



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE JUNE 2ND, 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 **June 8th, 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/4057285199280130391>

Architectural Review Committee Meeting: The next Architectural Review Meeting is scheduled for **June 14, 2023 at 3:00PM**. ARC requests for this meeting are due no later than Friday, May 29th. 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 gplotkin@theiconteam.com

DID YOU KNOW?



Lakewood National Community Rules & Regulations Reminders

Vehicles parked in driveway

Did you know that vehicles parked in driveway may not block the sidewalk?

Note from ArtisTree

Greetings,

This week started with the holiday all ArtisTree's, employees were off for the day. I hope all had time to enjoy and reflect of what a great country we live in and the military we have that give us the freedom in this country. All services will be a day behind as we play catch up from the holiday and now a half of day rain out.

This week we have received a wonderful rain on Wednesday that recorded around 4in of rain. With that amount we will be setting a 4 day rain hold on irrigation. This does not take us out of the critical stage in the water supply lake by any means but it sure does help and all the landscape material enjoyed every ounce. The trimming crew has started the rotation over again. This month the focus will be hedges and shaping any bushes that need it. The irrigation team will be checking filters and coverage for optimal operation. Mowing will continue weekly. Bed edging and tight areas might be skipped due to excessive water retention from recent rains. June 1st starts the Manatee county summer fertilizer ban.

No fertilizer containing nitrogen will be applied until October 1st. If you want to read more about this here is a link.<https://mylwr.com/560/Manatee-County-Fertilizer-Ordinance>.

Thank you for Allowing Artistree to care for all of your landscape needs.



DEEPER ROOTS. HIGHER STANDARDS.®



FROM THE MANAGERS DESK

Dear Members,

Thank you to all who participated in the Memorial Day Party at the main pool. A very special thank you to our Lifestyle Director Rob Commissar for arranging such a great event!

With that, we would like to remind you of some of our pool rules:

- Drinks, even non-alcoholic are not permitted in or near the pool. All drinks should only be consumed at your chairs/ tables or at the Tiki Bar.
- Under no circumstances should outside food or beverages be brought into the pool area except for baby food and formula.
- Guests are not allowed to enter the pool area or Tiki Bar without being accompanied by a member. All members must present their card to the Pool Ambassadors upon entry without exception.
- Any children of any members or their guests under the age of 12 must be supervised at all times.

Within the next couple of weeks we will be implementing a new rule that will require shirts or cover-ups and footwear to be worn to enter the Tiki Bar, even if you are only coming in to pick up food or drinks. We will keep you posted on the timing of this.

Thank you and have a great weekend!

Gina V. Plotkin
Assistant General Manager
ICON Management
gplotkin@theiconteam.com

FROM THE MANAGERS DESK

HURRICANE PREPAREDNESS

MATERIAL

(Please Click on the Links to download)

[Manatee County Disaster Preparedness Guide](#)

[Florida Disaster Preparedness Tax Holiday Information](#)

[Hurricane Emergency Supply List](#)

[ICON Hurricane Preparedness Guide](#)

[FEMA 12 Ways to Prepare](#)



LIFESTYLE

Good Afternoon Lakewood National,

I hope you are all receiving emails with no issues since we have temporarily moved over to a different distribution system.

We are excited to share with you some upcoming events around the community. **TRIVIA** will be on **Tuesday, May 6th at 5:30 pm**. I am also looking to introduce some NEW tournaments over the next few weeks that will be a lot of fun as well as healthy competition.

Thank you to all of you that attended Memorial Day at the Tiki Pool area. We are excited to be having more pool side games and music on July 4th so keep an eye out on all the details coming soon.

Single Mingle was an event we did for all the single members in the community and I am pleased to announce we are planning another event for this in July where single members can meet others to hopefully create new friendships and a group that can socialize inside and outside the community.

As soon as we are up and running again with the Community Website all the events will be inputted into our events calendar including Golf, Lifestyle, and Food and Beverage so please familiarize yourself with this tool.

Thank you

Rob Commissar
Lifestyle Director

LIFESTYLE

 **First Come
First Serve**

ROB C'S

TRIVIA

NIGHT

**Tuesday
May 6th
*5:30pm***

Free to play

JOIN US AT THE TIKI BAR FOR A NIGHT OF
FUN, MUSIC AND OF COURSE CHALLENGING
QUESTIONS FOR YOU AND YOUR TEAM.

SO GRAB YOUR DREAM TEAM TO WIN IT ALL!!

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

Hello From the Food and Beverage Team,

We are receiving great feedback from our last week's soft openings and plan to have another fun full week of night soft openings for the community this week as well.

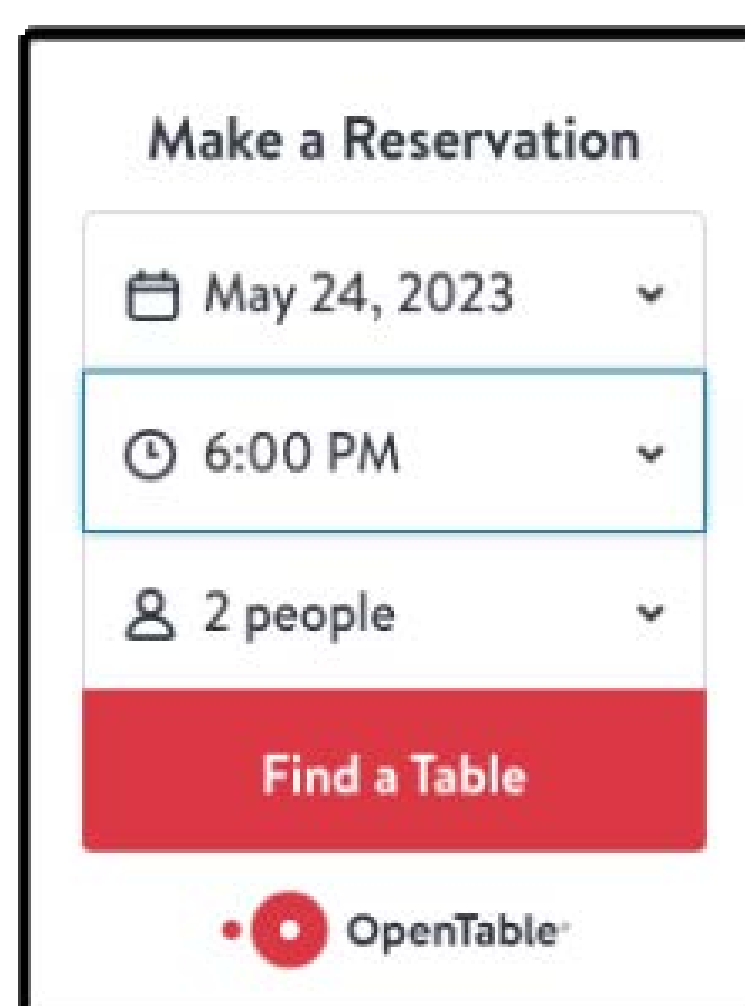
We have moved back the live open date for the clubhouse to June 14th. This allows us to finalize more operational and staffing challenges we are having. The team has released more reservation times for next week for soft openings and we are including another brunch next week.

Please make sure to reserve through the open table link (below) as this time as we are not accepting emails to make reservations.

Again we want to thank all of you for your continued patience through this time as we open this beautiful clubhouse of yours.

Reminder: At this time we are not allowing any private member events to be held earlier than September of 2023. We will release information when we start to take event bookings, until then we please ask to refrain from reaching out as we are not taking a waitlist to reserve rooms or days at this time.

Please Click Below to reserve a table



The screenshot shows the OpenTable reservation interface. At the top, it says 'Make a Reservation'. Below this are three dropdown menus: the first is set to 'May 24, 2023', the second is set to '6:00 PM', and the third is set to '2 people'. A red button labeled 'Find a Table' is positioned below the dropdowns. At the bottom of the form is the OpenTable logo, which consists of a red circle with a white dot inside, followed by the text 'OpenTable'.

Thank you!

Kristin Hickey

Food & Beverage Director



FOOD & BEVERAGE

TIKI BAR WEEKLY SPECIALS

JUNE

SATURDAY 3RD & SUNDAY 4TH

BAKED SHRIMP BOAT APPETIZER \$16

Garlic, tomatoes, shrimp and butter, topped on a toasted bun covered with mozzarella and parmesan cheese.

MONDAY, 5TH

CRISPY CHICKEN SANDWICH \$15

Fried chicken breast, American cheese, lettuce and tomatoes on a broiche bun. Side of choice

TUESDAY, 6TH

SHREDDED CHICKEN TACOS \$16

Shredded slow roasted marinated chicken breast on 3 corn shells with lettuce and cheese. Sour cream and salsa on side.

Side of choice.

WEDNESDAY, 7TH

LASAGNA W/GARLIC BREAD \$15

Baked lasagna layers of sauce, ground beef and cheese, served with garlic bread.

THURSDAY, 8TH

FIESTA SALAD STEAK \$18

Made with black beans, corn, avocado, tomatoes, grilled steak, and a cilantro-lime dressing on a bed of romaine lettuce.

FRIDAY, 9TH

MUSSELS \$16

1lbs of steamed mussels in a white wine garlic sauce. Served with garlic bread.



FOOD & BEVERAGE

2 FOR \$35 WEEKLY SPECIALS

JUNE 3RD - JUNE 9TH

FIESTA CHICKEN *(DINE IN PRICE \$16)*

Blackened chicken topped with peppers, onions, cheese, and torta strips. Served with yellow rice and black beans

FIESTA SHRIMP *(DINE IN PRICE \$16)*

Blackened shrimp topped with peppers, onions, cheese, and torta strips. Served with yellow rice and black beans



GOLF



LAKESWOOD NATIONAL GOLF CLUB
2023 MEMORIAL DAY SCRAMBLE

ARMY FLIGHT

GROSS WINNERS – JEFF HOOK / ROGER OSTERLING / JOHN WHINFIELD / CHARLES HESSER –

\$28 PER PLAYER (58)

NET WINNERS – JOE VITELLO / CAROLYN CARD / JOHN WALLACE / JON HARDISON –

\$28 PER PLAYER (56)

NAVY FLIGHT

GROSS WINNERS – BILL HYMAN / JD HEDIN / JIM MCCARTHY / MIKE PLONISCH –

\$28 PER PLAYER (61)

NET WINNERS – BILL & MARY JANE HENDRYX / RICH GOWER / STEVE GOELLER –

\$28 PER PLAYER (57)

MARINE CORPS FLIGHT

GROSS WINNERS – DAVID & SUZANNE FAJGENBAUM / CHRIS & ALISON LAMBETH –

\$28 PER PLAYER (64)

NET WINNERS – TIM & SUSAN FOSS / JOHN & NANCY ELLIS –

\$28 PER PLAYER (54)

AIR FORCE FLIGHT

GROSS WINNERS – MIKE & TREY NYKORCHUCK / KOSTA ECONOMOU / TIFFANY CARIGLIA –

\$28 PER PLAYER (65)

NET WINNERS – BILL & GEORGINE EVANS / DOUG & CHRISTINE SPEIRS –

\$28 PER PLAYER (56)

CLOSEST TO THE PIN CONTESTS (\$10): #6: BRENDA DURNIN – 5' #16: DAN VERSACE – 16"





GOLF



FJ

DADS & GRADS
SALE



Special **SALE** for a Father's Day
or Graduation Gift!!

Please scan the QR code
to view the special offer.

Password: FJ





LAKEWOOD
NATIONAL
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 mmcclellan@theiconteam.com

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



RACQUET SPORTS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

SUMMER JUNIOR TENNIS CAMPS

LAKEWOOD NATIONAL
TENNIS CENTER

CAMP WILL TAKE PLACE
MONDAYS-THURSDAYS EACH
WEEK OF THE FOLLOWING
DATES:

- JUNE 19TH – 22ND
- JULY 3RD – 6TH
- JULY 10TH – 13TH
- JULY 17TH – 20TH
- JULY 24TH – 27TH
- JULY 31ST – AUGUST 3RD

Pricing

Members:

\$120 per week

Non-Members:

\$130 per week

TIME:

**10AM – 12PM
EACH DAY**

PLEASE BRING: ATHLETIC CLOTHING,
TENNIS SHOES, RACQUETS (LOANER
RACQUETS AVAILABLE), HYDRATION &
SNACKS *minimum participation required

CONTACT THE PRO SHOP AT 941-777-7018 FOR MORE INFORMATION AND TO SIGN UP

FITNESS

Fitness Updates

GROUP CLASSES

- **Andrea's Aqua Fun & Splash class has been moved from 9:30am to 9:00am on Saturdays.**
- **Elaine's classes have been paused for the month of June, or until further notice.**
- **Want to know more about our group fitness instructors? Check out their attached bios!**

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. We need a minimum of 3 per class.



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 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.*

PERSONAL TRAINING & FITNESS CENTER ORIENTATIONS



Personal Training is tailored to your needs: corrective exercise, strength training, golf-specific TPI plans, weight loss, mobility/flexibility, and more! To get started, schedule your free consultation with Sabina today.

For Questions or Appointments:

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

FITNESS

Personalized **NUTRITIONAL COACHING**

with Sabina Hart

*Fitness Director, Personal Trainer,
Nutrition and Wellness Consultant*

Services May Include:

- Evaluation of current eating patterns
- Setting goals and monitoring progress
- Estimation of caloric needs
- Improve cooking practices with nutritional education
- Healthy recipes and cooking ideas
- Ingredient label reading
- And more! Customized to your needs!



For Questions or Appointments,
Please contact Sabina: szhart@theiconteam.com
941.777.7020 (office) | 754.245.2136 (mobile)

FITNESS

GET TO KNOW OUR LAKEWOOD NATIONAL **GROUP FITNESS INSTRUCTORS**



Even though some of our classes may sound like more intense options, they will be scaled to suit most levels. So, don't be afraid to try them all!

AARP states:
"Studies show that High Intensity Interval Training (HIIT) is an effective way for older adults to build muscle, regulate insulin, cut fat and increase heart function." Additionally, "HIIT seems to turn back the hands of time at the cellular level."

Want to know more about our group fitness class instructors? Read on to find out more about:

- Amy Billings
- Tracy Spengler
- Oriella Steele
- Carmen Hemesath
- Elaine Paradise-Comeau
- Andrea Way

FITNESS

Our Group Fitness Instructors

AMY BILLINGS

"The Members at Lakewood National are always ready to learn something new and ready for the next challenge! I always include "useful" fitness information in each class, providing them with stretches that they can take with them and implement at home. I absolutely LOVE their receptiveness and the contagious energy they bring to class!"

Exercise has been Amy's answer to relieving back pain, and it's something she seeks to share with others. She loves working out and learning new ways to train the body. Amy truly believes that exercise is the key to maintaining a more balanced body and increasing flexibility. As a group fitness instructor, it is her ultimate goal for everyone to feel GREAT walking out of her classes and every day thereafter!



- ✓ 500 PILATES CERTIFIED
- ✓ YOGA RYT200
- ✓ INDOOR CYCLING CERTIFIED
- ✓ CPR/AED CERTIFIED



TRACY SPENGLER

"I couldn't ask for a better environment to share my passion for fitness! From the top-notch resort-like amenities to the friendly faces and upbeat attitudes from members, I truly consider it a privilege to teach at Lakewood National!"

Since 1996, Tracy has led all formats of group exercise: traditional aerobics, step, muscle conditioning, circuit, kickboxing, aqua, cycling, Zumba, and mat Pilates. In 2004, she fell in love with yoga and became a 200-hour registered yoga teacher through the Yoga Alliance. Tracy has a Bachelor of Arts Degree and loves to teach classes such as Barre at Lakewood National. Tracy always looks forward to connecting with members during classes in an exploration of strength, fitness, and smiles!

✓ YOGA ALLIANCE CERTIFIED

✓ AMERICAN RED CROSS CERTIFIED

✓ ATHLETICS AND FITNESS
ASSOCIATION OF AMERICA (AFAA)
CERTIFIED PERSONAL TRAINER

✓ ADDITIONAL CERTIFICATIONS IN
STEP AEROBICS, MAT PILATES, AND
BOSU BALANCE TRAINER

FITNESS

Continued: Our Group Fitness Instructors...

ORIELLA STEELE

"Lakewood National is an inviting community with beautiful amenities. The members are all very friendly, appreciative, and proactive with their fitness and health. I am honored to be apart of their wellness journey."

In 2012, Oriella decided to make changes in her life after finding herself overweight and border-line diabetic. She joined a gym and surrounded herself with a support system, while making dietary changes. In the process, she found a passion for fitness, more energy and a new outlook on life. Now, she is stronger and healthier than ever! In her free time, she enjoys weight lifting, cooking, listening to music, and spending time with family and friends.



**CERTIFIED ISSA
PERSONAL TRAINER**



**FITTOUR CERTIFIED GROUP
FITNESS INSTRUCTOR**



CPR/FIRST AID CERTIFIED



CARMEN HEMESATH

"I love teaching fitness classes at Lakewood National because there is a great bond between the class participants. Classes are fun because it feels like exercising with friends while on vacation in Paradise! The waterfall and bar as a backdrop for the aerobics room provides an incentive for hard work!"

Carmen is a fitness enthusiast that moved to Lakewood Ranch from Kentucky five years ago. She specializes in teaching strength, toning, Tabata, yoga, cycle, Pilates, kickboxing and more! When she's not teaching fitness classes, she is running marathons and walking her dogs.



KEISER CYCLE CERTIFIED



LES MILLS CORE & SPRINT



LES MILLS BODY PUMP



LES MILLS BODY BALANCE

FITNESS

ELAINE PARADISE-COMEAU

"It's such a pleasure working with the Lakewood National community. All the members are friendly, engaging and always ready and open to new challenges! I can see the commitment they have in honoring their bodies and desiring to be the best version they can be! It's truly inspiring!"

Elaine's love for fitness began in the early 90s participating herself in a wide range of group fitness classes, rollerblading, training for marathons, and even hiring a personal trainer. Shortly after, she became a personal trainer herself and later found her real love in creating and leading Group Fitness Classes. Staying on top of the latest in metabolic conditioning, functional fitness, and HIIT training to slow the aging process helps her tailor her classes for people of all ages. Elaine's goal is to make fitness fun and challenge members to do their very best and to **KEEP MOVING!**



✓ **ACE-AMERICAN COUNCIL ON EXERCISE CERTIFIED**

✓ **CPR/AED CERTIFIED**

✓ **BACHELOR OF ARTS DEGREE**



ANDREA WAY

"I'm so excited to work at Lakewood National with its beautiful resort-type amenities!"

Andrea has taught aquatic exercise for several years. Starting off in her early years, she competed on swim teams and worked as a lifeguard. Later, she started teaching swim lessons for infants and adults in various swim programs. After moving to Florida, she continued with her passion for aquatics, and acquired several water fitness certifications. Teaching for the past several years here in Florida, she has worked at YMCA's, various Clubs, and teaches private lessons.

✓ **AEA AQUATIC EXERCISE PROFESSIONAL CERTIFIED**

✓ **HYDRO BURN CERTIFIED**

✓ **HYDRO CYCLING IN WATER CERTIFIED**

✓ **AQUA PILATES CERTIFIED**

FITNESS

Personalized **NUTRITIONAL COACHING**

with Sabina Hart

*Fitness Director, Personal Trainer,
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Services May Include:

- Evaluation of current eating patterns
- Setting goals and monitoring progress
- Estimation of caloric needs
- Improve cooking practices with nutritional education
- Healthy recipes and cooking ideas
- Ingredient label reading
- And more! Customized to your needs!



For Questions or Appointments,
Please contact Sabina: szhart@theiconteam.com
941.777.7020 (office) | 754.245.2136 (mobile)

FITNESS



JUNE GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

9:30am
Stretch & Sculpt
Amy

10:30am
**Trouble Zone
Tone**
Carmen

9:30am
Barre
Tracy

10:45am
Yin Yoga
Tracy

8:30am
Spin
Carmen

9:30am
**Strength &
Serenity Yoga**
Tracy

9:15am
Chair Yoga
Carmen

10:15am
**Trouble Zone
Tone**
Carmen

11:15am
Pilates
Carmen

9:30am
Tight-N-Tone
Tracy

10:45am
Yin Yoga
Tracy

9:00am
**Aqua Fun &
Splash**
Andrea
(No class on the
10th)

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



If you do not have a
Salix account, please email
Olivia to get set up:

OVoegelin
@theiconteam.com

Questions? Contact
Sabina Hart:
szhart@theiconteam.com
941.777.7020 (office)
754.245.2136 (mobile)

**SCHEDULE IS SUBJECT TO CHANGE—ALL
CHANGES WILL BE REFLECTED IN SALIX.
PLEASE BRING TOWEL AND WATER
BOTTLE TO CLASSES.**

Min. 3 participants must be
registered for a class to take
place, or class will be
CANCELLED.



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.

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 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



**JUNE
SPECIALS**

CELEBRATE DAD \$270
ORIGINALLY \$310

Gentleman's Facial
Invigorate the skin with an effective exfoliation, extractions, powerful anti-aging ingredients and hydrating mask. This treatment will revitalize, refresh and improve the health and appearance of men's skin
and
Knots away
90 minute massage
Deep Tissue. Medium - Firm Pressure. Use of forearms, elbows and knuckles

SUMMER READY \$125

Fire and Ice Firming Treatment
This treatment will deeply cleanse and purify the skin while also smoothing and tightening targeted areas, improving appearance of cellulite and skin texture.

CONTACTS



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KRISTIN HICKEY, Food & Beverage Director
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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

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