for changes.**

****New water aerobics class begins on April 29! See flyer.**

*****Expected new spin class early May.**

Class Cancellations: For morning classes, you must cancel the night before (by 8pm). For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day.



NEED A CLASS PASS OR **Salix** ACCOUNT?

Find Olivia in the Fitness Center on Weekends from 8am – 12pm, and select weekdays. Email Olivia at OVoegelin@theiconteam.com for Salix or class questions, and to ask about varying weekday availability.

Subject to change from time to time. If you do not receive a response from Olivia in more than two days, contact Sabina. **Class Passes are non-refundable.*



FITNESS CENTER REMINDERS

- Limit cardio machine usage to 30 minutes if others are waiting (during busy times).
- Take phone calls outside.
- Wipe down machines and touch points after use.
- No open-toed shoes or sandals in fitness center.

FITNESS



PERSONAL TRAINING & NUTRITION COACHING

are available to maximize your wellness!

- **Personal Training** is tailored to your needs – corrective exercise, basic strength training and toning, golf-specific TPI plans, small group personal training (up to half the cost of one-on-one sessions), and more!
- **Nutritional coaching** and guidance is available. Depending on needs, this may include anything from evaluation of current eating patterns, to setting goals, monitoring progress, estimation of caloric needs, better cooking practices, education on foods and nutrition, ingredient label reading and more!



For Questions or Appointments,

Please contact Sabina or Olivia:

- **Sabina Z. Hart**, Director of Fitness and Personal Trainer:
Szhart@theiconteam.com
mobile: (754) 245-2136
- **Olivia Voegelin**, Fitness Center Attendant:
OVogelin@theiconteam.com
- Fitness Center phone: (941) 777-7020

To stay in the loop about all things fitness and nutrition,
be sure to join the Facebook group



LWN Fitness Community – Members Only.

FITNESS

April Outdoor Classes

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Fitness Classes during the Korn Ferry event will take place on the lawn area next to the Wake Forest Run satellite pool. Please bring a yoga mat and water. No indoor classes April 13 - April 25.



3

16

17

10:30am
Trouble Zone Tone
with Carmen

18

9:30am
Barre-Pilates Fusion
with Tracy

10:45am
Yin Yoga with Tracy

19

8:30am
Tabata & Strength
with Carmen

9:30am
Strength & Serenity
Yoga with Tracy

20

9:15am
Gentle Yoga with
Carmen

10:15am
Strength, Core, &
Stretch with Carmen

21

9:30am
Barre-Pilates Fusion
with Tracy

10:45am
Yin Yoga with Tracy

22

10:00am
Pilates
with Elaine

23

24

10:30am
Trouble Zone Tone
with Carmen

25

9:30am
Barre-Pilates Fusion
with Tracy

10:45am
Yin Yoga with Tracy

26

*Classes
Resume
Indoors*

27

28

29

Class styles will be different with minimal equipment.

FITNESS



APRIL GROUP FITNESS SCHEDULE

CLASS PASSES

\$10 ONE-TIME PASS
OR
\$80 PUNCH CARD
(for 10 classes)
OR
\$125 ONE-MONTH UNLIMITED PASS
OR
\$275 UNLIMITED QUARTERLY PASS
3 Months Unlimited!
OR
\$900 ANNUAL UNLIMITED PASS
OR
GUESTS \$12 ONE-TIME PASS

PURCHASE CLASS PASSES IN THE FITNESS CENTER.
Passes are Non-Refundable.

SIGN-UP FOR CLASSES ON SALIX.
Instructions online under "fitness"
Lakewoodnationalgc.com

If you do not have a Salix account, please email Olivia to get set up:
OVoegelin@theiconteam.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|
| 8:40am Total Body Circuit <i>Oriella</i> <i>45 minute class*</i> | 6:30am Xtreme HIIT <i>Elaine</i> <i>(Int./Advanced)</i> | 8:30am Spin <i>Carmen</i> | 9:15am Chair Yoga <i>Carmen</i> | 9:30am Tight-N-Tone <i>Tracy</i> | NEW! 10:30am Circuit Bootcamp <i>(All levels)</i> <i>Elaine</i> |
| 9:30am Stretch & Sculpt <i>Amy</i> | 9:30am Barre <i>Tracy</i> | 9:30am Strength & Serenity Yoga <i>Tracy</i> | 10:15am Trouble Zone Tone <i>Carmen</i> | 10:45am Yin Yoga <i>Tracy</i> | |
| 10:30am Trouble Zone Tone <i>Carmen</i> | 10:45am Yin Yoga <i>Tracy</i> | | 11:15am Pilates <i>Carmen</i> | | |
| <p><i>Outdoor classes will be offered during the Korn Ferry Tour from April 13 - 25. Location will be on the lawn next to the Wake Forest Run satellite pool. See attached "outdoor" class calendar.</i></p> | | | | | |
| <p>Questions? Contact Sabina Hart: szhart@theiconteam.com 941.777.7020 (office) 754.245.2136 (mobile)</p> | | <p>SCHEDULE IS SUBJECT TO CHANGE—ALL CHANGES WILL BE REFLECTED IN SALIX. PLEASE BRING TOWEL AND WATER BOTTLE TO CLASSES.</p> | | <p>Min. 3 participants must be registered for a class to take place, or class will be CANCELLED.</p> | |



FITNESS

CLASS DESCRIPTIONS

Most classes are approx. 50-60 minutes of active time.

BARRE: Barre is a rigorous hybrid workout incorporating elements of ballet, yoga and Pilates! The low impact exercises focus on high repetitions, small range and isometric movements - expect to feel the burn and shake a little (or a LOT!) Barre is also ideal for flexibility, overall balance and coordination.

CHAIR YOGA: Bend, stretch and rejuvenate your body from the comfort of a chair. Enjoy traditional yoga poses and breathe without coming down to the mat! A gentle yoga well suited for those with limitations.

CIRCUIT BOOTCAMP: A total body workout focusing on upper and lower body strength, core stability, speed and agility. This circuit can accommodate all levels by increasing or decreasing the amount of weight used for the strength circuit, and increasing or decreasing the speed, intensity and ROM (Range of Motion) on any exercise. No matter what level you consider yourself, you will find a challenge in this workout!

PILATES (MAT): In this mat Pilates class, primary focus is placed on postural and core muscles that provide support to the spine. Regular Pilates exercise strengthens the deep torso muscles and brings breath awareness and spinal alignment. If you want to increase flexibility, core strength and develop or maintain a balanced, well-postured body, then this class is key.

SPIN: All levels! Hop on a bike and enjoy the RIDE. Achieve fast results (with consistency) and be challenged with a combination of HIIT (high intensity interval training) and endurance training. Enjoy the music and the challenge!

STRENGTH AND SERENITY (YOGA): A hybrid yoga class. This blended style combines both traditional flows and poses with deep breathing techniques and static stretches to bring both strength and serenity to the body and mind.

STRETCH & SCULPT: This low intensity class will start off with stretching, balance work and mobility work (such as foam rolling) in order to alleviate tightness, target pressure points to help lengthen muscles, increase range of motion, and reduce stiffness. The remainder of the class will transition into light "sculpting" of different body parts each week. Focus of sculpting may change from week to week, going from lower body priority (glutes and thighs) one week, and focusing on upper body (back and arms) another week.

TIGHT-N-TONE (TNT): A simple to follow workout featuring a low weight, high repetition format to help build a lean, sculpted body! Improve your muscle strength, endurance, posture and balance as you pump those muscles to fun and familiar tunes. Resistance bands and tubes may be utilized as well to gain maximum training results. Finish with a core workout as well as a refreshing, lengthening stretch. Great for most fitness levels.

TOTAL BODY CIRCUIT (45 MINUTES): Full body toning with a blend of cardio and strength that keeps you burning calories at a higher rate. Consists of a consecutive series of varying exercises performed one after the other with short amounts of rest between each.

TROUBLE ZONE TONE: A total body strength and toning workout designed to target those notorious trouble zones with upper- and lower-body sculpting exercises to help torch fat faster and tighten your problem areas. So come on in to lift your seat, tone your thighs, sculpt those abs, and say goodbye to those muffin tops and wobbly arms! Dumbbells and some accessories may be used. Low impact and appropriate for most fitness levels.

XTREME HIIT: A High Intensity Interval Training (HIIT) workout designed for the intermediate/advanced person wanting to lose fat, tone muscle and improve cardio endurance. You won't get bored with this mix of plyo, weights, and core sculpting moves! Get this workout done first thing in the morning and you'll elevate your metabolism throughout the day!

YIN YOGA: Focuses on the internal, passive, cooling and downward aspects of Yoga. Poses/stretchers are held 3-5 minutes to allow work on the deep, dense connective tissues and joints in the body. A slower, more relaxing style of Yoga.



FITNESS

Group Fitness Class Guidelines

- Reservations are required on Salix (see instructions below).
- A minimum of 3 participants must be registered by 7 PM the day prior in order for a class to take place the next *morning*, or the class will be cancelled. For afternoon classes the cutoff time will be 10 AM day of, at which point class will be cancelled if less than 3.
- Must have a class pass to attend (purchase in fitness center; no online option). Show class pass to instructor upon check-in.
- Members are encouraged to bring personal yoga mats, if possible. Otherwise, mats will be available on a limited basis.

How To Sign Up for Salix

- * A Salix account is required to make reservations for group fitness classes.

Please email Olivia for a Salix account : OVoegelin@theiconteam.com

Important user TIPS for the Salix Reservations system:

- Once your account has been created, go to Go to: <https://app.salixreservations.com/#!login> and log in using your email address and password provided by Olivia. You can then change your password under your profile.
- To make a reservation, go to "Fitness Reservations" from the dashboard (on the left). Reservations can be made **3 days** (72 hours) in advance for FITNESS classes, but *not* further out. *****For dance classes with Michele Sutherland, registration is open 5 days in advance (120 hours)**. Registration for classes will be available up to the time of the scheduled class if the class is not already full.
- Use the calendar (in top left of page) to find the day for which you would like to make a reservation.
- **CANCELLATIONS:** For morning classes, you must cancel by the night before, by 8:00pm. For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day. **How?** Go back into Salix and follow the same steps you took to sign up for the class. Once you click on the box to see your name on the list, click the trash can to the right of your name and you will be removed from the class.
- If using a laptop or desktop, simply click, drag, and release the cursor over the corresponding time slot that you would like to reserve.
- If using a tablet or a phone to make the reservation, click the "Book +" button.

Questions? Contact Fitness Attendant Olivia Voegelin at OVoegelin@theiconteam.com; OR
Sabina Z. Hart, Fitness Director and Personal Trainer
szhart@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

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941-777-7018 khickey@theiconteam.com

Administrative Office
941-777-7011 (ext. 105) LWNAdmin@theiconteam.com

MIKE MCCLELLAN, Director of Instruction
941-777-7014 (ext. 104) mmcclellan@theiconteam.com

HOURS OF OPERATION

Administrative Office
Monday - Friday
9:00AM-4:30PM

Tiki Bar & Grill
Sunday-Tuesday 11:00am-8:00pm
Wednesday- Saturday 11:00am-9:00pm

Fitness Center
24/7

Pool
Dawn-Dusk

Golf Shop
Daily
6:30AM-6:00PM

Tennis Shop
Monday - Friday: 8:00AM-5:00PM
Saturday & Sunday: 8:00AM-1:00PM

Front Guardhouse: 941-210-7146