



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
AUGUST 18, 2023**



HOA

Greetings Lakewood National Residents,

The Management Office is open Monday – Friday 9:00 AM – 4:30 PM

Our upcoming meeting schedule is as follows:

Architectural Review Committee Meeting

Is held virtually on the 2nd & 4th Wednesday of every month. The next meeting will be held on August 23 at 3:00 PM. All applications for this meeting must be submitted by August 16 by 5pm. Any applications submitted after the deadline will be reviewed at the next meeting. Please be reminded that all ARC Requests must adhere to the Architectural Design Standards. Please see link below.

<https://zoom.us/j/99619800791?pwd=SkJ4NWt3YngzYy9LRUJ6Ylg2Mzkydz09>

Meeting ID: 996 1980 0791

Passcode: 637234

Open House Policy

We have received many questions regarding the Open Houses and acceptable signage at Lakewood National. Please note the following:

- No sign, banner, advertisement or poster (including “open house”, “for sale” or “for rent” signs) shall be exhibited, displayed, inscribed, painted or affixed, in on or upon any part of the Properties without prior approval of the ARC.
- Open houses shall be permitted on Sundays between 1 pm and 4 pm only. Only a Florida Licensed Realtor or a Homeowner may hold an Open House. The Association must be notified no later than 5 pm on Wednesday prior to the open house. A list of open houses will be placed at the gatehouse. Only one (1) approved open house sign may be placed on the lawn of the home from 1 PM to 4 PM on Sunday. **Directions, signs, balloons, and/or flyers are prohibited. Signs placed in violation will be removed and disposed of without prior notice.**



HOA

To notify the Association of an Open House you or your Relator intend to have, you must email LWNAdmin@theiconteam.com or cefoster@theiconteam.com. If we do not receive your request prior to the 5:00PM Wednesday deadline, the Gatehouse Guards will not permit anyone to enter for your Open House.

School Bus Stop Parking

The school bus picks up and drops off students at the front entrance of Lakewood National Golf Club. For the safety of the children and parents please park on the side within the community and walk to the bus stop just outside the front gates. There is not enough space in front of the gatehouse for cars to park there.

Irrigation

As always, if you have a landscaping or irrigation issue the best and fastest way to have it addressed is by submitting a work order directly to ArtisTree. This can be done directly through the website under the HOA tab and under Documents & Forms. The link is at the bottom of the page. The community code is LAKE-727.

Speeding

Please be reminded of the 25 mph speed limit. This is a very active community with many walkers and golf cart usage. Please be cautious while driving within the community.

Overnight Parking

Please be reminded overnight parking is not allowed.

Management Office

The office has been relocated temporarily to Aerobics Room B.

Golf Cart Registration

All golf carts must be registered. Proof of insurance must be provided at registration. Please visit the management office for a golf registration form.



FROM THE BOARD

“Conversations with the Board”

This past Monday, August 14th, we held our first “*Conversations with the Board*” informal get-together. Eight members took advantage of meeting with three of our Board members and two members of the ICON management team in the Eagle Room at the Clubhouse.

A very productive and worthwhile discussion was had about various topics. The members were very appreciative of the opportunity to set the agenda with their own topics and engage the Board members. The Board is enthusiastic as well about this new communication vehicle.

We look forward to our next scheduled “*Conversations with the Board*” on August 21st. This one will be virtual so out-of-town members can also participate, so please look out for the meeting announcement and sign-up (registration is limited to the first 20 members).

Upcoming Board of Directors Meeting

The next LWN Board meeting will be next Thursday, August 21st, at 5:00 p.m. in the Champions Room in the Clubhouse. Topics that may be on the agenda include:

- Northstar Club Management Software CAR – Decision
- Fitness Center Equipment CAR - Decision
- Private Golf Cart Parking Lot/Clubhouse Sidewalk CAR - Discussion
- 2024 Budget Program Rates & Fees Schedule – Discussion

Agenda topics are subject to change, so please look for the Board meeting invitation (and Meeting Agenda) early next week.



FROM THE BOARD

Upcoming Meeting Schedule

Budget season is here, and the Board and our committees are hard at work preparing the 2024 budget. Here is the schedule of upcoming meetings:

- August 21st – 5:00 p.m.
- September 7th – 3:00 p.m.
- September 21st – 5:00 p.m.
- October 4th – 3:00 p.m. – Note: this is a Wednesday
- October 12th – 5:00 p.m.
- TBD - 2024 Budget Town Hall
- October 26th – 5:00 p.m. – 2024 Budget Adoption



FROM THE MANAGER'S DESK

Dear Members,

Hope your summer is going well and everyone is ready for back to school! We would like to update you on the many projects we have been working on in preparation of the upcoming season.

We would like to remind you of some closings/changes happening on the following dates:

1. Pool closed: August 21 – September 1
2. Tiki Bar closed: August 23 – August 28
3. Administrative Office at Amenity Center will be operating out of Aerobics Room B from August 20 – August 25.

Thank you for your cooperation during this time.

- The Main Pool will be closed from August 21 to September 1 so we can professionally clean the pool floor.
- From August 23-28, the Tiki Bar and pool bathrooms will be closed for a deep clean. Cushions for the Tiki couches and new fire pit tables have been ordered, and we are adding some fresh new landscaping to the pool area as well!
- Coffee with the CAM: Beginning Wednesday, September 13, 2023, from 9:30AM-10:30AM and occurring every second Wednesday of the month, we invite you to come and have a cup of coffee with management to discuss any topic of your choice! This will be held in the Champions Room at the Clubhouse. Hope to see you all there!

As always, we appreciate your support and cooperation. Please feel free to reach out to me at any time with any questions and concerns at gplotkin@theiconteam.com.

Enjoy your weekend!

LIFESTYLE

SPEAKER SERIES

**Lakewood National Home Safety
August 22nd - 6:00pm
Champions Room**

Deputy Tom Kaczmarek will be presenting to the Lakewood National Residents pertaining to home safety.

The topics covered will be from his experience and interviews with suspects, who typically commit these crimes against citizens in our area.



REGISTER HERE

LIFESTYLE

SAVE THE DATE
HALLOWEEN
costume party



27
OCTOBER

MUSIC, FOOD &
DRINKS

CLUBHOUSE

MORE DETAILS TO FOLLOW

LIFESTYLE



DONATE BLOOD

Lakewood National Golf Club
Saturday, August 19
8:00 AM - 2:00 PM

All donors receive*:

- **\$20 eGift Card**
- **OneBlood Swag Bag**
- **Wellness Checkup** including blood pressure, pulse, temperature, iron count, and cholesterol screening.

Fact: One in three of us will need a blood transfusion.



Appointments are encouraged, please visit oneblood.org/donate-now and use sponsor code **60188**

ID REQUIRED

*One offer per donor per donation. No cash value. Not-transferable. Gifts may vary. For more information please visit oneblood.org/details.

Donors
Receive



- PLUS -



- PLUS -



oneblood
Share your power.

REGISTER HERE FOR AN APPOINTMENT

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 Food and beverage,

We had a great time at trivia and hope everyone who participated enjoyed the evening!

Please remember we are having brunch this Sunday. We encourage reservations but do accept walk-ins. This week we will be having the highly requested Belgian Waffles on the buffet as well for your enjoyment.

Please be reminded that the Tik Bar will be closed from August 23rd and will reopen on Monday, August 28th for annual maintenance.

We know holidays are quickly approaching and our team is working hard to finalize details for each one. Please be patient with our teams. Communication will go out for save-the-dates and sign-ups as we have them for all our holiday events planned. Please do not reach out to try to book Rooms on the actual holiday itself as the club will be hosting events for the membership and utilizing those spaces.

We also have started to utilize the Eagle Room for dinner services, for the extra tables inside, and away from the bar for larger parties. If you request the Eagle Room for a large party you then will be responsible for the \$500.00 spending minimum. If we seat you in there at random, you will not be held accountable for the \$500.00 minimum as you did not request the room specifically.

Brunch Menu

FOOD & BEVERAGE

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

- 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.

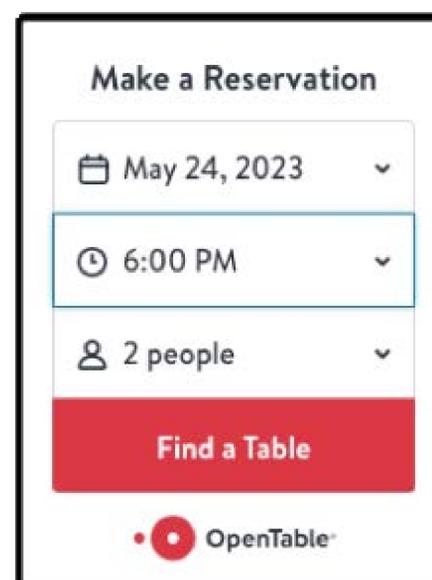
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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



The image shows a screenshot of the OpenTable reservation widget. At the top, it says "Make a Reservation". Below that are three dropdown menus: "May 24, 2023" with a calendar icon, "6:00 PM" with a clock icon, and "2 people" with a person icon. At the bottom of the widget is a red button that says "Find a Table". The OpenTable logo is at the very bottom.

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

GOLF



“The Directors Cut”

By: Nick Campbell



Tournaments Open For Registration

- Men's League – Aug. 21st
- Sunday Social – Aug. 27th
- Ladies League – Aug. 29th

Upcoming Events

- Men's League – Sept. 4th
- Ladies League – Sept. 12th
- Sunday Social – Sept. 17th
- Men's League – Sept. 18th

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

With the increase in afternoon storms in the area, please use caution when lightning is present. We are a “play at your own risk facility” the golf professional staff does not require you exit the golf course.

Course Information

By Joel Ehrhart

Please do not apply bug spray, or sun tan lotion on the turf areas.

Swing Thought of the Week

By Mike McClellan

Hybrids are wonderful clubs to have in the bag. Using them correctly is key to having the best result. Remember, a hybrid is to be played like an iron. Do not be afraid to take a small divot when playing a golf shot with a hybrid.

New Merchandise

By AJ Gorey

We look forward to the beginning of September for all of our pre-booked merchandise to arrive!

Employee of the Week

By Jeff Miller

Thank you to our Assistant Golf Course Superintendents for all they do for our club. Commander Course Superintendent Marty Harris, and Piper Course Superintendent Tyler Bennett have done a wonderful job this summer maintaining the facilities. If you see them running around the courses, please stop and thank them and their team for their efforts!



GOLF

Congratulations!

I would like to congratulate our team member Morgan Baxendale for accepting her new role as the Assistant Golf Coach for the University of Wisconsin. We will miss Morgan and her amazing personality. Morgan created many relationships with members that were rooted in her love, and talent for the game of golf. We wish her the best of luck on her new endeavors and will stay in touch throughout her journey.

- Nick Campbell



Lakewood National Members and Staff,

I wanted to say a big thank you for the opportunity to have been a part of such a great community over the last year! When Nick Campbell gave me the chance to work in the pro shop last May, I had no idea the kind of impact it would have on me. I am grateful to have been surrounded by so many wonderful golf members and staff at the club. Everyone was so kind, gracious and very supportive of my golf journey. I looked forward to coming into the pro shop every day because I knew that's the kind of people I would be surrounded by. I have built so many great relationships since I have been a part of Lakewood National and I know they will only continue to grow for years to come. Thank you all so much,

Morgan Baxendale

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



RACQUET SPORTS

The Pickleball League email has gone out to the community. If you are planning on playing league this year at Lakewood National, we are taking names through a survey. You only have to fill this out one (1) time. You have until the end of the day to get this filled out and submitted. There will only be the teams stated in the survey eligible to be played at Lakewood National this season. Thank you for your help in this matter.

Attention Lakewood National Pickleball Enthusiasts!

Many of you experienced the thrill of playing on a pickleball team last year. You also know that we faced challenges caused by only having 4 courts. We've taken lessons learned from last year and we are happy to announce that we will continue to offer team pickleball, but in a reduced capacity, using less court time than last year.

WE NEED YOUR HELP TO MAKE THIS HAPPEN!

Please respond by AUGUST 18TH in order to be placed on a team.

There are two different leagues being offered. Both leagues have opportunities for men, women and mixed doubles players at a variety of skill levels from beginner to advanced.

Matches are held at communities within Lakewood Ranch. Some will be "home" and some will be "away".

You may sign up for either or both leagues, however note that if we get too many people, we will be working on a fair way to accommodate as many players as possible. That is to-be-determined based on how many respond at this time, so please get this done by August 18th!

1) Lakewood Ranch Pickleball League:

- Matches: every other Saturday 12:30-2:30 from October 21- end of March and include men's, women's and mixed doubles at various levels.
- Levels: Social (2.5-3.25) Intermediate (3.3-3.75) Advanced (3.8-5.0)
- Fees: \$45 (\$30 covers team entry, snacks, logo shirt, carabiner and \$15 covers membership in the LWR Pickleball Club.)
- LINK to SIGN UP: <https://lwripickleballclub.com/membership/>
- Important Note: You may have already received an email from Bob Haskin with instructions for signing up for this league. If you already signed up, you do not need to do anything else to participate in this league. If you DID NOT get the email and want to join this league, simply click on the link above and register.
- Contact Bob Haskin with any questions at rahaskin27@gmail.com

RACQUET SPORTS

2) DUPR league:

- **Matches:** are Wednesdays for women, Thursdays for men, and Fridays for mixed doubles, always from 12:30-2:30 from mid-October to Mid-November. There are 8 matches in the fall season. (New teams will be formed for the “winter season” starting in January. We are only collecting names now for the Fall season.)
- **Levels:** The levels have been changed to 2.5+ (2.5-2.99), 3.0+ (3.0-3.49), 3.5+ (3.5-3.99), and 4.0+ (4.0 and up). DUPR has eliminated the verbiage of novice, intermediate, intermediate plus, and advanced. Eighty percent of the players on any roster must be that level. This will insure we have competitive matches. This year your rating will dictate which level you are allowed to play in. If you don't yet have a DUPR rating we can help you get one. **Everyone is welcome!**
- **Fees:** No payment is required at this time. We are only collecting names and levels right now, in order to get a headcount of how many players want to play, so we can organize everyone into teams. Once teams are formed, the \$70 fee will be collected.

LINK to SIGN UP <https://forms.gle/mGKUabggHr33oGUS6>

Note: The form lists several options for you to participate on a team. When you fill out the form, simply check off all of the teams that you are interested in, but be sure to rank them in order from your 1st choice to your last choice, so that if we receive a very large number of responses, we can do our best to accommodate your 1st choices.

Contact Kathy Budrawich with any questions at KTHYBUD@YAHOO.COM

BE ON THE LOOKOUT FOR ANOTHER COMMUNICATION THE WEEK OF AUGUST 21ST AT WHICH TIME WE WILL HAVE COMPILED ONE MASTER LIST FOR BOTH LEAGUES, AND LET YOU KNOW HOW TEAMS WILL BE FORMED, WHO WILL CAPTAIN EACH OF THE TEAMS, AND MORE. THESE LEAGUE TEAMS WILL BE THE ONLY TEAMS ACCOMMODATED AT LAKEWOOD NATIONAL FOR 2023/24 PICKLEBALL SEASON.

BALL MACHINE UPDATE

Ball machine is still out of order. We are awaiting diagnosis and repairs coming out of North Carolina for this issue to be resolved. Sorry for the inconvenience and thank you for your patience

RACQUET SPORTS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD MANOR

PICKLEBALL

BEGINNERS CLINIC

FOUR 1-HOUR
SESSIONS
9AM - 10AM

WEDNESDAY, AUGUST 2ND
WEDNESDAY, AUGUST 9TH
WEDNESDAY, AUGUST 16TH
WEDNESDAY, AUGUST 23RD

REGISTRATION:

\$80

PER
PLAYER

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

FITNESS

Fitness Updates



Last Aqua Class until Sept 9th

This Saturday's aqua class, on Aug. 19th, will be our grand aquatic finale before we take a short hiatus. But don't worry, it's all for good reason - our pool is going to take a mini-vacation and get a little sprucing up, just like we do after a great workout! Mark your calendars, because we'll be ready to make a splash again on Sept. 9th! See you Saturday!



Spin Class Reminder

Spin classes on August 17th and 23rd will likely take place in Aerobics Room A. Please refer to Salix for updates.

Need a Salix account or have class questions?
Please email Olivia:
OVoegelin@theiconteam.com

Interested In Personal Training & Nutritional Consulting?

Customized to match your unique requirements, Personal Training and Nutritional Guidance are designed exclusively for you!

Training options include:

- Corrective Exercise
- Strength Building
- Golf-specific TPI plans
- Weight Loss Regimens
- Mobility and Flexibility Enhancement

Ready to take the first step? Secure your complimentary consultation with Sabina today!

Sabina Z. Hart

*Director of Fitness and
Personal Trainer*

(754) 245 - 2136

Szhart@theiconteam.com



FITNESS



AFTERNOON CIRCUIT BOOTCAMP

*Push Your Limits and
Get Stronger!*

MONDAYS AT 5:15PM
45-MIN. CLASS WITH ELAINE

- Weights
- HIIT
- Cardio
- Training



Questions? Email Sabina:
szhart@theiconteam.com



FITNESS

DANCE FUSION CLASS

WEDNESDAYS - 6:30PM
AEROBICS ROOM B



Feel the music and reshape your body and mind in this exciting evening dance fitness class!

Instructor:
Carla Peralta

Sign Up
on Salix!



Questions? Email Sabina:
szhart@theiconteam.com



FITNESS



AUGUST 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>6:30am</u> Xtreme HIIT Elaine</p>	<p><u>8:30am</u> Spin Carmen</p>	<p><u>9:00am</u> Chair Yoga Carmen</p>	<p><u>9:00am</u> Tight-N-Tone Tracy</p>	<p><u>9:00am</u> Aqua Fun & Splash Andrea Aug 12th & 19th</p>
	<p><u>10:30am</u> Trouble Zone Tone Carmen</p>	<p><u>9:00am</u> Barre Tracy</p>	<p><u>9:30am</u> Strength & Serenity Yoga Tracy</p>	<p><u>10:00am</u> Trouble Zone Tone Carmen</p>	<p><u>10:15am</u> Pilates Plus Elaine</p>	<p>NEW! <u>9:15am</u> PiYo Carla *Aug 5th & 26th</p>
	<p>NEW! <u>5:15pm</u> Circuit Bootcamp 45 Elaine</p>	<p><u>10:00am</u> Yin Yoga Tracy</p>	<p>NEW! <u>6:30pm</u> Dance Fusion Carla Aerobics B</p>			<p>NEW! <u>10:15am</u> Dance Fusion Carla *Aug 5th & 26th</p>
<p>If you do not have a Salix account, please email Olivia to get set up: OVoegelin@theiconteam.com</p>	<p>Questions? Contact Sabina Hart: szhart@theiconteam.com 941.777.7020 (office) 754.245.2136 (mobile)</p>		<p>SCHEDULE IS SUBJECT TO CHANGE—ALL CHANGES WILL BE REFLECTED IN SALIX. PLEASE BRING TOWEL AND WATER BOTTLE TO CLASSES.</p>		<p>Min. 3 participants must be registered for a class to take place, or class will be CANCELLED.</p>	

Aqua Class will be on Aug. 12th & 19th. Pool will be closed for two weeks effective August 21. Aqua will resume Sept. 9th!





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.

CIRCUIT BOOTCAMP 45 (NEW): Circuit Bootcamp is a total body workout focusing on upper & lower body strength, core stability, speed and agility. This circuit can accommodate all levels by increasing or decreasing the amount of weight used for the strength circuit, and increasing or decreasing the speed, intensity and ROM on any exercise. No matter what level you consider yourself, you will find a challenge in this workout! Class length is approx. 45 minutes.

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 PLUS: 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.

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!

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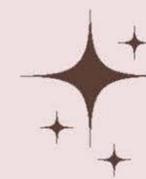
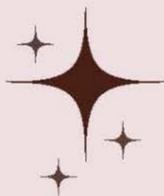
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MIKE MCCLELLAN, Director of Instruction
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HOURS OF OPERATION

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