



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
SEPTEMBER 15, 2023**

LAKEWOODNATIONALGC.COM



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 September 27th at 3:00 PM. All applications for this meeting must be submitted by September 20th 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. **Please send it in PDF form. Screenshots will not be accepted.**

Please be reminded that all ARC Requests must adhere to the Architectural Design Standards.

<https://us02web.zoom.us/j/6683289040?pwd=Wjd1YmRpd1o5RkxkSEFIYytEUK1PUT09>

Meeting ID: 668 328 9040

Passcode: 6w6CKj

Or dial-in: 305-224-1962

Meeting ID: 668 328 9040

Passcode: 436853

Refuse, Garbage, and Recycling

Please be reminded that 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.

Pets

No pets shall be left unattended outside, even if the area is enclosed. Pets must remain on a leash no longer than six (6) feet long while on Common Areas. Pet owners are to respect the private property of other residents and avoid allowing their pets to roam on other residents' property.



HOA

Overnight Parking

Please be reminded overnight parking is not allowed. Overnight parking is deemed to be any time between the hours of 1 AM and 6 AM.

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.

Speed Limit

The speed limit within the community shall be 25 MPH unless otherwise posted.

Irrigation and landscaping

As always, if you have a landscaping or irrigation issue the best and quickest 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.

NIGHT PATROL CONTACT NUMBER

Thomas - 239-737-1320



HOA

Condo Association Dumpsters

Condo units that are serviced with dumpsters for trash pickup are not eligible for the County's "curbside large item pickup" service that the single family homes and coach homes enjoy. For large items sitting in our dumpster areas that don't physically fit in our dumpsters, we have to call Junkluggers to come out for a special pickup. This costs us (and by us, I mean the condo association owners those dumpsters belong to) a minimum of \$120+ each trip they have to come out. Rather than making these types of trash items an additional expense of the condo association, we would respectfully ask that owners properly dispose of their large trash items by using the Manatee County Landfill available to all of us as taxpayers.

Visit the Lena Road Landfill website to learn more:

https://www.myanatee.org/departments/utilities/residential_garbage_collection/lena_road_landfill

If you are a single family homeowner or coach homeowner, please refrain from using the condo association dumpsters as you have access to the curbside large item pickup through the County. Veranda and Terrace owners do not.

How to Dispose of Your Trash:

(Nothing should ever be left on the dumpster area floor.)

1. 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.
2. 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.
3. 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 accomodate giant tv boxes, car seat boxes, furniture boxes, etc.
4. 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.
5. 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 \$ for Junkluggers to come out.



FROM THE BOARDROOM

Upcoming Board of Directors Meeting

The next LWN Board meeting will be next Thursday, September 21st, at 3:00 p.m. in the Champions Room in the Clubhouse. Topics that may be on the agenda include:

- Insurance Renewal-Decision
- Northstar Proposal - Decision
- Acid Injection Proposal - Decision
- Golf Cart Parking and Sidewalk - Decision
- Racquet Rates-Decision
- Proposed 2024 Operating Budget - Discussion
- Report on Reserve Study - Association Reserves

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:

- September 21st – 3:00PM
- 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,

Thank you to all who attended our first monthly Coffee with the CAM event. ***Moving forward, Coffee with the CAM will be held on the second Wednesday of the month at 9:30 AM in the Champions Room in the Clubhouse.*** Please join us for this informative hour where we will be answering all your questions, taking your comments and suggestions as well as providing you with HOA updates.

As a reminder, RAMCO will be purging all guest lists on October 1, 2023. Please ensure that you either take a picture or make a note of who is on your permanent guest list. They will have to be added back to the list once this process has been completed.

Pool Policy Reminder

All Members must check themselves and their Guests into the pool area with the Pool Ambassador even if they are only utilizing the Tiki Bar. You are required to provide the Pool Ambassadors with the last names of all your Guests. Please do not pass by the podium without checking in. All Members and Guests who do not check in are in violation of Lakewood National Golf Club's Rules and Regulations and therefore subject to fines and/or suspension of Membership. If you have any questions regarding this policy, please contact me directly at gplotkin@theiconteam.com or 941-777-7035.

Thank you,

LIFESTYLE



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

UPCOMING EVENTS

TIKI BAR AND CLUBHOUSE

**SEP
15**

LIVE MUSIC
6PM-7 PM - TB

**SEP
20**

WINE TASTING
6PM - CH

**SEP
26**

KARAOKE WITH
DJ JP 5PM-8PM - TB

**SEP
28**

LIVE MUSIC
6PM-8PM - CH

TIKI BAR (TB)/CLUBHOUSE (CB)

LIFESTYLE



*Karaoke
Night*

September 26th
5:00pm
Tiki Bar

FIRST COME FIRST SERVED

LIFESTYLE

New Member Website

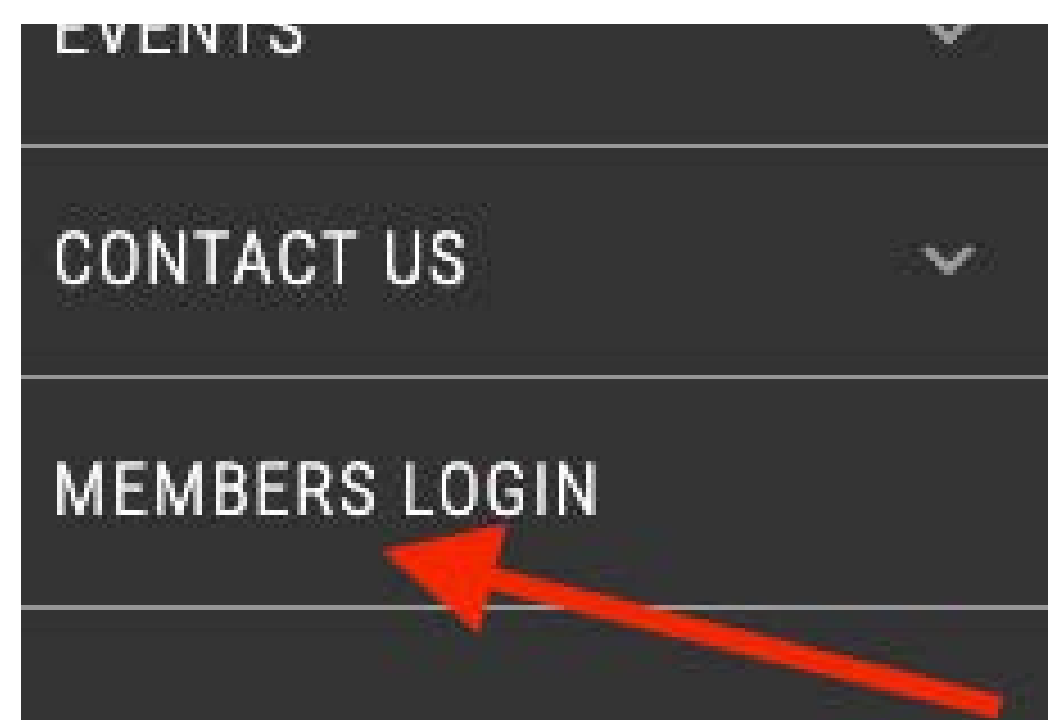
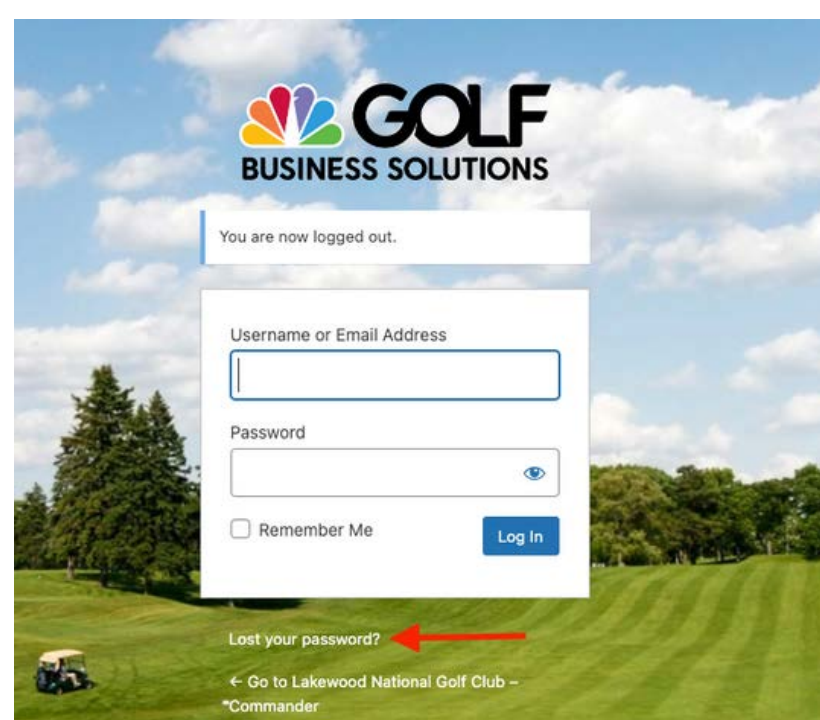
The new www.lakewoodnationalgolf.com website is now live. You should be able to log in using your previous credentials from the old website. If, for any reason, you cannot recall your password, please refer to the image below. You'll find instructions on clicking 'Lost Your Password,' after which you 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, there is bound to be glitches and I can assure you 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’



<div><div>Q Search for events</div><div>FIND EVENTS</div><div>ListMonthDay</div></div>						
<div><div><></div><div>This Month</div><div>SEPTEMBER 2023</div><div>▼</div></div>						
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

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 excited to announce we have now established a final Menu for Tiki bar. We appreciate everyone's feedback and comments. We feel this new menu, that will be released next week, will better suit our membership needs at the Tiki. Please see link below for new menu:

[NEW TIKI MENU](#)

Please Come join us tonight at the tiki bar as we will be having live entertainment from 5pm-8pm tonight.

The Next Wine event is September 20th, next week. Please make sure to [sign up](#) for a wonderful night of wine tasting from Spain and some delicious tapas from the chef that pair with each wine.

As we move forward towards season, Starting October 1st the Clubhouse dining hours will **now include Wednesday night dinners**. 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 transition to a walk-in only seating. First come first served in the bar area moving forward for season. Please make sure to review the [Dress Code Standards](#) for each room so you are in proper attire for your reservations moving forward.

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

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.

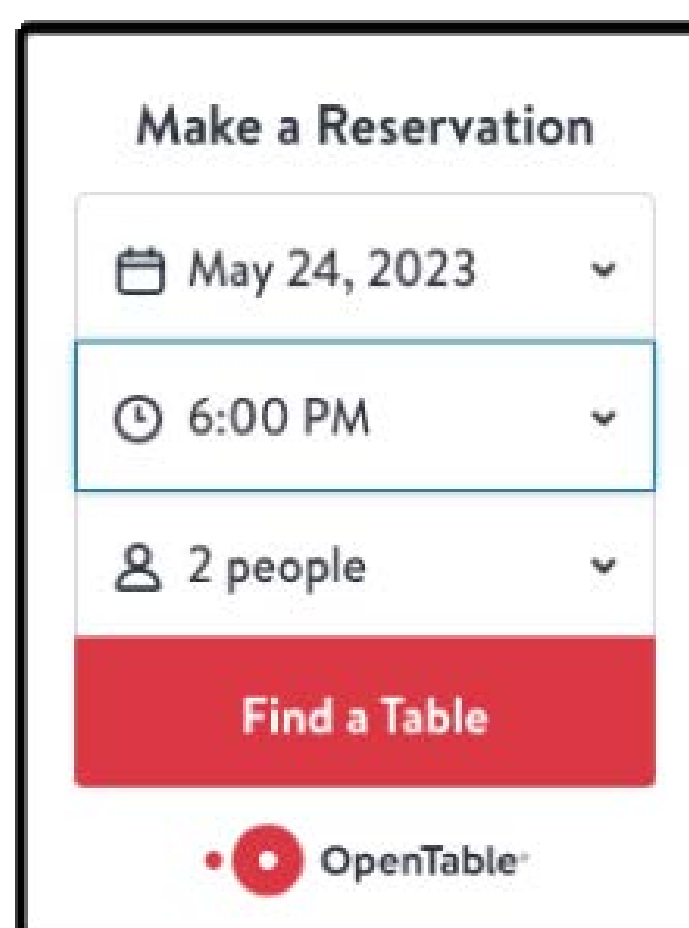
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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**

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





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



Nutritional Support Group

Are you struggling with accountability or nutritional education when it comes to your eating and lifestyle patterns?

*Would you be interested in joining a weekly **Nutritional Support Group** (for a small fee) led by Sabina to help you stay accountable, informed, and connected with others in the community? If so, please contact Sabina to pledge your interest!*

The class schedule is in a regular state of flux as we add and remove classes! Thank you for your patience!

Elaine's Monday **Circuit Bootcamp** class will be **discontinued** after Sept 18. Go enjoy the last class next Monday!

Carla's last Dance Fusion class was on September 13th.

NEED A CLASS PASS OR **Salix** ACCOUNT?

Find Olivia in the Fitness Center on Weekends from 8am - 12pm, and select weekday hours. Email Olivia at OVoegelin@theiconteam.com for Salix or class questions.

Personal Training, Nutritional Consulting, & Fitness Center Orientations

Personal Training and Nutritional Guidance are tailored to your needs. Types of training include corrective exercise, strength, golf-specific TPI plans, weight loss, mobility/flexibility, and more! To get started, schedule your free consultation with Sabina today.

For Questions or Appointments:

Sabina Z. Tsvetkova, Director of Fitness and Personal Trainer:

Stsvetkova@theiconteam.com *New Email* | (754) 245-2136

Olivia Voegelin, Fitness Center Attendant:

Ovoegelin@theiconteam.com | Fitness Center phone: (941) 777-7020



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

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

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

**Elaine's last Monday Circuit Bootcamp
class will be on 9/18!**

**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 Tsvetkova:
stsvetkova@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:

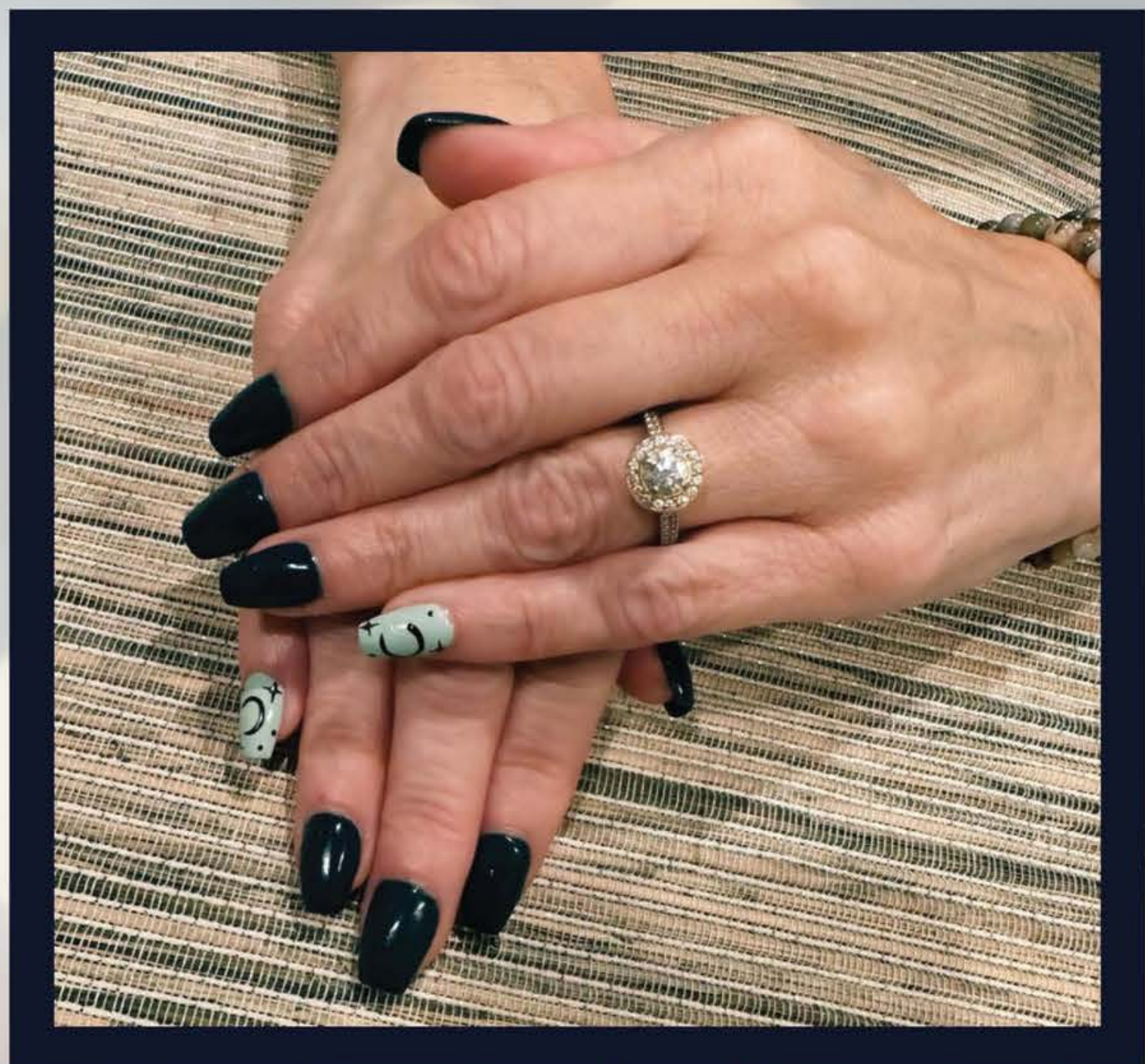
- Once your account has been created, go to Go to: <https://app.salixreservations.com/#!/login> and log in using your email address and password provided through email. You can later change the password under your profile.
- To make a reservation, go to "Fitness Reservations" from the dashboard (on the 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. Tsvetkova, Fitness Director and Personal Trainer stsvetkova@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

SPA

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SPA

Meet The Team

U-TOPIA SPA LAKEWOOD NATIONAL

Utopia has welcomed some exceptionally talented individuals to complement our already outstanding staff.



**Brian -
Massage Therapist**

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. Brian is very knowledgeable about home care techniques using our RAD line of products.



**Patricia -
Esthetician**

Patricia has been in the beauty industry for over 30 years. Previously a skin care educator and nail instructor, she fully believes in continuing education in this ever changing industry. Patricia is an esthetician specializing in anti-aging, cupping, peels, full body skin care.



**Sara -
Spa Manager**

Born and raised in Maryland, Sara has always had a special place in her heart for the sunshine state. Her experience as a salon manager, as well as an aesthetician makes her equally passionate about customer service as beauty & skin care. Sara's attention to detail will ensure that you are taken care of from the moment you schedule your appointment until you walk out the door looking and feeling fabulous!

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(941) 238-9999

CONTACTS



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JUSTIN PICKHAM, Racquet Sports Director
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SABINA TSVETKOVA, Fitness Director
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KRISTIN HICKEY, Food & Beverage Director
941-777-7032 khickey@theiconteam.com

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-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