



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
SEPTEMBER 8, 2023**

LAKEWOODNATIONALGC.COM



HOA

Greetings Lakewood National Residents,

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

Our upcoming meeting schedule is as follows:

Architectural Review Committee Meeting

The ARC meetings are held virtually on the 2nd & 4th Wednesday of every month. The next meeting will be on September 13th at 3:00 PM. All applications for this meeting must be submitted no later than 5:00 PM on August 30th. Any applications submitted after the deadline will be reviewed at the next meeting. All ARC Requests must adhere to the Architectural Design Standards of Lakewood National. Please see the link to the meeting below.

Coffee with CAM

Please join Gina, Celina, and Yonique this Wednesday, September 13th at 9:30 AM for Coffee, Pastries, and Conversation. This meeting will occur every second Tuesday of the month in the Champions Room at the Clubhouse.

Updates and Reminders:

Management Office

The management office “facelift” is now complete and we are now “home”.

Beginning Monday, September 18th, our new hours will be Monday – Friday 9:00 AM – 5:00PM

Home Rentals

With the season approaching, we would like to reiterate the HOA rules regarding home rentals. Rentals have a 30-day minimum requirement and homeowner membership will be fully suspended during the lease timeframe. The office requires a Transfer Form, a Membership Form, and a fully executed lease 15 days prior to the tenant's arrival.

We are tracking Airbnb, Homeaway, and VRBO rentals. The HOA has the right to deny renters access to the property if the correct procedures are not followed.

If you have questions about these procedures, please contact the Administrative Office for assistance - 941-777-7011/2



HOA

General Rules

Please see link below for Lakewood National General Rules.

Transponders and Membership Cards

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 a copy of your vehicle registration to LWNADMIN@theiconteam.com please note that all homeowners recieved two transponders and tenants recieve one with their membership. **Additional transponders are \$25.00.**

Replacement Membership Cards: Please email your request to LWNADMIN@theiconteam.com. **Replacement cards are \$10.00.**

Open House Policy

We have received many questions regarding 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, on or upon any part of the Properties without prior approval of the HOA
- Open houses shall be permitted on Sundays between 1: 00 PM and 4:00 PM only. Only a Florida Licensed Realtor or a Homeowner may hold an Open House. The Association must be notified no later than 5:00 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 during the hours of 1:00 PM to 4:00 PM on Sunday. Directions, signs, balloons, and/or flyers are prohibited. Signs placed in violation will be removed and disposed of without prior notice.

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



HOA

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.

Irrigation and landscaping

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 the under Documents & Forms. The link is at the bottom of the page. The community code is LAKE-727.

Overnight Parking

Please be reminded overnight parking is not permitted. Overnight parking is deemed to be any time between the hours of 1:00am and 6:00am.



FROM THE BOARDROOM

Board Or Directors Meeting Notes - 9/7/2023

This meeting was recorded and can be viewed by clicking on the link on our member website – HOA/Board of Directors Meetings/Recordings. All the presentations given at this meeting are also available for viewing on the same web page (/Presentations).

- **July Financial Report** – Aldo Servello, Treasurer, presented a recap of the July 2023 Association financials. The July financial statement can be found on our member website under the HOA/Finance/2023 Monthly Financials link.
- **FDOT Easement** – Warren Lee presented for discussion Florida DOT's request for a temporary easement. FDOT is constructing roundabouts and additional lanes on SR70 near our property. The easement is necessary to facilitate their project.
- **Acid Injection Proposal** – Joel Ehrhart, Golf Course Superintendent, presented for discussion details of the benefits of adding an acid injection system to our community irrigation system (which waters both courses and the entire community).
- **Private Golf Cart Parking Lot/Clubhouse Sidewalk Proposal** – Warren Lee presented for discussion a plan for creating additional private cart parking with 26 spaces near the Main Pool/Tiki Bar and for completing a portion of sidewalk at the Clubhouse.
- **Spa Discussion** – Warren Lee presented for discussion alternatives for operating a spa in 2023. Alternatives are being studied due to member dissatisfaction with current services expressed in our recent survey.
- **Insurance Renewal Presentation** – Tony Tutoni, Insurance Committee Chair, presented for discussion the upcoming renewal proposals for our Directors & Officers Liability and Equipment policies. These policies renew on 9/28/2023.
- **Northstar Club Management Proposal** – Warren Lee presented additional and more detailed information on the recommendation to purchase and implement the Northstar Club management software.
- **2024 Golf and Racquet Program Rates & Fees** – Golf rates for the upcoming seasons were approved. Racquet Sports rates were tabled for further discussion.



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:

- September 21st – 3:00PM
- October 4th – 3:00PM – Note: this is a Wednesday
- October 12th – 3:00PM
- October 23rd – 6:00PM – 2024 Budget Town Hall - Bayside Church
- October 26th – 3:00PM – 2024 Budget Adoption



FROM THE MANAGER'S DESK

Dear Members,

Thank you to all who celebrated Labor Day with us this week at the pool!
Thank you to Rob for providing great music and fun activities for the kids.

REMINDER: The guest list for the front gate will be purged on **October 1, 2023**. This means that all permanent guests RAMCO has at the gate will be removed and you will have to place them back on your account once this process is complete. Please make note of your current guest list so it will be an easier process for you to place them back on your list.

We would like to remind you that all cars and golf carts may only be parked in designated parking spots within the parking lots. Please inform your guests as well that vehicles may not be parked in any area around the Amenity Center unless it is in a parking spot. A parking spot is an space between two (2) white lines.

Coffee with the CAM will be held in the Champions Room in the Clubhouse on Wednesday, September 13th at 9:30AM. Please join Celina, Yonique, and Gina for pastries, coffee, and conversation!

If you have any questions, please feel free to reach out to me directly at gplotkin@theiconteam.com or 941-777-7035.

Thank you and enjoy your weekend!

LIFESTYLE



Thank you to everyone that participated in the 2nd Cornhole tournament of 2023. We had a fully packed field and lots and lots of fun, food and music. We even had an array of spectators from the players families cheering on the teams. Congratulations to our 1st, 2nd and 3rd place teams:

1st Place: **Team AJ**

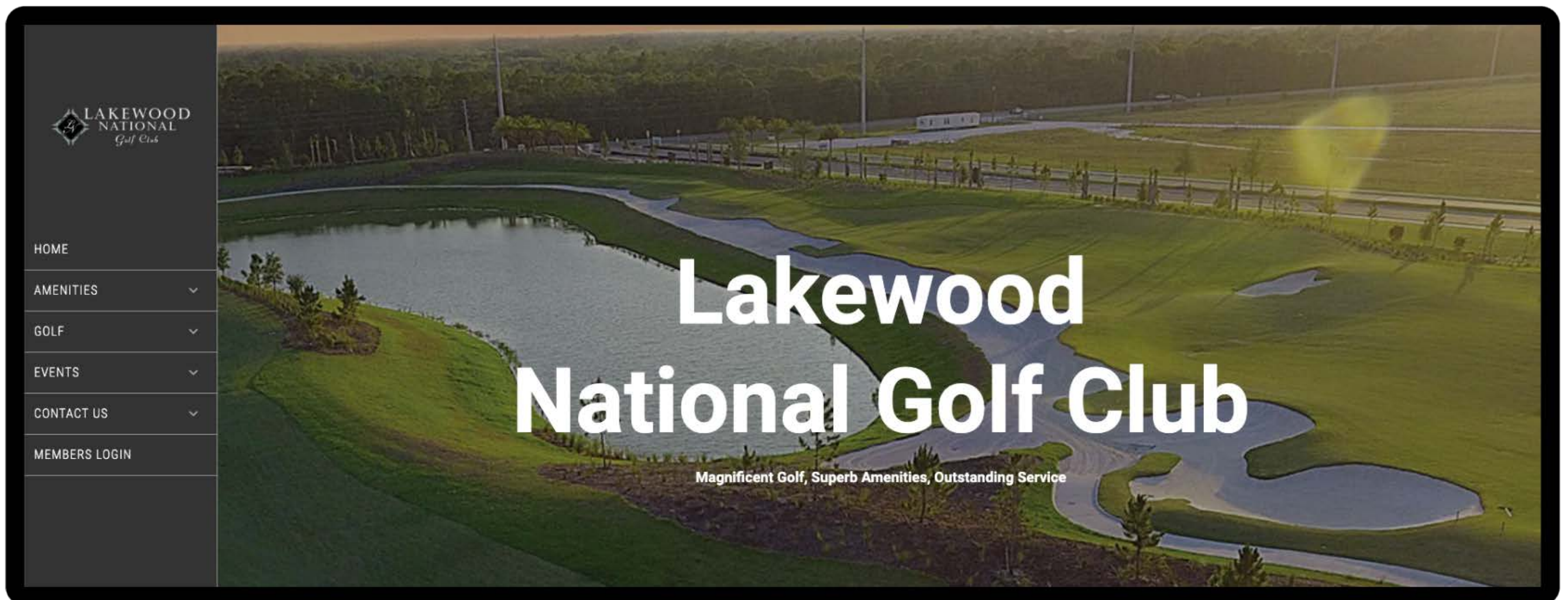
2nd Place: **Merrimac Valley**

3rd Place: **Sorry you Lost**



Left to right: Sorry You Lost, Team AJ & Merrimac Valley

LIFESTYLE



New Member Website

We are very excited to announce that next week your new Community Website will launch. This is a fresh new look to the site with easy navigation and sleek style. You won't have to change any of your usernames or password you will continue to use what you have in the past.

We will continue to add to the website with a much easier process than in the past, any changes or additions needed will be instant versus having to send emails to the website development team and waiting 24 hours for changes.

Please feel free to surf through the new site and enjoy the new features and look out for new and exciting additions to the your website.

LIFESTYLE



Team Trivia Night

TUESDAY, SEPTEMBER 12TH 2023
5:00PM - 8:00PM

We are excited to invite you to a fun-filled evening of trivia at your Clubhouse on September 12th!
Get ready to put your knowledge to the test and compete against other trivia enthusiasts.

REGISTRATION INCLUDES AN ASIAN BUFFET FOR EACH PLAYER - \$25++ PER PLAYER
BUFFET STARTS - 5:00PM & TRIVIA STARTS - 6:00PM

When registering your team, please enter the names of all of your players as well as their member numbers for the buffet charge.

PLEASE NOTE TEAMS ARE LIMITED TO 8 PLAYERS MAXIMUM

[REGISTER HERE](#)

[MENU](#)

LIFESTYLE



STOP THE BLEED®

SAVE A LIFE

**WEDNESDAY, SEPT. 14
9 A.M.**

**Mall at UTC, Macy's Courtyard,
140 University Town Center Dr., Sarasota, FL 34243**

Traumatic injuries can occur as a result of a mass shooting, a fall, automobile accident, natural disaster or some other event. Uncontrolled bleeding from trauma can lead to death within minutes without life-saving intervention.

With this in mind, Lakewood Ranch Medical Center will be hosting free **STOP THE BLEED®** courses beginning at 9 a.m., Thursday, Sept. 14, at the Mall at UTC, in the Macy's courtyard, 140 University Town Center Drive, Sarasota, FL 34243.

**Registration is required and can be made by calling:
800-816-4145 or scan QR code**



SCAN ME

Presented by:



**Lakewood Ranch
Medical Center®**

STOP THE BLEED® is a registered trademark
of the U.S. Department of Defense.

REGISTER HERE

LIFESTYLE

SAVE THE DATE
HALLOWEEN
costume party



27
OCTOBER

MUSIC, FOOD &
DRINKS

CLUBHOUSE

MORE DETAILS TO FOLLOW

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,

The Chef And I are thankful for everyone who sent in feedback last week from the new proposed Tiki menu that we are utilizing right now.

The Culinary team is almost finished with a new version of the menu we will roll out next week. We believe Chef's new updated menu will better benefit the community and their needs according to the feedback.

CURRENT TIKI MENU

We are gearing up for our next wine tasting this month. Please be on the lookout for the sign-ups and information regarding the event.

With football back this season, please remember the TVs at the tiki bar are first come first serve. If a member asks for a tv to be on a certain game first, it will remain on that game till it is over. This has been the fairest way to do it considering there are only 5 TVs in the tiki bar. Please note the clubhouse will not be playing any sound at all for any sporting event from the TVs. That is what we utilize the tiki bar area for.

Please come join us for brunch this Sunday in the club house. We encourage you to make reservations but do take walk-ins.

We are no longer accepting cash for payments. Please make sure to have a credit or debit card with you when using the amenities or please go to the admin office to put a credit card on your membership accounts for charging.

FOOD & BEVERAGE

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

- 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.

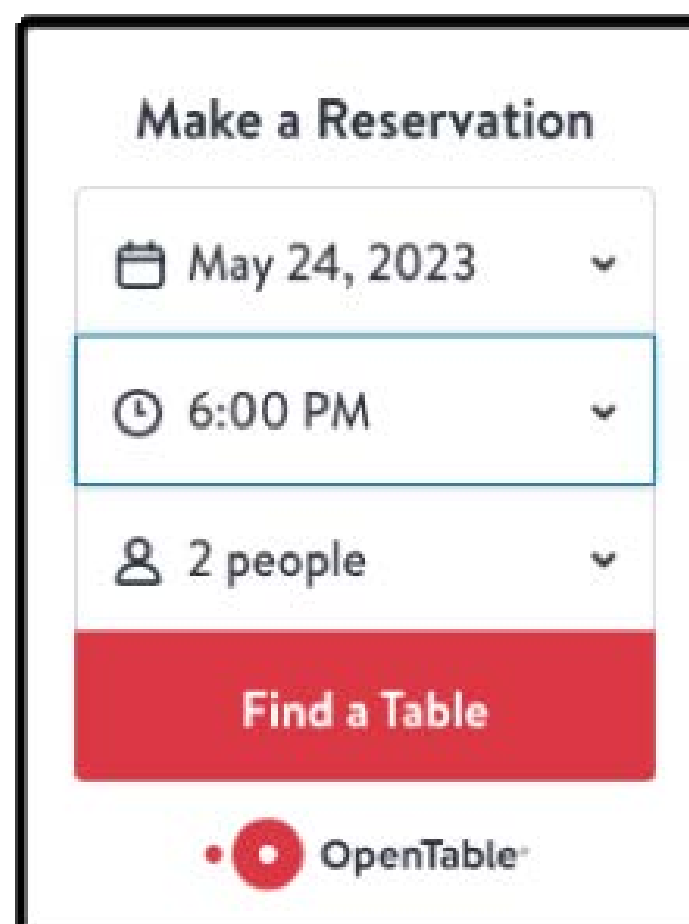
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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**



SUNDAY

Brunch

Treat yourself at our beautiful Clubhouse to a variety of delicious dishes, from fluffy waffles to savory eggs benedict.



\$30++PP
\$15++ AGE 5-12
UNDER 5 - FREE

CLUBHOUSE

SEPTEMBER - 3RD & 10TH
OCTOBER - 1ST & 15TH

10:00AM - 3:00PM

CLICK THIS FLYER TO RESERVE IN OPEN TABLE

Brunch Menu

GOLF

LAKEWOOD NATIONAL

SEPTEMBER SALE

SEPTEMBER 1 - 30

BUY ONE GET ONE 50%
OFF ALL APPAREL AND
HEADWEAR

*MEMBER DISCOUNT OF 20%
WILL BE APPLIED TO MOST
EXPENSIVE ITEM

20% OFF ALL HARD
GOODS (BALLS, GLOVES,
CLUBS, BAGS &
ACCESSORIES)



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 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

10th tee
start

Tee
Times



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





Exciting new changes are just around the corner for the upcoming season. Please keep an eye out for those, as many of these will be in effect as of October 1st. We will be sure to communicate these as they unfold.

Pickleball: There has been a growing number of people returning and participating in “Open Play”. Be advised that Open Play will be moving back to the full 4 courts as of Sunday September 10th (this weekend).

Ball machine usage has been changed back to maximum of 1 hr (60 min) reservations. If you wish to book for 30 min feel free to do so. Again, please cover the machine after every use and be sure that all the balls are picked up and inside the machine before leaving the court.

FITNESS

FITNESS UPDATES

Water Aerobics has Resumed on Saturdays!



Don't forget to sign up for Aqua class with Andrea on Salix. Bring your neighbors and friends!



Come join the fun!
Sign up for Elaine's
Xtreme HIIT class on
Tuesdays at 6:30am

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



SABINA Z. HART (754) 245 - 2136 Szhart@theiconteam.com

FITNESS



Organic Veggie Box Subscription

Savor the goodness of nature with delightful veggie boxes!
As soon as we receive sign-ups of 20 or more individuals,
fresh produce will be delivered FREE of charge to
Lakewood National!

- Enjoy 7-9 seasonal, farmer's choice veggies each week
- Weekly or bi-weekly pick up
- Starts in November - Ends in May
- Cancel Anytime
- 33.30/box paid upfront or \$37/box paid per week
- MUST Choose "Lakewood National Golf Club" under "PICKUP OPTIONS" so that you can forego the delivery fee and pick up your box for FREE (in Aerobics Room B on Saturday mornings)

Questions?

Contact Farm Manager **Ida VanDamme** (details below)
or Lakewood National Fitness Director Sabina Hart:
szhart@theiconteam.com or (754) 245-2136

ORDER HERE:



www.HoneysideFarms.com IVanDamme@HoneysideFarms.com (941) 405-0015

FITNESS



SEPTEMBER GROUP FITNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CLASS PASSES

\$10 ONE-TIME PASS

OR

\$80 PUNCH CARD

(for 10 classes)

OR

\$125 ONE-MONTH

UNLIMITED PASS

OR

\$275 UNLIMITED

QUARTERLY PASS

3 Months Unlimited!

OR

\$900 ANNUAL

UNLIMITED PASS

OR

GUESTS

\$12 ONE-TIME PASS

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

Passes are Non-Refundable.

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

Instructions online under
"fitness"
Lakewoodnationalgc.com

9:30am
Stretch & Sculpt
Amy

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

New time!
4:30pm
**Circuit
Bootcamp 45**
Elaine

6:30am
Xtreme HIIT
Elaine

9:00am
Barre
Tracy

10:00am
Yin Yoga
Tracy

8:30am
Spin
Carmen

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

6:30pm
Dance Fusion
Carla
Aerobics B
(Only on 9/6 & 9/13)

9:00am
Chair Yoga
Carmen

10:00am
**Trouble Zone
Tone**
Carmen

9:00am
Tight-N-Tone
Tracy

10:15am
Pilates Plus
Elaine

9:00am
**Aqua Fun &
Splash**
Andrea

Aqua classes resume Sept. 2!

**On Labor Day (9/4) one class
(Carmen's TZT) will be available.**

**Amy and Carmen will sub Tracy's
classes on Sept. 19 and 20.**

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! *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!

YIN YOGA: Focuses on the internal, passive, cooling and downward aspects of Yoga. Poses/stretchers are held 3-5 minutes to allow work on the deep, dense connective tissues and joints in the body. A slower, more relaxing style of Yoga.



FITNESS

Group Fitness Class Guidelines

- Reservations are required on Salix (see instructions below).
- A minimum of 3 participants must be registered by 7 PM the day prior in order for a class to take place the next *morning*, or the class will be cancelled. For afternoon classes the cutoff time will be 10 AM day of, at which point class will be cancelled if less than 3.
- Must have a class pass to attend (purchase in fitness center; no online option). Show class pass to instructor upon check-in.
- Members are encouraged to bring personal yoga mats, if possible. Otherwise, mats will be available on a limited basis.

How To Sign Up for Salix

- * A Salix account is required to make reservations for group fitness classes.

Please email Olivia for a Salix account : OVoegelin@theiconteam.com

Important user TIPS for the Salix Reservations system:

- Once your account has been created, go to Go to: <https://app.salixreservations.com/#!/login> and log in using your email address and password provided through email. You can later change the password under your profile.
- To make a reservation, go to "Fitness Reservations" from the dashboard (on the left). Reservations can be made **3 days** (72 hours) in advance for FITNESS classes, but *not* further out.
- Use the calendar (in top left of page) to find the day for which you would like to make a reservation.
- **CANCELLATIONS:** For morning classes, you must cancel by the night before, by 8:00pm. For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day. **How?** Go back into Salix and follow the same steps you took to sign up for the class. Once you click on the box to see your name on the list, click the trash can to the right of your name and you will be removed from the class.
- If using a laptop or desktop, simply click, drag, and release the cursor over the corresponding time slot that you would like to reserve.
- If using a tablet or a phone to make the reservation, click the "Book +" button.

Questions? Contact Fitness Attendant Olivia Voegelin at OVoegelin@theiconteam.com; OR Sabina Z. Hart, Fitness Director and Personal Trainer szhart@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

SPA



MASSAGE BENEFITS

- Improved circulation
- Decreased muscle stiffness
- Decreased joint inflammation
- Better quality of sleep
- Quicker recovery between workouts
- Improved flexibility
- Less pain and soreness
- Strengthened immune response
- Lower stress levels
- Improved relaxation
- Decreased anxiety
- More energy
- Increase feeling of wellness



Brian has over 15 years of experience in caring for people medically and therapeutically. He is proficient in a wide range of therapy techniques including but not limited to Swedish, deep tissue and prenatal massages.



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NEW STYLIST ALERT!
Crystal Gayle



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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