



LAKEWOOD  
NATIONAL  
*Golf Club*

# WEEKLY UPDATE JULY 14TH, 2023

LAKEWOODNATIONALGC.COM





# HOA

Hello Lakewood National Residents,

We hope everyone is enjoying the summer!

**Transponders:** Please note the administrative team is experiencing a very high volume of traffic in the office. In order to process new transponders efficiently, please email your request and copy of vehicle registration to

[LWNADMIN@theiconteam.com](mailto:LWNADMIN@theiconteam.com).

**Please be reminded extra transponders are \$25.00.**

**Replacement Membership Cards:** Please email your request to

[LWNADMIN@theiconteam.com](mailto:LWNADMIN@theiconteam.com)

**Please be reminded replacement cards are \$10.00.**

**Next Architectural Review Committee meeting** will be held on Wednesday, July 26, 2023 at 3:00 pm.

Please submit ARC Requests no later than, Wednesday, July 19th.

<https://zoom.us/j/97502193746?pwd=Wlg4N0gxZDVIM25MSFltOUZRRWd6UT09>

Meeting ID: 975 0219 3746

Passcode: 716450

One tap mobile

+13052241968,,97502193746#,,, \*716450# US

+19292056099,,97502193746#,,, \*716450# US (New York)

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





# HOA

## Upcoming Board Meeting Schedule

- July 20th - 3:00pm - [CLICK HERE TO REGISTER](#)
- August 3 - 3:00pm
- August 24 - 5:00pm
- September 7 - 3:00pm
- September 21 - 5:00pm

## Upcoming Town Hall Schedule

- July 17th - 6:00pm -

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

- Week of September 25th





# FROM THE MANAGERS DESK

Dear Members,

We are pleased to let you know that we will be sealcoating and striping the parking lots and Terrace parking areas in the Community beginning Monday, July 24, 2023. We expect the project to be completed by August 10, 2023, weather permitting. This process will increase the longevity of the pavement as well as give it a clean new appearance. As a reminder, your vehicle must be removed from the sections by 8:00AM on that day. Vehicles that are not removed will be towed to other parking areas within the Community at your expense. If you have any questions about the schedule, please reach out to me at any time.

## **Gentle Reminders**

- All Members and their guests must check-in and show their Membership Card to the Pool Ambassador upon entry into the pool area, even if only going to the Tiki Bar.
- If you enter with a guest, your guests must remain with you. If you leave the pool area/Tiki Bar, your guests must leave with you.
- Children under the age of 12 must be accompanied by an adult. No one under 12 years old may be in the pool area/Tiki Bar without an adult present.
- Drinks may only be consumed at your lounge chair, Tiki Bar couches or at the Tiki Bar. You may not have any drinks near the pool or pool edge.

Thank you for your support and cooperation.

Have a wonderful weekend!





# LIFESTYLE

Good Afternoon,

It has been an amazing first half of the year and I cant thank you all enough for all the support, feedback and fun you have all been having.

The second half of the year is not slowing down by any means and I am so excited to let you know some of the the events and activities that are coming up soon:

- Karaoke
- Live Music at the Clubhouse
- Tiki Bar Live Music
- Ladies Formal Tea Party
- Clubhouse Trivia
- Bingo
- Drop Cup Tournament
- Speaker Series
- Healthcare Hour
- Cornhole Tournament
- Wine Tasting
- Halloween Party
- .....and lots, lots more

We had out first ever Clubhouse Trivia this week and with only one space left it shows me how great the response has been. The feedback I had on the food was that the value for the quality was second to none and I think everyone enjoyed the Air Conditioning and boy, oh, boy the teams had a blast. I hope to see you all at the next one!





# LIFESTYLE



*Karaoke  
night*

**July 18th  
5:00pm**

**TIKI BAR**

**FIRST COME, FIRST SERVE**



# 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](mailto:rcommissar@theiconteam.com)

**MEMBER RUN GROUPS GUIDELINES**  
**MEMBER RUN GROUPS APPLICATION**





# FOOD & BEVERAGE

Hello from the food and beverage team,

We want to say thank you to all our members who have supported us and our staff in our first full month of operations in the clubhouse. We appreciate all the feedback both good and bad so we can continue to grow and make the clubhouse the best it can be.

We have live entertainment coming to Deke's July 27th so please join us so a fun evening of food drinks and music. Tiki will be bringing back karaoke July 18th at 5pm next Tuesday evening. We look forward to seeing every one there singing the night away.

We continue to ask all members please have your ID Member card ready to present to host before arrival at tiki or club house for service.

We will be hosting a wine tasting with light Hors d'oeuvres August 23rd. Please be on the lookout for the separate email for sign ups and more details about the event.





# FOOD & BEVERAGE

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

- 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.

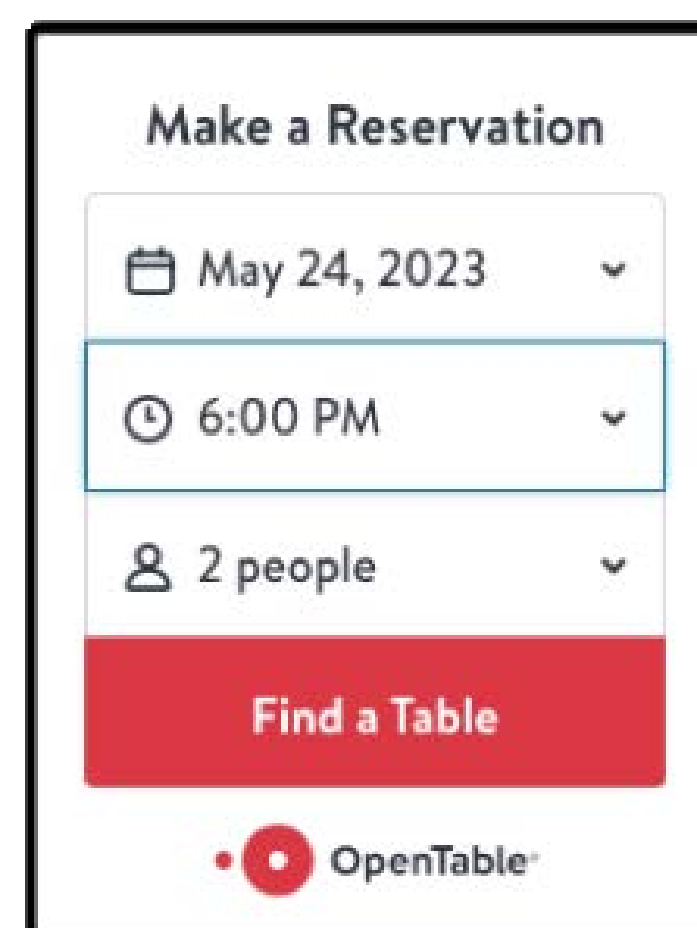
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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

Host Stand - 941-777-7030



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





# TIKI SPECIALS MENU

JULY 15TH - 21ST  
SPECIAL SELECTIONS

SAT/SUN  
15TH/16TH

- **PHILLY CHEESE STEAK EGG ROLLS | \$10.00**  
Three eggrolls fried and served with a side of creamy chipotle sauce

MONDAY  
17TH

- **CHEESE BURGER SLIDERS | \$14.00**  
Three Cheese burger sliders with cheddar cheese served with choice of side  
add bacon \$1

TUESDAY  
18TH

- **SHREDDED CHICKEN BURRITO | \$15.00**  
Flour tortilla stuffed with shredded chicken, rice, tomatoes, lettuce, onions smothered in queso over a bed of chips served with sour cream and salsa

WEDNESDAY  
19TH

- **CHICKEN BACON RANCH FLATBREAD | \$12.00**  
Seasoned Chicken, crispy bacon and drizzled with ranch

THURSDAY  
20TH

- **BUFFALO CHOPPED FRIED CHICKEN SALAD | \$14.00**  
Romaine Lettuce, fried chicken, tomatoes, cucumbers, carrots, red onion, blue cheese crumbles topped with croutons and served with choice of dressing

FRIDAY  
21ST

- **COD TACOS | \$14.00**  
Three cod tacos with cabbage, mango salsa, creamy cilantro lime sauce, cotija served with choice of side





# FOOD & BEVERAGE

## TIKI BAR

**2 FOR \$35**

**JULY 15TH - 21ST**

- **CHICKEN PARMESAN - (DINE IN PRICE \$20)**

Buttermilk fried chicken over linguine topped with house made tomato sauce and parmesan cheese. Served with Garlic bread.

- **SALMON PICCATA - (DINE IN PRICE \$20)**

Grilled Salmon, lemon butter caper sauce over linguine finished with parsley. Served with Garlic bread.



# GOLF

## "The Directors Cut"

By: Nick Campbell



### **Tournaments Open For Registration**

- Ladies Leagues – July 18<sup>th</sup>
- Sunday Social – July 23<sup>rd</sup>
- Men's League – July 24<sup>th</sup>

### **Upcoming Events**

- Ladies League – August 1<sup>st</sup>
- Men's League – August 7<sup>th</sup>
- Ladies League – August 15<sup>th</sup>
- Summer Member-Member 1-day Event – August 19<sup>th</sup>

### **Golf Staff Contact Info**

#### Daily Operations & Billing

Director of Golf - Nick Campbell

[NCampbell@theiconteam.com](mailto:NCampbell@theiconteam.com)

#### Tournaments & Leagues

Head Golf Professional - Jeff Miller

[JMiller2@theiconteam.com](mailto:JMiller2@theiconteam.com)

#### Merchandise & Club Repair

1<sup>st</sup> Assistant Golf Professional -AJ Gorey

[AGorey@theiconteam.com](mailto:AGorey@theiconteam.com)

#### Lessons & Clinics

Director of Instruction - Mike McClellan

[MMcClellan@theiconteam.com](mailto:MMcClellan@theiconteam.com)

### **Tip of the Week**

By Jeff Miller

Use the GPS on your golf cart to its full potential. Knowing the yardage is always important but what yardages are you looking for?? Use the "Magnifying Glass" icon on the screen to access the view of the green. Touch the screen to find any yardage to that point. Knowing the yardage to the front of the green will help you select the correct club.

### **Course Information**

By Joel Erhart

With the Commander heading into its second closure of the summer we will again be verticutting, aerifying, and scalping. We will do our best to keep the dust and clippings from properties adjacent to golf holes, so please pardon our dust while we clean up from our cultural practices.

### **Swing Thought of the Week**

By Mike McClellan

To help optimize your driving distance, make sure your ball position is in the correct place. Make sure that the ball is closer to your front foot at address. This will help deliver the club at a more ascending angle into the ball. This will reduce spin and "launch" the ball higher, straighter and further.

### **New Merchandise**

By AJ Gorey

The Wine Bottle Chillers have arrived! If you ordered a wine bottle chiller, please contact AJ to pick up in the golf shop.

### **Employee of the Week**

By Jeff Miller

Thank you to Ron Arvidson as we made note of him picking up trash along the golf course while having a lull in being the starter on the piper course.





# GOLF



## LAKWOOD NATIONAL GOLF CLUB

### SUMMER 1 DAY MEMBER-MEMBER

**Saturday, August 19<sup>th</sup>**

Ladies and Men's Divisions.

30 Teams MAX per Division.

Format: 1 Better Ball of 2 – 85% Handicap

Course: Commander

Lunch and scoring will take place immediately following the shotgun.

The shootout for the flight winners will be held after lunch.

Entry fee includes: Cart Fee; Food and Beverage; Credit Book and Tee Gift.

**Chelsea**  
Registration closes  
at 5:00 pm 7 days  
prior to the event

**Entry Fee - \$150**

**Maximum Players –  
60 per Division**

**9:00 AM**

Shotgun





# GOLF



## **SUNDAY SOCIAL 18-HOLE DIVISION**

**6/25/23 – 1-2-3 on 3-4-5**

**7/23/23 – 1-2-3 Waltz**

**8/27/23 – 2 Better Ball of 4 Shamble**

**9/17/23 – 2 Better Ball of 4 Stableford**

**10/29/23 – 2 Better Ball of 4 NET**

**\*\*Pick your own foursome at registration or sign up as individuals, twosomes, or threesomes to get paired by the professional staff\*\***

**\*\*Competition will be flighted based on total team handicap index\*\***

**\*\*Gross & Net Prizes within the Flight\*\***

**Chelsea  
Registration closes  
at 5:00 pm 3 days  
prior to the event**

**Entry Fee - \$85**

**Maximum Players -  
100**

**8:30 Shotgun**

**Social hour with food  
and drink following  
play**





# GOLF



## SUMMER SEASON MGA

6/12/23 – Individual Quota\*\*

6/26/23 – 1-2-3 on 3-4-5

7/10/23 – Individual Gross and Net\*\*

7/24/23 – 1-2-3 Waltz

8/7/23 – Individual Skins\*\* (Canadian Skins)

8/21/23 – 2 Better Balls of 4

9/4/23 – Individual Quota\*\*

9/18/23 – 1-2-3 on 3-4-5

10/2/23 – Individual Gross and Net\*\*

10/16/23 – 1-2-3 Waltz

\*\* -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

**Chelsea**  
**Registration closes**  
**at 5:00 pm 3 days**  
**prior to the event**

**Entry Fee - \$35**

**Maximum Players -**  
**44**

**8:30-10am**

Tee  
Times





# GOLF



## SUMMER SEASON LGA

5/23/23 – Individual Quota\*\*

6/6/23 – 1-2-3 on 3-4-5

6/20/23 – Individual Gross and Net\*\*

7/18/23 – Individual Skins\*\* (Canadian Skins)

8/1/23 – 2 Better Balls of 4

8/15/23 – Individual Quota\*\*

8/29/23 – 1-2-3 on 3-4-5

9/12/23 – Individual Gross and Net\*\*

9/26/23 – 1-2-3 Waltz

10/10/23 – Individual Skins\*\* (Canadian Skins)

\*\* -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

**Chelsea**  
**Registration closes**  
**at 5:00 pm 3 days**  
**prior to the event**

**Entry Fee - \$35**

**Maximum Players -**  
**44**

**8:30-10am**

Tee  
Times





# GOLF



## SUMMER SEASON NINERS

5/23/23 – Individual Quota\*\*

6/6/23 – 1-2 on 3 - 4 & 5

6/20/23 – Individual Gross and Net\*\*

7/18/23 – Individual Skins\*\* (Canadian Skins)

8/1/23 – 2 Better Balls of 4

8/15/23 – Individual Quota\*\*

8/29/23 – 1-2 on 3 - 4 & 5

9/12/23 – Individual Gross and Net\*\*

9/26/23 – 1-2 Waltz

10/10/23 – Individual Skins\*\* (Canadian Skins)

\*\* -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

**Chelsea**  
**Registration closes**  
**at 5:00 pm 3 days**  
**prior to the event**

**Entry Fee - \$21**

**Maximum Players -**  
**32**

**8:30-9:30am**

10<sup>th</sup> tee  
start

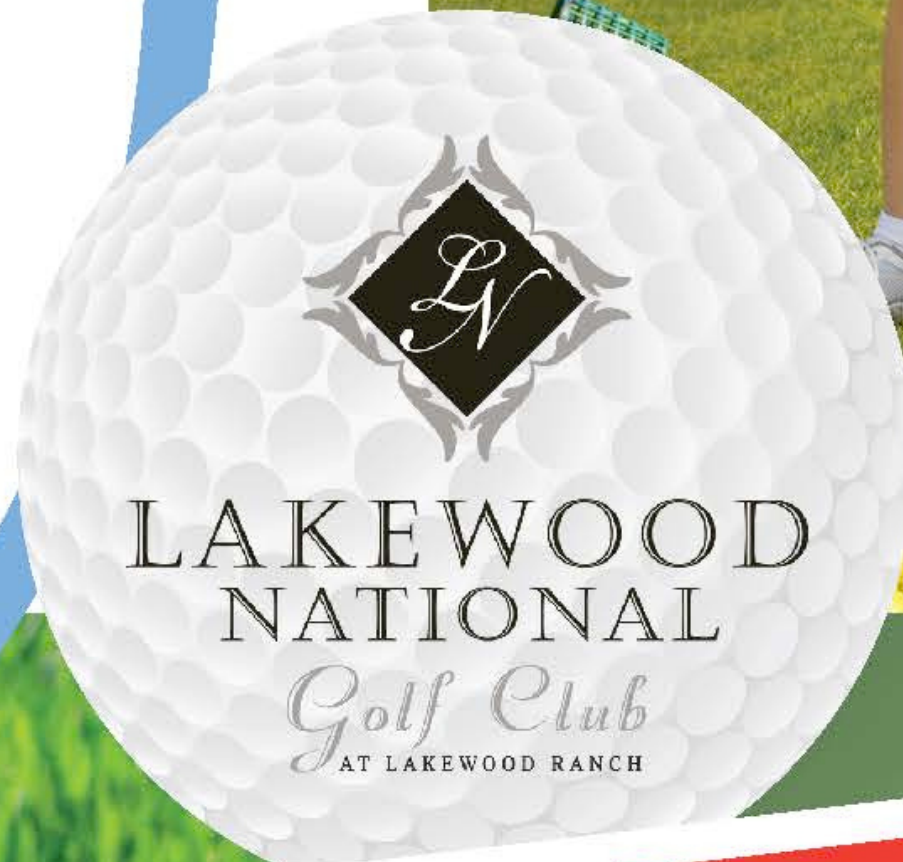
Tee  
Times





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](mailto:mmcclellan@theiconteam.com)**



**MORE INFO: 941.720.3046**





# RACQUET SPORTS

## **Ball Machine Users**

With the summer storms about to get into full swing, please be sure that ball machine users cover the machine after EVERY use. Make sure the balls are pushed into the retrieval gutter and the machine has time to pick them up before turning the machine off. It is a very expensive piece of equipment and we hope all users look after it so members can continue to use it. Please be respectful to the rest of the community.

## **Heat & Hydration**

It's still hot, so please stay hydrated when you come to play tennis, pickleball, or bocce

## **Storms**

Please be advised that with the increasing number of storms popping up in the area that you are playing "AT YOUR OWN RISK". We are creating the safest environment possible for everyone to have fun and enjoy the sports that you love, but please make smart choices with the weather. WET courts should NEVER be played on. Lightning is a real possibility in Florida and storms move quickly. We recommend not playing if lightning is in the area. Please use the Salix Reservations Wall for information during pro shop hours. Outside of pro shop hours the wall will not be updated.





# 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



### Group Class Offers

**Free Water Aerobics Class Pass for NEW Attendees!**

**Andrea's Aqua Fun & Splash (Saturdays @ 9am)**

**Half-Off Xtreme HIIT Class Pass for NEW Attendees!**

**Xtreme HIIT (Tuesdays @ 6:30am) Pilates Plus (Fridays @ 9am)**

**Remember! Carla's Dance Fusion & PiYo Classes  
are here for a **Limited Time Only**.**

**Sign up for her Tuesday classes on Salix!**

***Class Cancellations: Please cancel the day before (by 8pm) if you cannot make it to a class.***

***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 weekday hours. Email Olivia at [OVoegelin@theiconteam.com](mailto: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](mailto:Szhart@theiconteam.com) | mobile: (754) 245-2136

**Olivia Voegelin**, Fitness Center Attendant: [OVoegelin@theiconteam.com](mailto: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**



**OVogelin@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

**CLASS PASSES**

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

**PURCHASE CLASS PASSES IN THE FITNESS CENTER.**

*Passes are Non-Refundable.*

**SIGN-UP FOR CLASSES ON SALIX.**

Instructions online under "fitness"  
Lakewoodnationalgc.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>9:30am</u> <b>Stretch &amp; Sculpt</b> Amy</p> <p><u>10:30am</u> <b>Trouble Zone Tone</b> Carmen</p>	<p><u>6:30am</u> <b>Xtreme HIIT</b> Elaine</p> <p><b>NEW!</b> <u>9:00am</u> <b>PiYo</b> Carla <i>Starts July 11</i></p> <p><b>NEW!</b> <u>10:00am</u> <b>Dance Fusion</b> Carla <i>Starts July 11</i></p>	<p><u>8:30am</u> <b>Spin</b> Carmen</p> <p><u>9:30am</u> <b>Strength &amp; Serenity Yoga</b> Carmen</p>	<p><u>9:15am</u> <b>Chair Yoga</b> Carmen</p> <p><u>10:15am</u> <b>Trouble Zone Tone</b> Carmen</p>	<p><b>NEW!</b> <u>9:00am</u> <b>Pilates Plus</b> Elaine <i>(*No class 7/14)</i></p>	<p><u>9:00am</u> <b>Aqua Fun &amp; Splash</b> Andrea</p>
<p>Tracy will not be teaching classes in July. Other classes will be Offered. Please check Salix for class changes and updates!</p>					
<p>Questions? Contact Sabina Hart: szhart@theiconteam.com 941.777.7020 (office) 754.245.2136 (mobile)</p>		<p><b>SCHEDULE IS SUBJECT TO CHANGE—ALL CHANGES WILL BE REFLECTED IN SALIX. PLEASE BRING TOWEL AND WATER BOTTLE TO CLASSES.</b></p>		<p>Min. 3 participants must be registered for a class to take place, or class will be <b>CANCELLED.</b></p>	





# 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.

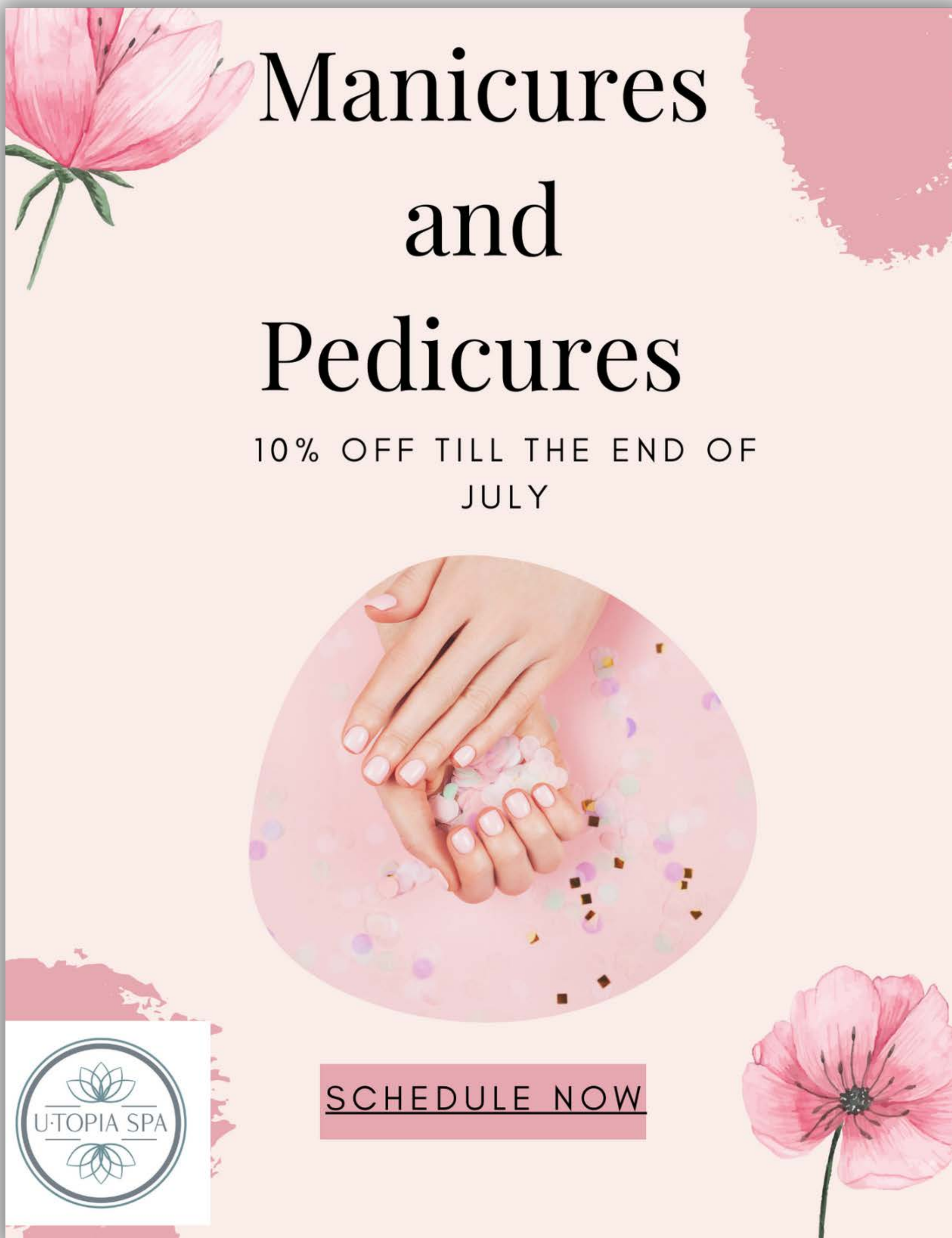
**TOTAL BODY CIRCUIT (45 MINUTES):** Full body toning with a blend of cardio and strength that keeps you burning calories at a higher rate. Consists of a consecutive series of varying exercises performed one after the other with short amounts of rest between each.

**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




## Manicures and Pedicures

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# SPA

U-topia at  
Lakewood Ranch

Call us to Schedule  
Your Facial  
941-238-9999

## Why should you get a facial?

### Deep Clean

Your skin is professionally cleansed to remove dirt and oil from deep in your pores, resulting in optimal skin-care product absorption.

1

2

### Increase Circulation

Dehydration of the skin causes blood vessels to enlarge, resulting in water retention and eventually puffiness in the face.

### Get to know your skin

Knowledge is power! Estheticians can detect any of your skins needs or irregularities, and can also give you professional advice when searching for new products or treatments.

3

4

### Professional (and safer) Exfoliation

Even out your skins' texture with the help of a professional eye and just the right amount of pressure. Exfoliating too hard or too often can result in large pores or irritated skin.

### Anti-Aging

Getting facials regularly promotes cell turnover, boosts your skins' natural collagen, and keeps skin hydrated long after your service is over.

5



# CONTACTS



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## 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**