



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
SEPTEMBER 1, 2023**

LAKEWOODNATIONALGC.COM



HOA

Greetings Lakewood National Residents,

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

(The Admin office will be closed on Labor Day)

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 September 6th at 3:00 PM. All applications for this meeting must be submitted by August 30th by 5:00pm. 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

Home Rentals

Season is approaching and 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 the Transfer membership form and fully executed lease 15 days prior to the tenant arriving. We are tracking AirBNB, Homeaway and VRBO rentals. The HOA has the right to deny access to renters to common areas until the correct procedures are completed.

If you have questions about these procedures, please contact the administrative office for assistance.

General Rules

Please [CLICK HERE](#) for Lakewood National General Rules.

Transponders and Membership Cards

In order to process new transponders and membership cards efficiently, please email your request and copy of vehicle registration to LWNADMIN@theiconteam.com. Please be reminded, additional transponders are \$25.00.



HOA

Replacement Membership Cards: Please email your request to LWNADMIN@theiconteam.com

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

EZ Pay

Please be reminded that all Members must be set up on EZ PAY by today; September 1st. Please contact sbryant@theiconteam.com.

Did you know?

The documents that you need to set up EZ Pay are on the Lakewood National Website. www.lakewoodnationalgc.com. Click on the Home tab, Documents, Forms, & Policies, Credit Card Authorization.

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 1:00pm and 4:00pm only. Only a Florida Licensed Realtor or a Homeowner may hold an Open House. The Association must be notified no later than 5:00pm 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 1:00pm to 4:00pm 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 5:00pm Wednesday deadline, the Gatehouse Guards will not permit anyone to enter for your Open House.



HOA

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.

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.

Disaster Preparedness Sales Tax Holidays: August 26 – September 8, 2023

The 14-day Disaster Preparedness Sales Tax Holidays will give you a break on sales tax on some supplies. Please visit the Florida Department of Revenue's website for a full list of tax exempt items. https://floridarevenue.com/taxes/tips/Documents/TIP_23A01-02.pdf



FROM THE BOARDROOM

“Conversations with the Board”

This past Monday, August 28th, we held our second “Conversations with the Board” informal get-together. It was held virtually so that members who are not present at LWN could attend.

We look forward to future “Conversations with the Board” so please stay tuned for meeting announcements and sign-ups (registration is limited to the first 20 members).

Upcoming Board of Directors Meeting

The next LWN Board meeting will be next Thursday, September 7th, at 3:00 p.m. in the Champions Room in the Clubhouse. Topics that may be on the agenda include:

- July Financial Report
- FDOT Easement - Discussion
- Acid Injection Proposal–Discussion
- Private Golf Cart Parking Lot/Clubhouse Sidewalk Proposal - Discussion
- Spa Discussion
- Insurance Renewal Presentation - Discussion
- Northstar Club Management Proposal – Decision
- 2024 Golf and Racquet Program Rates & Fees - Proposals

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

The video of the August 24th, 2023 meeting continues to be posted on the LWN website under the HOA, Board of Directors Meetings section.



FROM THE BOARDROOM

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 7th – 3:00PM
- 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,

I hope you are all safe and sound after the storm! I want to send a special thank you to Nick, Joel, Kristin, Sabina and their staff for getting the Golf course, Tiki Bar, Clubhouse and Fitness center up and running so quickly after the storm passed.

A few reminders for the coming week and weekend:

- 1. Labor Day:** Come join us poolside for music, food, and drink specials from 12:00pm-3:00pm as we celebrate the social and economic achievements of the American workforce and....the unofficial end of summer; Well, maybe not in Florida! As we expect the pool to be busy, please note that this is a first come first serve event. We also ask that all Members and their Guests adhere to all the pool rules and regulations of Lakewood National. This includes keeping all drinks away from the pool. Please enjoy your beverages at your chair only. No outside food or beverages are permitted in the pool area at any time.
- 2. Administrative Office:** The cosmetic make-over of the Admin Office is almost complete. We are hoping that the cosmetic makeover of the office in the Amenity Center will be completed on Wednesday. Thank you to Celina, Kathy, Yonique, and Laura for keeping our operations running smoothly during this time!
- 3. Coffee with the CAM:** This event will be held on Tuesday, September 13th, 2023 at 9:30am in the Champions Room at the Clubhouse. In the future, this will take place the second Tuesday of every month in the same location. Please feel free to join Celina, Yonique and Gina for coffee, pastries, and conversation.

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

Thank you and have a wonderful Holiday Weekend!



LIFESTYLE



4th September 2023

Labor Day

CELEBRATIONS

TIKI BAR & POOL

12PM - 3PM

JOIN US POOLSIDE AS WE CELEBRATE THE
SOCIAL AND ECONOMIC ACHIEVEMENTS OF
AMERICAN WORKERS.

**MUSIC * HOLIDAY LIMITED MENU *
DRINK SPECIALS**

★ *RSVP* ★



LIFESTYLE



2023

CORNHOLE

TOURNAMENT

WEDNESDAY SEPTEMBER 6TH

LWN TENNIS COURTS

6:00PM - 8:00PM

\$40 PER TEAM + TAX

JOIN US FOR A NIGHT OF FUN, FOOD & MUSIC
AS WE HOST THE 2nd CORNHOLE
TOURNAMENT AT LAKEWOOD NATIONAL.

PRICE INCLUDES FOOD

PLEASE REGISTER BELOW - 16 TEAMS MAX
(2 people per team)

[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,

We are thankful the property did not take much of a hit from the hurricane and hope everyone stayed safe.

We look forward to the holiday weekend ahead. Please join us out by the poolside with DJ Rob, and Tiki Bar for great food, music, and drink specials for Labor Day. Please note Clubhouse will be closed Monday.

Football is back this season, please remember the TVs at the Tiki Bar are first come, first served. 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 most equitable method considering there are only 5 TVs in the tiki bar. Please note the Clubhouse will not be playing any sound through the TVs during any sporting events.

Please come join us for brunch this Sunday in the clubhouse. We encourage you to make reservations but will be accepting walk-ins.

As a reminder we are no longer taking cash. Please make sure to have a member account set up. Thank you.

Hope everyone has a safe holiday weekend!

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.

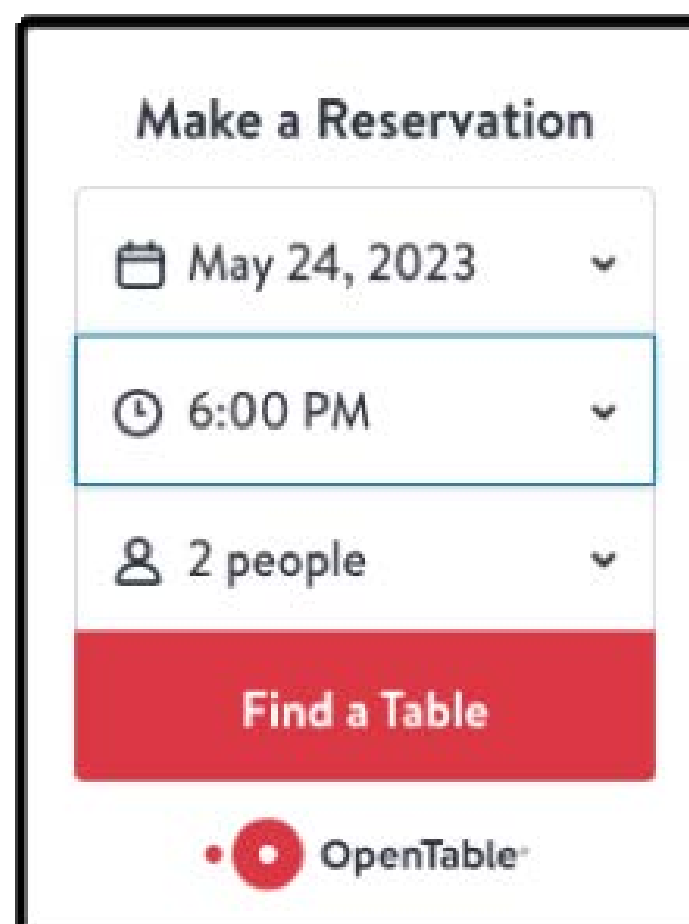
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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

LAKWOOD 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

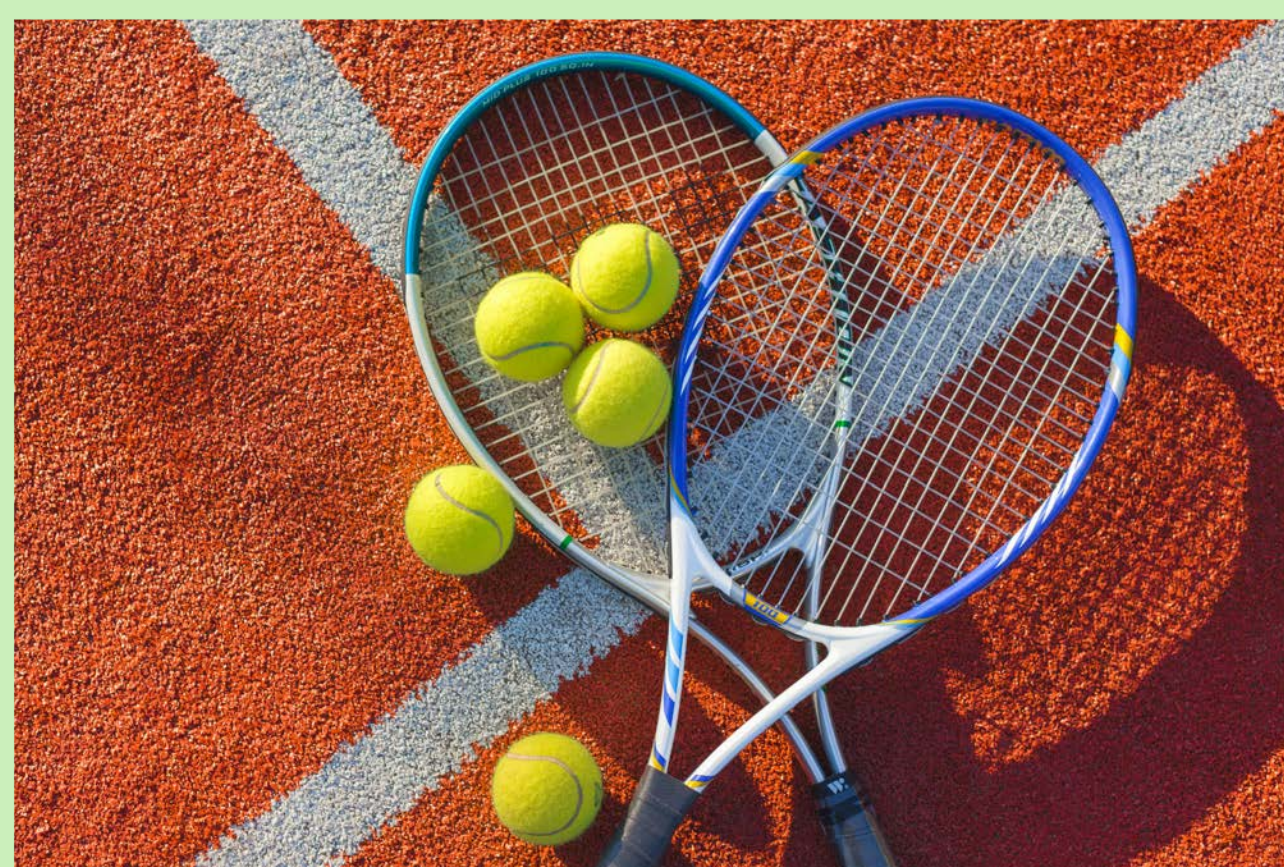
8:30-10am

Tee
Times





Pickleball: Pickleball is back to full operations with all 4 courts open. Please continue to make your reservations through Salix and add all names of players in your booking.



Tennis: Tennis is opened up to full capacity as of this morning. We finally have our motherboard back for the ball machine. We will have that up and running as soon as we can. On that note, if you are using this machine please cover it after every use, even if there is someone coming after you. They may cancel and we could run into the same situation that caused the ball machine to be damaged in the first place.

FITNESS

FITNESS UPDATES

Water Aerobics Resumes this Saturday!



This Saturday, 9/2, **Aqua Fun & Splash** with Andrea resumes in the main pool! Don't forget to sign up on Salix.



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



SEPTEMBER SPECIALS



"Fall" in love with you hair

\$20 off any highlight with cut service.

Pumpkin whip facial \$135

This antioxidant-rich facial rejuvenates skin, reduces inflammation, and delights senses with pumpkin and spice aromas as your skin transforms.

Hard gel mani \$54

CND brush-on gel enhancement that provides strength, architecture, and moderate/long length to natural nails.

U-topian signature massage \$135

Full Body Massage combining Swedish and Deep Tissue techniques, back exfoliation followed by warm stones, and a warm foot compress.



[Schedule here](#)

www.vagaro.com/utopiaspalakewood
(941) 238-9999

SPA



Crystal Rutland

Hair designer

Please help us welcome Crystal to our spa at Lakewood. Crystal is a Master Hair Stylist with 16 years in the beauty industry. Graduating from the Redken Academy, she has honed her skills to a fine art. Her forte lies in crafting captivating styles through the use of dimensional color, leaving a lasting impression wherever her clients go. An expert in her craft, Crystal's heart lies in not only listening to her clients but also transforming their visions into professionally tailored looks that ignite confidence. With an passion for hair, Crystal finds joy in turning her beloved craft into a means of spreading happiness and enhancing beauty. Her expertise shines most brilliantly when curating special event hair and makeup, an arena she holds dear to her heart.

Crystal is excited to create a personalized style for each of you!



MEET
THE TEAM.



www.vagaro.com/utopiaspalakewood
(941) 238-9999

CONTACTS



WARREN LEE, CCM, General Manager
941-777-7036 wlee@theiconteam.com

GINA PLOTKIN , Assistant General Manager
941-777-7035 gplotkin@theiconteam.com

NICK CAMPBELL, Director of Golf
941-777-7034 ncampbell@theiconteam.com

ROB COMMISSAR, Lifestyle Director
941-777-7033 rcommissar@theiconteam.com

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

JUSTIN PICKHAM, Racquet Sports Director
941-777-7019 (ext. 401) JPICKHAM@theiconteam.com

SABINA HART, Fitness Director
941-777-7020 szhart@theiconteam.com

KRISTIN HICKEY, Food & Beverage Director
941-777-7032 khickey@theiconteam.com

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

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

HOURS OF OPERATION

Administrative Office
Monday - Friday
9:00AM-4:30PM

Tiki Bar & Grill
Sunday-Tuesday 11:00am-8:00pm
Wednesday- Saturday 11:00am-9:00pm

Fitness Center
24/7

Pool
Dawn-Dusk

Golf Shop
Daily
6:30AM-6:00PM

Tennis Shop
Monday - Friday: 8:00AM-5:00PM
Saturday & Sunday: 8:00AM-1:00PM

Front Guardhouse: 941-210-7146