



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE MAY 5TH, 2023

LAKEWOODNATIONALGC.COM



HOA

Good Evening Lakewood National Residents,

Please see the details below about upcoming meetings:

Board of Directors Meeting: The next Board of Directors meeting is scheduled for **May 11, 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 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 **May 10th, 2023 at 3:00PM**. ARC requests for this meeting are due no later than Friday, May 5th. 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.

DID YOU KNOW?



Lakewood National Community Rules & Regulations Reminders

No unregistered motorized vehicles of any type shall be operated within the community. This includes but is not limited to go-karts, minibikes, and ATVs. Private golf carts shall be permitted (excluding use on the Golf Courses) once duly registered with the Association. Golf carts shall be subject to the rules below: Golf carts must follow the Florida Motor Vehicle code.

- 1. Operators shall be 14 years of age or older per State law.**
- 2. Proof of liability insurance shall be provided to the Association at the time of registration.**
- 3. All Golf Carts shall be registered with the Association and always display the appropriate Association registration number.**

Note from ArtisTree

Greetings Lakewood National Residents,

This past week, we successfully completed the trimming schedule for the month and our mowing crew was able to finish on time by Thursday afternoon.

The efforts to reduce irrigation have paid off as we noticed that the grass is flourishing. Please be informed that on Thursday night due to the rainfall, we've temporarily suspended irrigation for a period of 48 hours which resumed on Monday at 7 pm.

This week, we started the turf fertilization process on Wednesday May 3 which marks the final application of fertilizer before the summer blackout period from June 1st through September 30th.

As a reminder, the fastest way to get your landscape request completed is to submit a work order directly to **ArtisTree** via our online work order system. Go to www.artwo.biz and be sure to use community ID "**Lake-7?7**"



DEEPER ROOTS. HIGHER STANDARDS.®



FROM THE MANAGERS DESK

Dear Members,

We would like to take a moment and update you on some recent changes to our access control procedures. The security guard at the Gate House will be checking all identification from everyone who enters through the visitor's gate. All ID's will be logged, even if they are a permanent guest.

Please inform your guests and vendors that they must show proper identification each and every time they enter the property. We understand that this may at times, cause a back-up of cars. However, your safety and security is paramount to us here at Lakewood National Golf Club.

Have a great weekend and happy Cinco de Mayo!

Gina Plotkin
Assistant General Manager

LIFESTYLE

Good Afternoon Lakewood National,

Happy Cinco De Mayo and Kentucky Derby to you all.

I hope you are all looking forward to Cinco De Mayo today and tonight at the Tiki Bar, Chef Akil and Kristin have come up with some delicious specials and drinks.

Join us tomorrow for the race, and wear your hats! There will also be some yummy specials and drinks for you to enjoy while watching the race!

Yesterday saw another fantastic Two Blooms Flower arranging class with Robin and Melissa joining us to make some beautiful Spring bouquets. Thank you to everyone that was in attendance and I look forward to updating you on our Healthcare Hour next week.



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

FOOD & BEVERAGE

THE TIKI BAR TAQUERIA

CINCO DE MAYO SPECIALS
MAY 5TH, 2023

STREET TACOS 3 FOR \$16

Barbacoa (beef) or Carnitas (pork)
Beef or pork tacos on corn shell with cilantro and onion.
Mexican street corn side. Salsa verde

MEXICAN PIZZA \$ 18 (12IN.)

Choose from Barbacoa, carnitas, or fajita chicken. 12in flour shell, refried beans, cheese, lettuce, tomatoes salsa, and sour cream

CHURRO DESSERT \$10

Warm churros with brown sugar and two dipping sauces of sauce raspberry and caramel

DRINKS

CORONA EXTRA 16OZ CANS - \$4

HOUSE MARGARITAS - \$5

TOASTED COCONUT MARGARITA - \$12

Don Fulano Blanco, Gran Marnier, Pineapple Juice, Lime Juice, Agave Nectar, garnished with toasted coconut flakes and a pineapple leaf

FIRST COME FIRST SERVE, WHILE SUPPLIES LAST



FOOD & BEVERAGE



Kentucky Tiki Specials

MAY 6TH

Hot Brown Sandwich \$18

Toasted white bread slice turkey, sliced ham, and bacon covered in creamy Mornay sauce. Garnished with tomato and sliced mushroom. Mashed potatoes on the side.

DRINKS

Mint Julep \$10

Woodford Reserve Bourbon, Mint Leaves, Simple Syrup & Angostura Bitters

Kentucky Mule \$10

Woodford Reserve Bourbon, Lime Juice & Goslings Ginger Beer





FOOD & BEVERAGE

TIKI BAR WEEKLY SPECIALS MAY

SATURDAY 6TH & SUNDAY 7TH

FRIED ASIA RIBS \$18

6 fried ribs side of Asia BBQ sauce

MONDAY, 8TH

CHICKEN SOUVLAKI \$16

Two char grilled chicken souvlaki skewers served over rice

TUESDAY, 9TH

CHICKEN BURRITO \$16

Fajita chicken, yellow rice, black beans, lettuce, tomatoes, and onions. Tortilla chips on the side

WEDNESDAY, 10TH

CHEESE BURGER SLIDERS \$18

3 grilled cheese burger with grilled onions on Hawaii rolls with choose of side

THURSDAY, 11TH

TURKEY AND MASH POTATOES \$14

Open face hot turkey sandwich (sour dough bread) with gravy and mash potatoes

FRIDAY, 12TH

SEA FOOD BASKET \$18

Fried shrimp and breaded catfish with fries, hush puppies, and coleslaw

*****SPECIALITY DESSERTS \$11*****

Please ask your server about our new boozy desserts



FOOD & BEVERAGE

2 FOR \$30 WEEKLY SPECIALS

MAY 8TH - 14TH

RAINBOW TROUT

Garlic butter rainbow trout,
asparagus and mash potatoes.

CHICKEN PENNE ALLA VODKA

Chicken breast and penne pasta
in a creamy tomato vodka sauce.
Served with garlic bread

GOLF



Callaway Putter Fitting:

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



Callaway Fitting Day:

Our final Callaway Fitting Day for this season will be on May 11th from 10am-2pm. Please click [HERE](#) for registrations:





LAKEWOOD
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Golf Club
AT LAKEWOOD RANCH



Volunteers Needed!

DRIVE CHIP & PUTT

Lakewood National is hosting a Drive, Chip, and Putt Qualifier on Thursday July 6, 2023.

If not familiar with the Drive, Putt, and Chip it is a joint initiative founded in 2013 by the Masters Tournament, United States Golf Association and The PGA of America, Drive, Chip and Putt is a free nationwide junior golf development competition aimed at growing the game by focusing on the three fundamental skills employed in golf.



DRIVE CHIP & PUTT

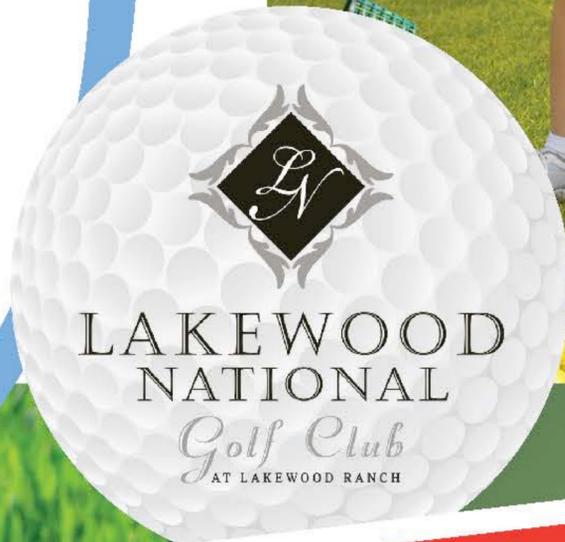
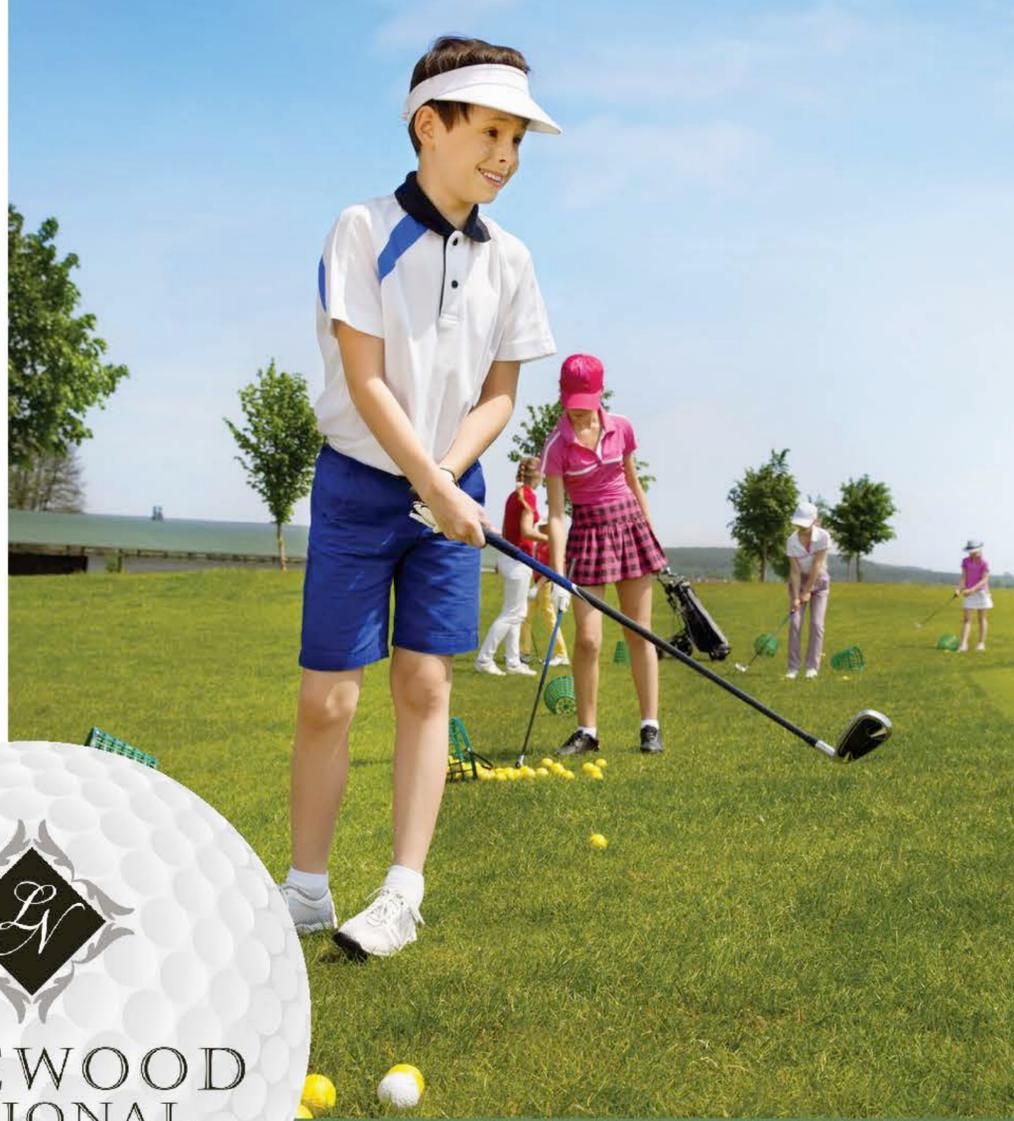


By tapping the creative and competitive spirit of girls and boys ages 7-15, Drive, Chip and Putt provides aspiring junior golfers an opportunity to play with their peers in qualifiers around the country. Participants who advance through local, sub-regional and regional qualifying in each age/gender category earn a place in the National Finals, which is conducted at Augusta National Golf Club the Sunday before the Masters Tournament and is broadcast live by Golf Channel.

If interested in volunteering please email Mike McClellan at mmccllellan@theiconteam.com

LAKWOOD NATIONAL

Summer JUNIOR GOLF CAMP 2023



LAKWOOD
NATIONAL
Golf Club
AT LAKWOOD RANCH

JUNE: 5-9 | 12-16
26-30

JULY: 17-21 | 24-28

ALL SKILL LEVELS
AT LAKWOOD 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](mailto:mmcclellan@theiconteam.com)**



MORE INFO: 941.720.3046

RACQUET SPORTS

We are pleased to announce that Justin Pickham has joined our team as our new Director of Racquet Sports.

Justin has an extensive background in racquet sports, with over 30 years of experience playing and coaching at all levels, from beginners to professionals. Originally from Australia, Justin started his career with tennis at the age of 6. He has played and competed around the world professionally. He moved to the United States for college in 2004 and he graduated with a Master's Degree in Kinesiology: Human Performance from Georgia College & State University. After graduating, he spent 3 years in the NCAA system where he continued to use his coaching skills at the collegiate level. After two years, he was twice conference Assistant Coach of the Year and found himself at the University of Georgia for his last year. Once he left Georgia, he ventured home to Australia to work as the Director of Operations at the Hobart International WTA tournament. He assisted the CEO of Tennis Tasmania and Tournament Director to run the day-to-day operations preceding the Australian Open grand slam tournament. In 2014, he joined IMG Academy in Florida as Tennis' Sports Science Team Lead and Head Coach. He worked with adults, campers, and all the top junior players like Sebastian Korda, Miomir Kecmanovic, Shintaro Mochizuki, Martin Damm Jr, and Toby Kodat, many who you see on TV today! He went on to discover pickleball and found himself instantly hooked. He holds certifications with the Professional Pickleball Registry (PPR), Professional Tennis Registry (PTR), International Tennis Performance Association (ITPA) and Tennis Coaches Australia (TCA). He most recently has been the Head Tennis Professional at Pelican Landing in Bonita Springs, FL.

Starting now, Justin will be available to answer any of your questions or concerns. We are excited to welcome him to our team and look forward to the expertise and experience he will bring to Lakewood National.



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

- **Expect some unannounced "pop-up" classes from time to time throughout the summer (Check Salix).**
- **Carmen will offer an early morning pop-up class: "Spin 2.0" at 7:15am, effective Monday, May 8! An energizing start to the week! Sign up on Salix.**



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 week day hours. Email Olivia at OVoeegelin@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 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:
OVoegelin@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



MAY GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASS PASSES</p> <p>\$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</p> <p>PURCHASE CLASS PASSES IN THE FITNESS CENTER.</p> <p><i>Passes are Non-Refundable.</i></p> <p>SIGN-UP FOR CLASSES ON SALIX. Instructions online under "fitness" Lakewoodnationalgc.com</p>	<p><u>8:40am</u> Total Body Circuit Oriella 45 minute class*</p>	<p><u>6:30am</u> Xtreme HIIT Elaine (Int./Advanced) *No class 5/9 & 5/16</p>	<p><u>8:30am</u> Spin Carmen</p>	<p><u>9:15am</u> Chair Yoga Carmen</p>	<p><u>9:30am</u> Tight-N-Tone Tracy No class 5/5</p>	<p>NEW! <u>9:30am</u> Aqua Fun & Splash Andrea</p>
	<p><u>9:30am</u> Stretch & Sculpt Amy</p>	<p><u>9:30am</u> Barre Tracy</p>	<p><u>9:30am</u> Strength & Serenity Yoga Tracy</p>	<p><u>10:15am</u> Trouble Zone Tone Carmen</p>	<p><u>10:45am</u> Yin Yoga Tracy No class 5/5</p>	<p><u>10:30am</u> Circuit Bootcamp Elaine *No class 5/13</p>
	<p><u>10:30am</u> Trouble Zone Tone Carmen</p>	<p><u>10:45am</u> Yin Yoga Tracy</p>		<p><u>11:15am</u> Pilates Carmen</p>		
<p>If you do not have a Salix account, please email Olivia to get set up: OVoegelin@theiconteam.com</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>	

With inclement weather, **WATER AEROBICS** will be cancelled & instructor may offer indoor class. Bring change of clothes/shoes. 



FITNESS

CLASS DESCRIPTIONS

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

AQUA FUN & SPLASH: Take the plunge for a fun filled shallow water class with lively music to keep you moving! Enjoy all the benefits of water exercise to stay fit with low impact moves that are easy on the joints. Just the resistance of the water helps improve cardio fitness, gain endurance, flexibility, and strength!

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/stretches 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 through email. You can later change the 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.
- 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)

SPA



May Specials

CBD Detox Massage \$135
60-Minute Full Body Massage using Topical CBD and Kansa Massage Technique combined with a warming detox mud treatment on the back.
Vital Body CBD Products used.
MM#38952

Firming Peptide Facial \$150
Dry, dehydrated skin will be transformed with complex blend of hydrating peptides and botanicals to infuse critical hydration into the skin and plump up fine lines and wrinkles.

Sugar Glow Body Wrap \$100
Relax and enjoy as milk from a Fijian coconut is gently massaged into the skin followed by an application of pure cane sugar and tropical seed oils ridding the body of dead skin, revealing new healthy skin as well as strengthening the skin's elasticity and replenishing moisture loss.

CONTACTS



WARREN LEE, CCM, General Manager
941-777-7036 wlee@theiconteam.com

GINA PLOTKIN , Assistant General Manager
941-777-7035 gplotkin@theiconteam.com

NICK CAMPBELL, Director of Golf
941-777-7034 ncampbell@theiconteam.com

ROB COMMISSAR, Lifestyle Director
941-777-7033 rcommissar@theiconteam.com

AMIRA SAAD, CAM (Estate and Executive Homes)
941-777-7021 asaad@theiconteam.com

JUSTIN PICKHAM, Racquet Sports Director
941-777-7019 (ext. 401) JPICKHAM@theiconteam.com

SABINA HART, Fitness Director
941-777-7020 szhart@theiconteam.com

KRISTIN HICKEY, Food & Beverage Director
941-777-7032 khickey@theiconteam.com

Administrative Office
941-777-7011 LWNAdmin@theiconteam.com

MIKE MCCLELLAN, Director of Instruction
941-777-7013 mmcclellan@theiconteam.com

HOURS OF OPERATION

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

Fitness Center
24/7

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

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

Pool
Dawn-Dusk

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

Front Guardhouse: 941-210-7146