



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE JUNE 30TH, 2023

HAVE A HAPPY & SAFE HOLIDAY! – [LAKEWOODNATIONALGOLFCLUB.COM](https://www.lakewoodnationalgolfclub.com)



HOA

Good Afternoon,

Next ARC Meeting is **Wednesday, July 12th**. If you have ARC Request, please submit it one week before the meeting. You can find ARC Request Forms on the Lakewood National website. - Please be sure to follow the checklist provided.

This week's updates & reminders:

- A wine rack has been installed at the Clubhouse. It looks great!
- Damaged floor umbrellas have been repaired at the main pool.
- Privacy gate barriers at both gates have been reattached.
- Repairs were made to the women's restroom at Satellite pool 2. The sink has been reattached and locks installed.
- Please be mindful when leaving the community pools to return your area to its original state.

Upcoming Board Meeting Schedule

- August 3 - 3:00pm
- August 24 - 5:00pm
- September 7 - 3:00pm
- September 21 - 5:00pm

Upcoming Town Hall Schedule

- July 17th - 6:00pm - *If you would like to submit any questions of the board or management at this event please email: cefoster@theiconteam.com*

[Register for July 17th Town Hall Online Access to the meeting here](#)

- Week of September 25th

FROM THE MANAGERS DESK

Dear Members,

This week we would like to spotlight a special moment at LWNGC. On Friday, June 23, 2023 Butch and Laura DePasquale, guests of Rosemary and Larry Radin, celebrated their 40th Wedding Anniversary here at the beautiful Dokes Grill! Congratulations and thanks for celebrating with us!

As a reminder, this week we will be celebrating the 4th of July on Tuesday by the pool. Rob, our Lifestyle Director will have music and will be taking requests from 12-3PM!

You will also notice some new signage at the Tiki Bar noting that you will now be required to wear a shirt/cover-up and footwear when you enter the Tiki Bar; even if it is just to pick up food or a drink. Also, we are requiring everyone to see the host to be seated. Please do not sit down at a table if it looks available. This will help the staff accommodate as many members and their guests as possible in a timely manner.

As always, when you enter the pool area/Tiki Bar, you are required to show your Membership card to the Ambassador and sign in as well as your guests. No guest will be admitted into the pool area/Tiki without being accompanied by a Member. If you are with a guest and you leave, remember that the guest must leave with you.

With that being said, I hope you all have a wonderful weekend and holiday!



A photograph of several hands of different skin tones stacked together in a circle, symbolizing unity and community.

LIFESTYLE

A vibrant 4th of July poster with a blue background. It features a large Uncle Sam top hat with red and white stripes and a blue band with white stars. The text '4th OF JULY' is written in large, bold, blue letters. Below it, 'INDEPENDENCE DAY' is written in white. Further down, 'FOOD, FUN & MUSIC' is written in white. At the bottom, it says 'JOIN US AS WE CELEBRATE OUR INDEPENDENCE WITH TIKI SPECIALS AND MUSIC BY THE POOL' in white. Below that, 'FOOD STARTS AT 11:00AM & MUSIC FROM 12:00PM - 3:00PM' is written in white. At the very bottom, 'PLEASE RSVP BELOW' is written in white. The poster is decorated with white stars, fireworks, and two small rockets at the bottom corners. A small logo with the letters 'LV' is in the top left corner.

4th OF JULY

INDEPENDENCE DAY

**FOOD, FUN
& MUSIC**

**JOIN US AS WE CELEBRATE OUR
INDEPENDENCE WITH TIKI SPECIALS AND
MUSIC BY THE POOL**

**FOOD STARTS AT 11:00AM
& MUSIC FROM 12:00PM - 3:00PM**

PLEASE RSVP BELOW

[CLICK HERE TO RSVP](#)

A photograph showing several hands of different skin tones stacked together in a circle, symbolizing unity and community.

LIFESTYLE

A small logo featuring the letters 'LN' inside a decorative diamond shape.

Single & Ready to Mingle

**Thursday - July 6th
5:00pm - Champions Room
(Clubhouse)**

Join us for our second dedicated social to just the Single members of Lakewood National. As you mingle with others, you will be able to enjoy a delicious finger food buffet accompanied by a glass of bubbly.

July 6th | 5pm - 7pm | Single Residents | \$10++

[CLICK HERE TO REGISTER](#)

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 would like to start off to say we hope everyone has a safe and wonderful holiday weekend. Please join us at the tiki for a **limited menu** and drink specials on July 4th. **(On the next page)**

The clubhouse will be open Tuesday afternoon for a buffet-style dining, please click on the link at the bottom of this page for the menu and prices. **The Tiki bar and Clubhouse are normal operating hours for Tuesday, July 4th.**

We have been evaluating the clubhouse and have chosen to extend hours on the days we serve dinner for drink service. Details are below:

We would like to remind everyone when needing to book a larger party, open table, will not allow you to make a reservation online for more than 8 people. Please call number our host stand at **941-777-7030** to make reservations for large parties. We will not sit more than 8 people together at one table. If your party is for example 12 people we will be happy to accommodate, but it will be two tables next to each other.

Chef is working on the menu to specify what items are gluten-free and adding some vegetarian options. Please feel free if you have dietary needs to reach out ahead of time and we would be happy to see how we can accommodate you beforehand.

We are taking walk-ins for dinner service, however, we ask you to make a reservation to guarantee your table. We are happy to seat walk-ins if we have open tables available.

In addition to our normal operating hours for the clubhouse dining, **starting June 29th** a few changes have been made:

- Bar seats & high tops will be first come first serve moving forward. **No reservations will be taken for these areas for lunch or dinner moving forward.**
- Bar seats & high tops will resume open **for beverage service only** - Thursday –Saturday 3:30pm-5:30pm.
- No food will be offered during this period in order for kitchen and wait staff to be able to switch over from lunch to dinner service. No exceptions.
- We will not seat the standard tables during this 2-hour window of turn over, only Bar seats and high tops, will be open for beverage service in this time window of 3:30pm-5:30pm Thursday through Saturday.

FOOD & BEVERAGE

4th JULY CLUBHOUSE BUFFET MENU

Tiki Bar 4th July

MENU



½ SLAB OF BABY BACK RIBS \$20

Served with corn on the cob and potato salad

WATERMELON FETA SALAD \$12

Spring mix lettuce, feta cheese, diced watermelon, cucumbers, red onions, and Greek dressing.

NATIONAL BURGER \$16

Half-pound burger with lettuce, tomatoes, onions, and choice of cheese.

BBQ CHICKEN BREAST SANDWICH \$15

Grilled chicken breast, cheddar cheese, barbeque sauce, and pineapple ring.
On a brioche bun

WINGS \$17

10 chicken wings with your choice of sauce

BBQ CHICKEN PIZZA \$16

BBQ sauce base, grilled chicken, bacon, mozzarella cheese.
Topped with ranch dressing.

CRUDITÉ PLATTER \$12

Serves with pita and feta dip

HOT DOG \$10

Grilled quarter-pound all-beef hot dog. Choice of your favorite toppings relish, cheese, sauerkraut and onions. Choice of side.

COWBOY BURGER \$17

BBQ burger, bacon, cheddar cheese, and onion rings.

PEEL AND EAT COCKTAIL SHRIMP \$14

PHILLY CHEESE STEAK EGG ROLLS \$13

KIELBASA SAUSAGE \$12

Served with grilled peppers and onions

FOOD & BEVERAGE

Please see the summer dates that we will NOT be offering Brunch in the club house.

- July 9th
- July 23rd
- July 30th
- August 13th
- August 27th
- September 17th
- September 24th

HOW TO RESERVE A DINNER TABLE

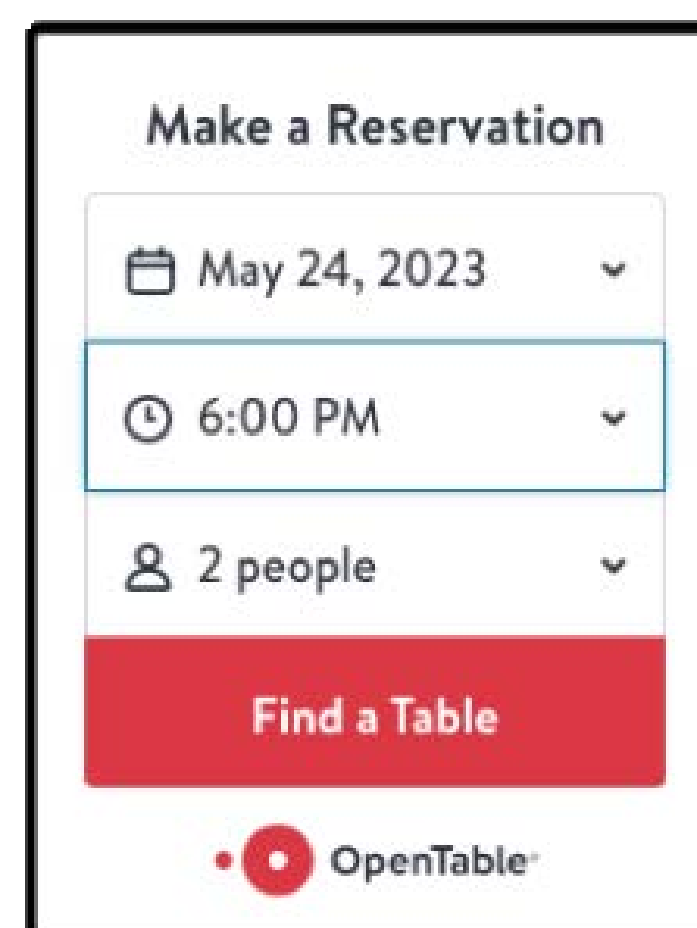
If you would like to reserve a table for dinner or brunch, please click the below widget that will redirect you to the Open Table reservations page. Once you arrive at this page you will be able to select your table capacity (Max of 8) as well as the date, time and table selection, (bar, hightop, regular table or fireside patio table). Once you have made your selection it will display the times available if your time selection is full.

The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

Please note reservations can only be made 7 days in advance. Reservations not cancelled within 48 hours will be charged a \$25 fee or the events fee per person.

CLUBHOUSE RULES & RESERVATIONS

CLUBHOUSE DRESS CODE



←
**Please Click the
widget
to reserve a
table**

FOOD & BEVERAGE

TIKI SPECIALS MENU

JULY 1ST - 7TH
SPECIAL SELECTIONS



FRIED TAMBAQUI FISH RIBS

SAT/SUN
1ST/2ND



FISH RIBS APPETIZER | \$16.00

Fried Tambaqui ribs, deep fried, fresh water fish rib from the Amazon River. Served with lemon pesto tart sauce.

MONDAY
3RD



SMASH BURGER | \$15.00

Two smashed 4oz burger patties, American cheese, pickled jalapeños, and sauté onions. Side of choice

TUESDAY
4TH



4TH JULY MENU (SEE SERVER)

WEDNESDAY
5TH



BUFFALO BONELESS WING SALAD | \$16.00

Romaine lettuce, bacon bites, tomatoes, mixed cheese, red onions, cucumbers, and topped with buffalo chicken and shredded tortes chips. Served with ranch dressing.

THURSDAY
6TH



TOMATO CAPRESE FLATBREAD PIZZA | \$16.00

Melty mozzarella, tomato, basil, topped with a balsamic glaze

FRIDAY
7TH



FRIED COD SANDWICH | \$16.00

2pcfried cod, American cheese, lettuce tomatoes, on bun. Served with choice of side



FOOD & BEVERAGE

TIKI BAR

2 FOR \$35

JULY 1ST - 7TH

- **BASIL PESTO FAJITA STEAK - (DINE IN PRICE \$20)**
Served with Chef's fresh vegetables and yellow rice
- **BASIL PESTO CHICKEN BREAST - (DINE IN PRICE \$18)**
Served with Chef's fresh vegetables and yellow rice
- **BASIL PESTO SALMON - (DINE IN PRICE \$18)**
Served with Chef's fresh vegetables and yellow rice

GOLF



Tournaments Open For Registration

- 4th of July Scramble
- Men's League – July 10th
- Sunday Social – July 23rd

Upcoming Events

- Ladies Leagues – July 18th
- Men's League – July 24th
- Ladies League – August 1st
- Men's League – August 7th

Golf Staff Contact Info

Daily Operations & Billing

Director of Golf - Nick Campbell

NCampbell@theiconteam.com

Tournaments & Leagues

Head Golf Professional - Jeff Miller

JMiller2@theiconteam.com

Merchandise & Club Repair

1st Assistant Golf Professional -AJ
Gorey

AGorey@theiconteam.com

Lessons & Clinics

Director of Instruction - Mike
McClellan

MMcClellan@theiconteam.com

Tip of the Week

By Jeff Miller

Please keep in mind our dress code. For men, a collared shirt must be worn. For women, a collar is not required if the top has sleeves. If sleeveless, the top must have a collar. No denim or athletic wear is permitted. This dress code applies to all practice facilities and golf courses.

Course Information

By Joel Earhart

We continue to be in a significant drought as our monthly rain total is right at 3 inches. Our yearly rain total sits at 13.6 inches. With no rain, this makes recovery from our summer cultural practices that much more difficult. We will continue our weekly grooming and topdressing as well as increased fertility to aid in recovery.

Swing Thought of the Week

By Mike McClellan

Trouble chipping?? For better contact, make sure your weight is more on your front foot throughout the chipping motion.

New Merchandise

By AJ Gorey

Please come by the golf shop and pick up a USA hat for 4th of July! They are now on display.

Employee of the Week

By Jeff Miller

Thank you to Jonathan Paulus for his efforts this week as residents provided great feedback regarding his high level of service and enthusiasm in the golf shop. If you see him in the golf shop this week, congratulate him and thank him for being an integral part of the LWN Golf Staff.





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

Just a quick reminder to those booking courts for pickleball, tennis, and bocce. Please include all members of your playing party in your reservations when booking. This helps us in more ways than you can imagine.

If you are having guests play from outside Lakewood National, please be sure to see the pro shop office to pay fees to keep the racquets community improving. To book the courts please visit the Salix website at www.salixreservations.com , click below or come in to the racquets pro shop next to the tennis courts with your LWN Identification to be set up on the system.

Remember to have fun out there and stay hydrated in the Florida Summer!



Click to make a reservation



RACQUET SPORTS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

SUMMER JUNIOR TENNIS CAMPS

LAKEWOOD NATIONAL
TENNIS CENTER

Pricing

Members:

\$120 per week

Non-Members:

\$130 per week

TIME:

**10AM - 12PM
EACH DAY**

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

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

NEW CLASS ANNOUNCEMENTS

See **NEW July Class Schedule!**

- Effective July, Tracy Will Not Be Teaching Classes. Expected to Resume in August.
- **NEW Class Additions** in July Include:
 - **PiYO** and **Dance Fusion** by Carla.
 - **Pilates Plus** and **Xtreme HIIT** by Elaine
 - **Strength & Serenity Yoga** by Carmen (sub for Tracy).
- **Free Water Aerobics Class Pass for NEW Attendees!**

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.



PERSONAL TRAINING, NUTRITIONAL CONSULTING & FITNESS CENTER ORIENTATIONS

Personal Training and Nutritional Guidance are tailored to your needs. Types of training include corrective exercise, strength, 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

Come Try Elaine's

HIIT

HIGH INTENSITY INTERVAL TRAINING

CLASS

**50%
OFF**

Your First Class

**Build muscle, Lose fat, Increase heart function, &
Turn back the hands of time at the cellular level!**



TUESDAYS AT 6:30AM

**Contact Olivia for half off your
first class with Elaine!**

**OVogelin@theiconteam.com
941.777.7020**

FITNESS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**FREE
CLASS**
for First-Time
Attendees in
July!

WATER AEROBICS

Enjoy all the benefits of water exercise such as improving your cardio fitness, gaining endurance, flexibility, and strength!



EVERY SATURDAY AT 9 AM
Sign Up On Salix

Come try NEW modalities like frisbees in the water for a better workout!
Water aerobics has countless benefits such as lowering blood pressure and cholesterol, protecting your joints, reducing stress, weight management, and more!



**CONTACT OLIVIA OR SABINA
FOR YOUR FREE PASS**



OVoegelin@theiconteam.com
SZHart@theiconteam.com

FITNESS



PiYo combines the health benefits of Pilates and Yoga all in one fitness class! This functional training workout is designed to strengthen your entire body in a controlled manner to improve mobility and flexibility.

Tuesdays
at 9:00am
with Carla



These classes are for a Limited Time Only. If well-attended, they'll become part of the regular schedule!

Dance Fusion focuses on easy-to-follow dance moves and light body weight training, all while listening to energetic pop and international music. Feel the music and reshape your body and mind in this exciting dance atmosphere!

Tuesdays
at 10:00am
with Carla



FITNESS



JULY 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. <i>Passes are Non-Refundable.</i> SIGN-UP FOR CLASSES ON SALIX. Instructions online under "fitness" Lakewoodnationalgc.com	<u>9:30am</u> Stretch & Sculpt Amy	NEW! <u>9:00am</u> PiYo Carla <i>Starts July 11</i>	<u>8:30am</u> Spin Carmen	<u>9:15am</u> Chair Yoga Carmen	NEW! <u>9:00am</u> Pilates Plus Elaine (*No class 7/14)	<u>9:00am</u> Aqua Fun & Splash Andrea
	<u>10:30am</u> Trouble Zone Tone Carmen	NEW! <u>10:00am</u> Dance Fusion Carla <i>Starts July 11</i>	<u>9:30am</u> Strength & Serenity Yoga Carmen	<u>10:15am</u> Trouble Zone Tone Carmen	Tracy will not be teaching classes in July. Other classes will be Offered. Please check Salix for class changes and updates!	
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! *With inclement weather, water aerobics will be cancelled & instructor may offer indoor class. Bring change of clothes/shoes.

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.

DANCE FUSION (NEW): This fun class focuses on easy-to-follow dance moves and light body weight training, all while listening to energetic pop and international music. Feel the music and reshape your body and mind in this exciting dance atmosphere!

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.

PILATES PLUS (NEW): Welcome to Pilates Plus! No Pilates experience necessary! You will be guided through pilates-style moves to increase balance, build a strong core, tone your entire lower body including glutes, inner & outer thighs, PLUS use light weights to tone and strengthen your entire upper body. We'll be targeting the back, biceps, triceps, and shoulders so you can feel confident all summer long!

PIYO (NEW): Combine the health benefits of Pilates and Yoga all in one fitness class! This functional training workout is designed to strengthen your entire body in a controlled manner to improve mobility and flexibility.

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.

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.

SPA



SORRY,

**The spa will be closed July
3rd & 4th in honor of
Independence day.**



We will re-open Wednesday
July 5th at 10 am.

Book Online

www.vagaro.com/utopiaspalakewood

or leave a voicemail 941-238-9999

SPA



July Specials!

THE ALL AMERICAN PATRIOT \$210

Celebrate summer and Independence with this package for the all American patriot. Includes a 1 hour Bliss Massage & a 50 minute Epi-Wave facial for a special summer price Savings \$20

RED, WHITE, & DEEP BLUE PACKAGE \$600

Work the summertime knots out with this Package of (4) 90 minute Knots Away massage. Our version of a Deep tissue Massage with firm pressure, forearms, elbows, and kneading. Savings \$20

MILITARY DISCOUNT

Enjoy an additional 10% off for all military personal, a special "thank you for your service" from us here at U-topia Spa

**ENJOY A STAR SPANGLED MIMOSA
WITH ANY OF THESE SERVICES
CHAMPAGNE - CRANBERRY - PINEAPPLE JUICE**



Call to Book 941-238-9999
Or Book Online
www.vagaro.com/utopiaspalakewood

SPA

New Product alert!



CLEANSING GEL WITH MANDELIC ACID

Retail \$40



A FOAMING CLEANSER THAT BRIGHTENS AND EXFOLIATES WHILE TARGETING PIGMENTATION, ACNE, AND AGING SKIN. THE POWERFUL ALPHA-HYDROXY-ACID AND ANTIBACTERIAL PROPERTIES MAKE THE CLEANSING GEL WITH MANDELIC ACID THE PERFECT SOLUTION FOR NEARLY ALL SKIN TYPES.

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

CELINA FOSTER, CAM (Estate and Executive Homes)
941-777-7021 cefoster@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

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