



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE JUNE 9TH, 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 22nd, 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/3029035119434467419>

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

No gas or charcoal grills in multifamily units

You may only use 14" max electric grills in Veranda and Terrace multifamily units. No propane or other fuel may be stored in balconies, breezeways, porches or attached garages of any multi-family dwellings.

Note from ArtisTree

Greetings,

Greetings,

This week in Landscape,

With a few recent rains the irrigation pond is seeing a increased amount of supply. We are by no means out of the woods but moving in the right direction. We will continue the rain holds and running the system at 50% as long as we can to ensure the supply is sufficient to withstand droughts in the future. With the recent rains comes weeds, The crews are working diligently to control weeds in the turf as well as the mulch beds. It is a good idea if your mulch is depleted to top dress it to help with weed control. The HOA DOES NOT provide this service until the fall you would be responsible for this application if you choose to do it yourself or contract with ArtisTree or another landscaper. Summer time also means the fertilizer ban is in effect for Manatee county. Our next application of fertilizer will be applied in October.

Thanks for choosing ArtisTree for your landscape services.



DEEPER ROOTS. HIGHER STANDARDS.®

FROM THE MANAGERS DESK

Dear Members,

All Members are required to register their private golf carts with the Association. Golf carts must follow Florida Motor Vehicle code and are subject to the following rules for use in Lakewood National Golf Club:

1. Operators shall be 14 years of age or older.
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 display the appropriate Association registration number at all times.

Attached you will find the required golf registration form. Please fill it out and email it to CHFrontDesk@theiconteam.com with proof of insurance and a picture of your golf cart. You will then be contacted for an appointment to receive your sticker.

[Registration
Form](#)

We thank you for your continued support.

Enjoy your 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,

How is everybody FEEEEELIINNGG?!!!

The weather is heating up which is causing more and more people to travel back up north so I wanted to say we will miss those of you leaving and look forward to seeing you all soon.

The Lifestyle department is working hard on creating the programming for the rest of 2023 and once Golf, F&B, Tennis, and Lifestyle have our events calendar complete you will be able to see it all online and plan out what you would like to do. We appreciate your patience on this.

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.

Some upcoming dates & things to look out for:

June 14th - Flag Day - Wear your best American Flag attire and I will be walking around the pool and Tiki to take photos and the best dressed wins a prize!

June 18th - Father's Day - Brunch at the Clubhouse (Reservations coming soon)

June 20th - Trivia - Usual fun and games at the Tiki Bar

June 20th - Ice Cream and Soda Day - We will be bringing an ice cream truck into the community to celebrate and enjoy the creamy cold treats (Details coming soon)

June 24th - Blood Drive - Join the big red bus to donate blood for those in need!

Thank you

Rob Commissar
Lifestyle Director

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 moving along with menus and policies for the new clubhouse dining and I am very proud of the staff for everything thus far accomplished. The board is still discussing the final Dress code for the new clubhouse and we will share that information as soon as we have it.

Moving forward starting on June 14th the clubhouse dining hours are as follows:

Tuesday – Saturday Lunch Hours: 11:00am-3:30pm

Thursday – Saturday Dinner Hours: 5:30pm-10:00pm

Sundays are Brunch only Buffett style: 9:00am-3:00pm with the last seating at 2:00pm.

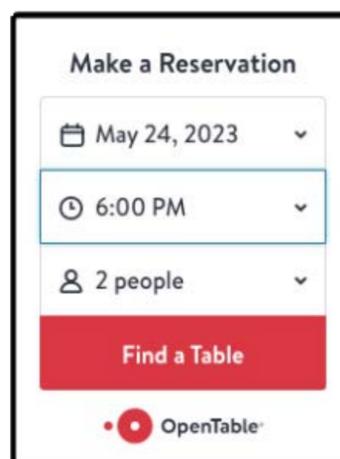
Reservations for lunch will not be required nor taken, it will be a first come first serve, for Deke's/bar and patio areas.

At this time dinner reservations **are** required for tables. The bar, however, will be first come first serve but that will be the only area. Dekes and Fireside patio are reservation only. Reservation will only be allowed up to 7 days in advance.

All dining moving forward from **June 14th** will only be held in Dekes and fireside patio at this time. Brunch we will open up The Palmer Room for seating as well to accommodate.

We ask you to use the reservation open table widget to make dinner reservations online or call 941-777-7030 which is our host stand from 9am-5pm Monday through Friday. Please do not email Kristin or Michael for reservation times.

We thank you on behalf of all of our staff for your patience and cooperation through this time with the new clubhouse opening.



Please Click the widget
to reserve a table

Thank you!

Kristin Hickey

Food & Beverage Director

FOOD & BEVERAGE



Brunch

AT LAKEWOOD NATIONAL GOLF CLUB

French Toast
with Orange Marmalade

Cheese Blintzes Roasted Peaches And Rosemary

Shrimp
with Lemons And Cocktail Sauce

Eggs Benedict

Lemon Dill Cured Gravlox
with Cream Cheese, Capers, Tomatoes, Onion

Seafood Fusilli Pasta
with Sweet Peas, & Tarragon

Pan Roasted Chicken
*with Capers, Lemon, & Herbs,
EVOO, Tomato, Onion, Peppers, Spinach*

Garden Salad
*Cucumbers, Carrots, Onion, Tomato,
Assorted Dressings*

Assorted Fresh Fruit

Herb Roasted Potatoes

Bacon/ Sausage

Omelet Station/ Build Your Own

Desserts Chef's Choice



FOOD & BEVERAGE

TIKI SPECIALS

MENU

JUNE 10TH - 16TH
SPECIAL SELECTIONS

SAT/SUN
10/11TH

- **ROAST BEEF SANDWICH | \$14.00**
Thinly slice roast beef piled high on a brioche bun with arugula, cheddar cheese, red onions, sliced tomatoes, and a creamy horseradish sauce. Choice of side

MONDAY
12TH

- **CRISPY CHICKEN PARMESAN SANDWICH | \$15.00**
Crispy chicken tenders on a hoagie roll topped with marinara and mozzarella. Choice of side

TUESDAY
13TH

- **EMPANADA WITH SPANISH RICE | \$14.00**
Fried empanada served with Spanish rice with a creamy cheese sauce on top.

WEDNESDAY
14TH

- **HOMEMADE SPAGHETTI AND MEAT SAUCE | \$16.00**
Ground beef, tomato sauce on top of a bed of pasta. Served with house or Caesar salad and garlic bread.

THURSDAY
15TH

- **CHICKEN, BACON, RANCH PIZZA | \$16.00**
Specialty dough, creamy ranch base, chicken, bacon and mozzarella.

FRIDAY
16TH

- **FRIED RAINBOW TROUT SANDWICH | \$16.00**
Deep fried trout served on a hoagie roll with lettuce and tartar sauce on side. Choice of side



FOOD & BEVERAGE

TIKI SPECIALS

2 FOR \$35

JUNE 10TH - 16TH

● **GRILLED OR BLACKENED REDFISH | \$20.00 (DINE IN PRICE)**

Redfish (grilled or blackened) served with red skin mash potatoes and fresh vegetables.

● **STUFFED PORK LOIN | \$18.00 (DINE IN PRICE)**

Roasted pork loin stuffed with a cranberry apple stuffing, served with red skin mash potatoes and fresh vegetables.

GOLF



Summer LGA

1-2-3 on 3-4-5 Leaderboard



1-2-3 on 3-4-5

Pos.	Foursome	To Par Net	Total Net	Purse
1	Suzanne Fajgenbaum + Marie Kolwyck + Carol Harper + Donna Remington <i>Lakewood National Golf Club</i>	-15	137	\$70.00
2	Lisa Hooven + Marti Greer + Susan Smith + Kathy Lasota <i>Lakewood National Golf Club</i>	-9	143	\$0.00
3	Cathlein Guthrie + Angie Genzel + Barbara Wingert + Nancy Desimone <i>Lakewood National Golf Club</i>	-3	149	\$0.00
4	Lauren Greenberg + Dee Lynch + Kathy Hynes + Susan Foss <i>Lakewood National Golf Club</i>	+1	153	\$0.00
Total Purse Allocated: \$70.00				



Summer LGA

1-2-3 on 3-4-5 Leaderboard



Closest to the Pin (\$10)

Pos.	Player	Purse	Details
None	Angie Genzel <i>Lakewood National Golf Club</i>	\$10.00	#4 - 16' 6"
Total Purse Allocated: \$10.00			



GOLF



Summer NINERS

1-2 on 3 - 4&5 Leaderboard



1-2 on 3 - 4&5

Pos.	Foursome	To Par Net	Total Net	Purse
1	Diana Croom + Mary Servello + Lisa Allen + Debbie Joyner <i>Lakewood National Golf Club</i>	-10	56	\$35.00
2	Jamie Ward + Elaine Ladelia + Laura Macione + Suzi Savage <i>Lakewood National Golf Club</i>	+1	67	\$0.00
3	Carol West + Amal Williams + Christy Shields + Deborah Fleming <i>Lakewood National Golf Club</i>	+2	68	\$0.00
4	Mary-Jane Pazda + Barbie Osterling + Suzi Savage + Beth Linsley <i>Lakewood National Golf Club</i>	+2	68	\$0.00
Total Purse Allocated: \$35.00				



Summer NINERS

1-2 on 3 - 4&5 Leaderboard



Closest to the Pin (\$10)

Pos.	Player	Purse	Details
None	Carol West <i>Lakewood National Golf Club</i>	\$10.00	#12 - 18' 8"
Total Purse Allocated: \$10.00			



GOLF



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

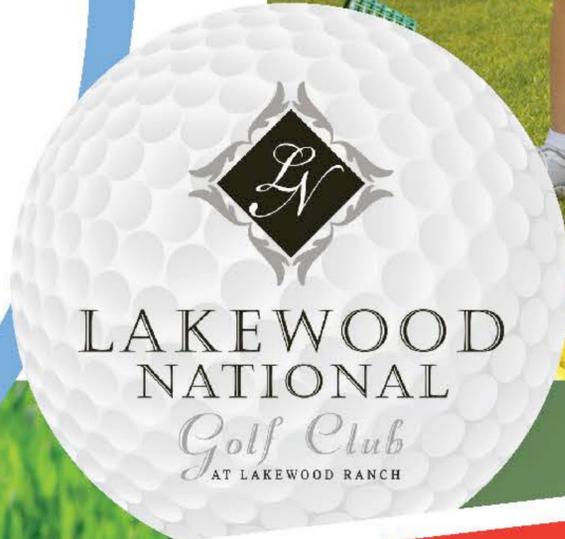


By tapping the creative and competitive spirit of girls and boys ages 7-15, Drive, Chip and Putt provides aspiring junior golfers an opportunity to play with their peers in qualifiers around the country. Participants who advance through local, sub-regional and regional qualifying in each age/gender category 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 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**



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

Class Cancellations: If you cannot make it to a class, please cancel the day before (by 8pm) or as far in advance as possible.

How to cancel/remove your name from a class:
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.



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 CYCLING IN WATER CERTIFIED
- ✓ HYDRO BURN CERTIFIED
- ✓ AQUA PILATES CERTIFIED

FITNESS

Personalized
**NUTRITIONAL
COACHING**

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*Fitness Director, Personal Trainer,
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Services May Include:

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- 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
<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.</p> <p>Instructions online under "fitness" Lakewoodnationalgc.com</p>	<p><u>9:30am</u> Stretch & Sculpt Amy</p>	<p><u>9:30am</u> Barre Tracy</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</p>	<p><u>9:00am</u> Aqua Fun & Splash Andrea (No class on the 10th)</p>
	<p><u>10:30am</u> Trouble Zone Tone Carmen</p>	<p><u>10:45am</u> Yin Yoga 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</p>	
				<p><u>11:15am</u> Pilates Carmen</p>		

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:
OVogelin@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/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)

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SCIENTIFICALLY PROVEN TO REDUCE THE APPEARANCE OF CELLULITE ON THIGHS AND BUTTOCKS
NOTICEABLY SMOOTHS AND FIRMS, IMPROVES SKIN TONE AND TEXTURE
FAST ABSORBING GEL WITH NATURAL FRESH FRAGRANCE



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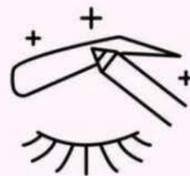
For the first 24 hours after your brow lamination, DO NOT:



Wet or rub your
eyebrows



apply any creams or
oils around the
eyebrow area



Apply makeup on
the brows



Sweat, use a sauna,
take a steamy shower
or get a facial treatment

CONTACTS



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GINA PLOTKIN , Assistant General Manager
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941-777-7021 gplotkin@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