



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
SEPTEMBER 29, 2023**



HOA

Greetings Lakewood National Residents,

The Management Office is open Monday – Friday 9:00 AM – 5:00 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 October 11th at 3:00 PM. All applications for this meeting must be submitted by October 4th by 5:00 PM. Any applications submitted after the deadline will be reviewed at the next meeting. You can email your Architectural Review Request to cefoster@theiconteam.com
Please send it in PDF form. Screenshots will not be accepted. All ARC Requests must adhere to the Architectural Design Standards.

<https://us02web.zoom.us/j/6683289040?pwd=Wjd1YmRpd1o5RkxkSEFIYtEUk1PUT09>

Meeting ID: 668 328 9040

Passcode: 6w6CKj

Or dial-in: 305-224-1962

Meeting ID: 668 328 9040

Passcode: 436853

Management Office

The office will be open this Sunday, October 1, 2023, from 10:00 AM to 3:00 PM to accommodate new tenant arrivals.

EZ Pay

All Members are required to have an EZ Pay account even if you rent your home. If you do not have an active account, please reach out to Sheila at sbryant@theiconteam.com.

Refuse, Garbage, and Recycling

Garbage and recycling containers may not be placed out for collection sooner than 8:00 PM the night before collection and must be removed by 8:00 PM the day of collection. Containers must be stored in the garage on non-collection days. Garbage containers (cans) must be utilized rather than plastic bags.

Garbage and recycling containers (dumpsters) at the Verandas and Terraces are for use by the residents of those buildings ONLY.



HOA

Pets

Pets should not be left unattended outside, even if the area has been enclosed. In accordance with Manatee County Ordinance 22-26, Pets **MUST** remain on a leash no longer than six (6) feet long while in Common Areas. Pet owners are to respect the private property of other residents and avoid allowing their pets to roam on other residents' property. Please **NO** dog walking on any Lakewood National Courses. **All pets must be registered with Management.**

Home Rentals

We would like to reiterate the HOA rules regarding home rentals with the season approaching. 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 tenant arrival.

We are tracking Airbnb, Homeaway, and VRBO rentals. The HOA has the right to deny renters access to the property if correct procedures are not followed. If you have questions about these procedures, please contact the administrative office for assistance.

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 a copy of your vehicle registration to LWNADMIN@theiconteam.com. **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 the Open House policy including acceptable signage. 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 ARC.



HOA

- Open houses shall only be permitted on Sundays between 1:00 PM and 4:00 PM. 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 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.

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.

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.

Holiday Decorations

Exterior holiday decorations may be installed up to one month prior to the holiday and must be removed no later than two weeks after the holiday. Decorations should not interfere with the routine landscaping performed by the Association.

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

Eblasts

If you know of any members who have not been receiving email communications from us, please have them reach out to sbryant@theiconteam.com.

NIGHT PATROL CONTACT NUMBER

Thomas - 239-737-1320

HOA



TRASH DISPOSAL - CONDOS

HOW TO DISPOSE OF YOUR TRASH:

- If your item doesn't fit in our blue recycling bins (too big or the blue cans are FULL) or it is something that cannot be recycled, it needs to go in the dumpster.
- If it doesn't fit in the dumpster (too big or the dumpster is FULL), it's the resident's responsibility to identify where to properly dispose of the item.
- If it is recycling that is too large to fit in one of our dumpsters, there are nearby FREE recycling dumpsters provided by the County located at the Lakewood Ranch Park (5350 Lakewood Ranch Boulevard) and Braden River Park (5201 51st Street East). These are huge dumpsters that can accommodate giant tv boxes, car seat boxes, furniture boxes, etc.
- If it cannot be recycled at one of the free recycling dumpsters, it should be donated somewhere if in usable condition or taken to the Lena Road Landfill.
- Again, nothing should ever be on the dumpster area floor. If there is trash on the floor in front of our dumpster, the truck driver will not attempt to empty them and we will have to spend additional money for Junkluggers to come out.

VISIT THE LENA ROAD LANDFILL WEBSITE TO LEARN MORE:



FROM THE BOARDROOM

Upcoming Board of Directors Meeting

The next LWN Board meeting will be next Tuesday, October 3rd, at 3:00 p.m. in the Champions Room in the Clubhouse. Topics that may be on the agenda include:

- Spa Contract - Decision.
- Golf Cart Parking and Sidewalk - Discussion.
- Proposed 2024 Operating Budget - Discussion
- Access Control Proposal - Discussion
- Outside Golf Tournaments - Discussion
- Proposed 2024 Non-Operating Budget - Discussion

Agenda topics are subject to change, so please look for the Board meeting notice and meeting agenda early next week.

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:

- October 3rd – 3:00PM - This is a Tuesday
- 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,

On October 1, 2023, all permanent guest lists will be purged in RAMCO.

Please make note of who you would like to remain on your list so you can add them back once the purge has been completed. See the Gate Access instructions below (link). If you have any questions or need assistance with your username and/or passcode please contact Sheila at sbryant@theiconteam.com.

Member Charge Policy

Please note that all Members must charge Tiki, Clubhouse, and Golf to their Member accounts. However, if a Member has a Guest with them, the Guest may use their charge card for any of the aforementioned Amenities. Cash will no longer be accepted at Lakewood National.

If you have any questions or need to speak with me, I can be reached directly at gplotkin@theiconteam.com or 941-777-7035.

Thanks and enjoy your weekend!

[GATE ACCESS INSTRUCTIONS](#)

LIFESTYLE



HALLOWEEN
COSTUME PARTY

OCTOBER 27TH
6:00PM - 10:00PM
LWN HAUNTED CLUBHOUSE

Come dressed in your best Halloween costume as we transform your clubhouse into a spectacular haunted house while you enjoy delicious food, drinks and hours of music.

\$50 PP++

COSTUME CONTEST | BEST DRESSED | MOST ORIGINAL
WELCOME DRINK INCLUDED



[**REGISTER HERE**](#)

LIFESTYLE

Brewery Tour



- Visiting three Sarasota breweries
- Maximum of 40 participants
- 5:30pm - 10:30pm
- Transportation Included
- Brewery souvenirs available
- Food and drinks to be purchased by individuals

**\$22pp
(Travel
Cost)**



**October 19th
5:30pm - 10:30pm**

We are excited to be offering our second Brewery trip to Lakewood National Residents. We will all be traveling together to experience three different Sarasota breweries.

Tickets will fill up fast, so don't delay!



Schedule

5:00pm - Meet at Amenity Center

5:20pm - Bus to leave LWN

6:00pm - Arrive at **Brew Life Micro Brewery**

6:00pm - Enjoy **Brew Life Micro Brewery**

6:45pm - Leave Brew Life Micro Brewery

6:55pm - Arrive at **Calusa Brewing**,

6:55pm - Enjoy **Calusa Brewing**, (Food Available)

8:00pm - Leave Calusa Brewing

8:15pm - Arrive at **Big Top Brewing**

8:15pm - Enjoy **Big Top Brewing**, (Food Available)

10:00pm - Bus to return to Lakewood National

10:30 pm- Arrive back to Lakewood National

REGISTER HERE

LIFESTYLE



Two Blooms
EVENTS

presents

Fall Pumpkin Bouquets *at Lakewood National*



WEDNESDAY, OCTOBER 25th • 1:00 PM

\$75 • REGISTER BY OCTOBER 16th

Grab your friends and neighbors and join us in the Champions Room for a beautiful afternoon of fresh floral arranging with Melissa & Robin of Two Blooms Events! Enjoy creating your own gorgeous fall centerpiece in a ceramic pumpkin vase while learning lots of floral tips & tricks throughout. The perfect way to spend the day with some creativity & joy!



LAKESWOOD
NATIONAL
Golf Club
AT LAKESWOOD RANCH

 @TWOBLOOMSEVENTS | TWOBLOOMSEVENTS.COM

REGISTER HERE

LIFESTYLE

New Member Website

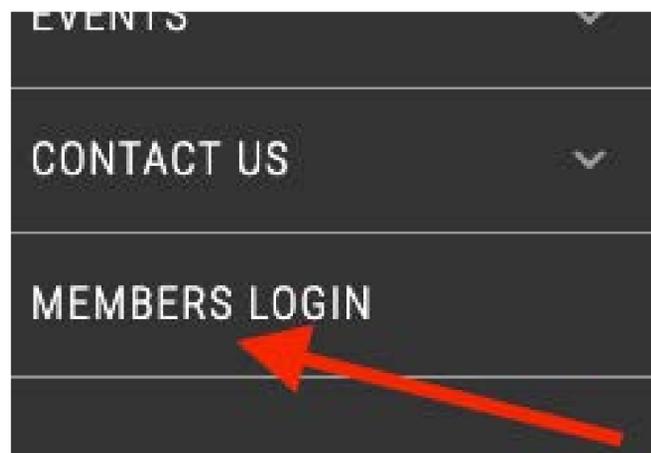
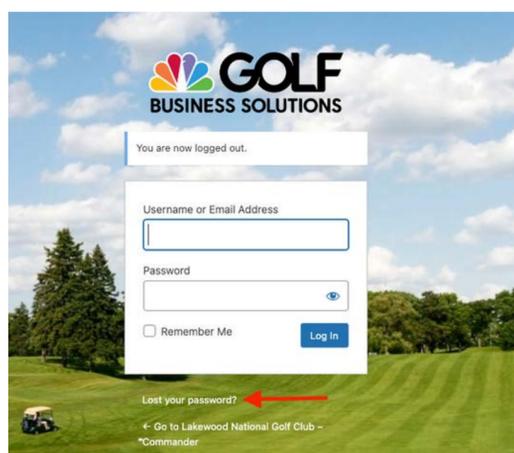
The new www.lakewoodnationalgolf.com website is now live. You should be able to log in using your previous credentials from the old website. If, for any reason, you cannot recall your password, please refer to the image below. You'll find instructions on clicking 'Lost Your Password,' after which you can enter your email address. Subsequently, you will receive an automated email from 'Wordpress' containing a link to reset your password. Once you've completed this process, you'll have access to the new member website. If for any reason you do not receive the email, please check your 'Junk Email' and failing that please email the address below.

To Log Into the Members Only Site:

To access the Members Only site, please click on the left-hand side where it says 'Members Login,' then click 'Login' and enter your credentials. You can also select the 'Remember Me' option so the site will remember your login information.

As with all technology, glitches are inevitable, and I can assure you that I am working directly with the website company to iron out any issues and I appreciate your patience.

If you encounter any further issues with web or emails, please email: sbryant@theiconteam.com.



LIFESTYLE

New Member Calendar

You will now be able to access the New Website Events Calendar that will include events from all around the community. This can be found on the Member Side of the website on the bottom of the page 'Member Calendar'



Q Search for events **FIND EVENTS** List Month Day

< > This Month **SEPTEMBER 2023** ▾

MON	TUE	WED	THU	FRI	SAT	SUN
28 Main Pool Closed	29 5:30 PM - 7:00 PM Bingo	30	31	1	2	3 Commander Closed 10:00 AM - 3:00 PM Sunday Brunch
4 12:00 PM - 3:00 PM Labor Day - Poolside Music	5	6 6:00 PM - 8:00 PM Cornhole Tournament	7 10:00 AM - 1:45 PM Titleist Fitting Day 3:00 PM - 5:00 PM Board Meeting	8	9 4 Person Member/...	10 US OPEN Final Vie... 10:00 AM - 3:00 PM Sunday Brunch
11	12 5:00 PM - 8:00 PM Team Trivia - Clubhouse	13	14	15 5:00 PM - 8:00 PM Live Music - Tiki	16	17 1:00 PM Sunday Social
18 Piper Closed	19	20 6:00 AM - 8:00 PM Wine Tasting Event	21 3:00 PM - 5:00 PM Board Meeting	22	23	24 12:30 PM FSGA Womens Golf
25	26 5:00 PM Karaoke - Tiki	27	28 6:00 PM - 9:00 PM Live Music - Clubhouse	29 Pickleball Tournam...	30	1 10:00 AM - 3:00 PM Sunday Brunch

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,

A big thank you to everyone who came out and enjoyed karaoke in the Tiki and live music in the Clubhouse this week.

The new Lunch menu for the Clubhouse was released and we are receiving great feedback from membership. Please see the link to view new lunch menu.

[NEW CLUBHOUSE LUNCH MENU](#)

We have our first wine dinner being planned for October in the clubhouse. Please be on the lookout early next week for more information and sign-ups. There will be a limited amount of availability so make sure you don't miss out.

We have brunch this Sunday. Please make sure to book your reservations.

As we move forward towards season, starting October 1st, the Clubhouse dining hours will now include Wednesday night dinner. We also will be utilizing the Palmer room for reservations. Please note if making a reservation you will be sat in the Palmer room for dinner. Deke's will move to a walk-in only seating. First come, first serve in the bar area moving forward for season. Make sure to review dress code standards for each room so you are in proper attire for your reservations.

We are no longer accepting cash for payments. Please 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

HOW TO RESERVE A DINNER TABLE

If you would like to reserve a table for dinner or brunch, 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 available reservation times if your time selection is full.

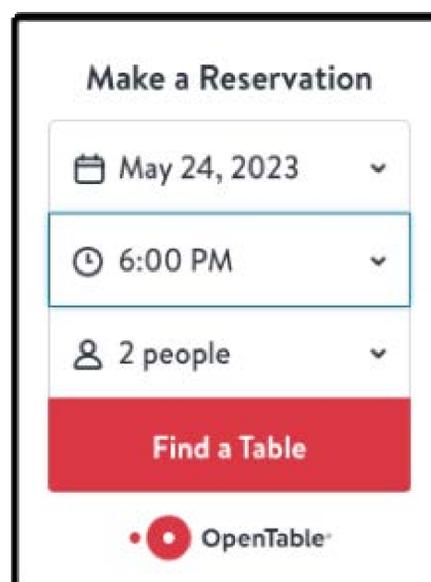
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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: the first is for the date, set to "May 24, 2023"; the second is for the time, set to "6:00 PM"; and the third is for the number of people, set to "2 people". At the bottom of the widget is a red button that says "Find a Table". The OpenTable logo is visible at the very bottom of the widget.



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

FOOD & BEVERAGE



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

OCTOBER - 1ST & 15TH

10:00AM - 3:00PM

CLICK THIS FLYER TO RESERVE IN OPEN TABLE

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



RACQUET SPORTS



Starting NOVEMBER 1st

Pickleball:

Please make sure all reservations are complete with the list of every person playing on the court per booking. As we move into season, all bookings that have single names **WILL BE DELETED** from the booking sheet unless notes are provided in the reservation.

- If you are there to practice by yourself, please limit bookings to 30 minutes, be outside of “Prime Time”, and add in the notes that you are there to practice. This item will be looked at again once we get heavily into season.
- If there is any change, please alter the reservation, or contact the pro shop to rectify.
- Bookings made with only two (2) people will be identified as singles play. If it is discovered that 4 people are playing on the court, the reservation owner will be charged guest fees to the number of additional players on the court. \$5 per guest. Again, please keep singles play outside of “Prime Time”.

RACQUET SPORT



Tennis:

Players, please note that there is no longer cash payments at Lakewood National. All transactions are to be made with card including guest fees, or member charged.

Please make sure all reservations are complete with the list of every person playing on the court per booking. As we move into season, all single reservations **WILL BE DELETED** from the booking sheet unless notes are provided in the reservation.

- If you are there to practice by yourself, please limit bookings to 30 minutes, be outside of “Prime Time”, and add in the notes that you are there to practice when booking. This will not be allowed until midafternoon, once we get heavily into season.
- If there is any change, please alter the reservation, or contact the pro shop to rectify.
- Bookings made with only two (2) people will be identified as singles play. If it is discovered that 4 people are playing on the court, the reservation owner will be charged guest fees to the number of additional players on the court. \$10 per guest. Again, please keep singles play outside of “Prime Time”.

Ball Machine:

Is to be covered after every use please, no matter if there are bookings afterwards or not. Make sure you check in with the pro shop when using.

FITNESS

FITNESS UPDATES

✨ New October Classes! ✨

Water Warrior: This refreshing and invigorating aquatic workout combines the resistance of water with fun, high-intensity movements to strengthen muscles, improve flexibility, and enhance cardiovascular endurance! *Saturdays @ 9am with Sandy*



Spin 45: Join our high-energy 45-minute spin class for an exhilarating cardiovascular workout that'll leave you feeling energized and accomplished in just under an hour!

8am this Saturday with Oriella

Zumba: Get ready to dance your way to fitness with this exciting and fun way to stay fit! Burn calories, tone muscles, and boost your mood while grooving to the beat! *Wednesdays @ 10:30am*



🌟 *Elaine's Xtreme HIIT will now be on Friday mornings 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 TSVETKOVA (754) 245-2136 STsvetkova@theiconteam.com

FITNESS

WATER WARRIOR

Dive into this high energy, challenging aqua-fitness class, focusing on cardiovascular and muscular endurance while toning muscles with the natural resistance of the water. You will show your inner warrior and feel the burn in this aerobic and toning class without the harsh force or impact on your joints!

Starts on 9/30

Saturdays at 9:00am
with Sandy



Please check Salix for class updates!



SPIN 45

This 45 minute high intensity class combines endurance intervals, rolling hills, sprints, climbs, runs, surges and jumps, all to music hand-picked to motivate and inspire. Whether you're training for a marathon, riding for fun, or just looking to work on your overall cardiovascular health, Oriella will get you there!

Saturdays at 10:00am
with Oriella

This is a "pop-up" class; times will vary week-to-week. Refer to Salix.



FITNESS



OCTOBER GROUP FITNESS CLASSES

	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>New! <u>6:30am</u> Xtreme HIIT Elaine</p>	<p>New! <u>9:00am</u> Water Warrior Sandy</p>
	<p><u>10:30am</u> Trouble Zone Tone Carmen</p>	<p><u>9:00am</u> Barre Tracy</p> <p><u>10:00am</u> Yin Yoga Tracy</p>	<p><u>9:30am</u> Strength & Serenity Yoga Tracy</p> <p>New! <u>10:30am</u> Zumba Adriana <i>*No class on Oct 18th</i></p>	<p><u>10:00am</u> Trouble Zone Tone Carmen</p>	<p><u>9:00am</u> Tight-N-Tone Tracy</p> <p><u>10:15am</u> Pilates Plus Elaine</p>	<p>New! <u>10:00am</u> Spin 45 Oriella <i>*Only on Oct 14th & 28th</i></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 Tsvetkova: STsvetkova@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>	

Please cancel ahead of time if you cannot make it to a class.



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. Tsvetkova, Fitness Director and Personal Trainer stsvetkova@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

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Administrative Office
941-777-7011/7012 LWNAdmin@theiconteam.com

MIKE MCCLELLAN, Director of Instruction
941-777-7013 mmcclellan@theiconteam.com

HOURS OF OPERATION

Administrative Office
Monday - Friday
9:00AM-5:00PM

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: 941-210-7147