



LAKEWOOD  
NATIONAL  
*Golf Club*  
AT LAKEWOOD RANCH

**WEEKLY UPDATE  
OCTOBER 6, 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**

This 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](mailto:cefoster@theiconteam.com) **Please send it in PDF format. Screenshots will not be accepted.** 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

## **Coffee with the CAM**

Please join Celina on Wednesday, October 11th at 9:30 AM for Coffee, Pastries and conversation at the Club House.

## **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](mailto: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](mailto:LWNADMIN@theiconteam.com). **Additional transponders are \$25.00.**

## **Replacement Membership Cards**

Please email your request to [LWNADMIN@theiconteam.com](mailto: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 Property 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 the 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 or [cefoster@theiconteam.com](mailto: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.

## **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.

## **Update from Artistree**

There have been a couple of questions in relation to palm trimming. Artistree is contracted to remove dead fronds and seed pods (that we can get to safely) from palms that are under 15 feet tall. Please, if a palm is touching your home or lanai and you want more removed you will need to place a work order for this additional trimming. Once a palm reaches 15ft tall it is the homeowner's responsibility to hire a tree contractor to perform the trimming of the tree as it becomes unsafe for our team members to trim from the ground.

## **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](mailto: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

## Board of Directors Meeting Notes – 10/03/2023

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

- **2024 Proposed Non-Operating Budget** – Treasurer Aldo Servello presented a PowerPoint review of our proposed 2024 non-operating budgets. These budgets are comprised of two funds: the Capital Fund and the Reserve Fund. The Capital Fund (funded by re-sale capital contributions) finances new projects for common areas of the Club. The Reserve Fund (funded by member reserve assessments) finances future repairs, maintenance, and replacement of Club facilities.
- **2024 Proposed 2024 Operating Budget** – Treasurer Aldo Servello again reviewed the proposed 2024 budget. The Operating Budget dictates the day-to-day, operational finances of the Club – revenues and expenses. The budget must be a zero-balance budget. If the operational bottom line is a deficit, that deficit must be offset by member general assessments.

These proposed budgets are in-process. The Finance Committee, the management company (ICON) and the Treasurer are working daily to finalize the operating budget and member assessments for presentation to the membership at the Town Hall meeting on October 23rd and for Board approval by October 26th.

- **Spa Contract** – The Board approved to not renew the Utopia Spa lease agreement, effective the end of this year. This does not mean that LWN will not have a spa. Alternatives to the current situation are being weighed for the purpose of improving the spa experience for members.
- **Golf Cart Parking/Clubhouse Sidewalk Improvement Projects** – the Board approved these two projects for an amount not to exceed \$20,000. The parking project will add additional cart parking spots near the Tiki Bar, and the sidewalk project will connect a parking lot sidewalk to the sidewalk leading to the entrance of the Clubhouse.





# FROM THE BOARDROOM

- **Access Control Contract** – Gina Plotkin, Asst. GM, presented for discussion a review of four bids for our community access control and security. RAMCO and three other bidders submitted. Allied Universal was the recommended vendor after a detailed review. This vendor currently manages access control at Esplanade and The Concession, among other communities.
- **Outside Public Golf Tournament Policy** – Nick Campbell reviewed for discussion the current Board policy for outside public tournaments, and he recommended one change: that he be allowed to book additional tournaments as long as there would be no effect on member play.
- **August Financials Review** – Aldo Servello presented the August and Year-to-Date financials.

## Upcoming Meeting Schedule

- October 12th – 3:00 p.m.
- October 23rd – 6:00 p.m. – 2024 Budget Town Hall - Bayside Church
- October 26th – 3:00 p.m. – 2024 Budget Adoption





# FROM THE MANAGER'S DESK

Dear Members,

I hope you had a great week and are looking forward to a beautiful weekend ahead! With more of our Members returning to Lakewood National, we wanted to remind you of some General Rules:

1. **Parking:** We urge all Members and their Guests to only park in designated parking spaces and areas. A parking space is an area between two white lines. We also have a newly designated golf cart parking area adjacent to the range. These spaces are designated with green striping. Feel free to use this area when entering the Clubhouse from the side entrance. We will begin ticketing those vehicles that are parked illegally.
2. **Pool:** All Members and their Guests must check in with the Pool Ambassador. Checking in is described as the following: Handing your Membership Card to the Ambassador and giving the last names of all Guests who enter with you. All drinks, alcoholic and otherwise, must be consumed either at the Tiki Bar tables and couches or at your lounge chair. Drinks are not permitted near the pool. All outside food and beverages are prohibited.
3. **Security Guards:** The Gatehouse is manned 24/7 with a security guard who checks visitors and vendors in. From the hours of 5:00 PM-5:00 AM, we have an additional guard who patrols the property in a marked vehicle. If you see something suspicious and would like to alert the roving patrol, they can be contacted at 239-737-1320.
4. **Code of Conduct:** It is unfortunate that this needs to be mentioned, but we feel that we need to remind all Members and their Guests that appropriate and respectful behavior towards other Members, Guests, and Staff is expected and mandatory. Please familiarize yourself with the LWN Code of Conduct [CLICK HERE](#).

Thank you for your continued support and cooperation. Enjoy your weekend!



# LIFESTYLE

A Halloween-themed poster for a costume party. The background is dark with blue spider webs and two white ghost silhouettes. At the top, the word 'HALLOWEEN' is written in a large, stylized orange font, with a large, detailed red and white eyeball replacing the letter 'O'. Below it, 'COSTUME PARTY' is written in red. The date and time 'OCTOBER 27TH 6:00PM - 10:00PM' are in orange. The venue 'LWN HAUNTED CLUBHOUSE' is also in orange. A white spider icon with '\$50 PP++' is on the right. The bottom features three glowing jack-o'-lanterns. Text at the bottom describes the event: '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.' Below that, it says 'COSTUME CONTEST | BEST DRESSED | MOST ORIGINAL' and 'WELCOME DRINK INCLUDED'. A small logo with the letters 'LY' is in the bottom left corner.

**HALLOWEEN**  
**COSTUME PARTY**

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

**\$50 PP++**

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.

**COSTUME CONTEST | BEST DRESSED | MOST ORIGINAL**  
**WELCOME DRINK INCLUDED**

**LY**

**REGISTER HERE**



# LIFESTYLE



presents

## Fall Pumpkin Bouquets *at Lakewood National*



**WEDNESDAY, OCTOBER 25<sup>th</sup> • 1:00 PM**

**\$75 • REGISTER BY OCTOBER 16<sup>th</sup>**

*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!*



**LAKEWOOD  
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AT LAKEWOOD RANCH

   @TWOBLOOMSEVENTS | TWOBLOOMSEVENTS.COM

**REGISTER HERE**



# LIFESTYLE

## New Member Website

We're excited to share that the new and improved Community website is now live!

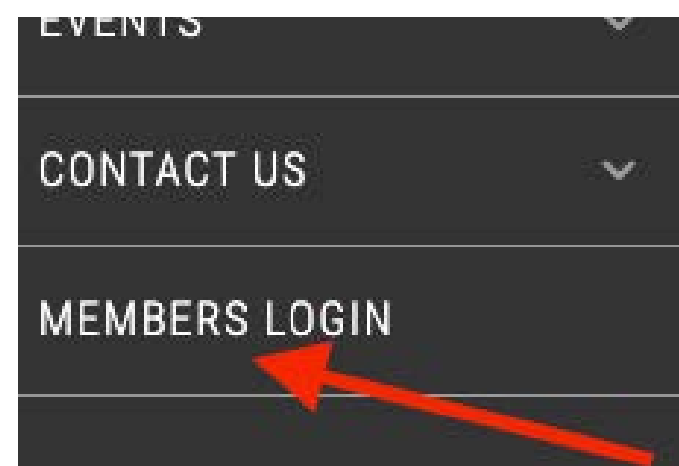
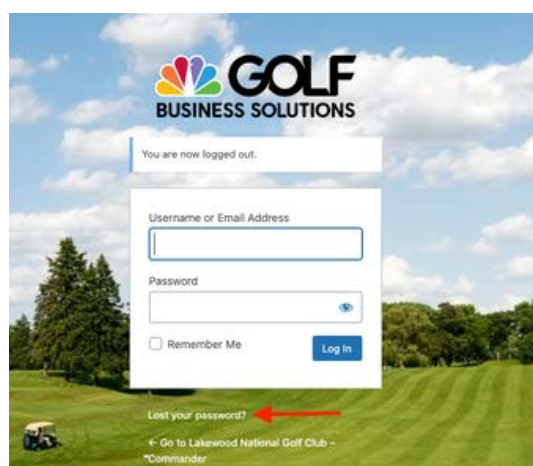
You can log in using your previous credentials from the old website. However, if you can't remember your password, please refer to the image below for instructions. Simply click on 'Lost Your Password' and enter your email address. You'll receive an automated email from 'Wordpress,' containing a link to reset your password. Once you've completed this process, you'll be able to access the new member website. If you don't receive the email, please check your 'Junk Email.' If you still can't find it, please send an email to the address below.

### To Log Into the Members Only Site:

To access the Members Only site, click on the 'Members Login' on the left-hand side, followed by 'Login' and enter your credentials. You can also use the 'Remember Me' option to keep your login information saved.

We understand that technology can sometimes have glitches, and we're working closely with the website company to address any issues that may arise. We appreciate your patience and cooperation.

If you encounter any further issues with the website or emails, please contact [sbryant@theiconteam.com](mailto:sbryant@theiconteam.com).







# LIFESTYLE

## New Member Calendar

Exciting News! You can now access the New Website Events Calendar which includes all upcoming events in the community. To find it, simply visit the Member Side of the website and scroll down to the bottom of the page where you'll see 'Member Calendar'.



OCTOBER 2023						
MON	TUE	WED	THU	FRI	SAT	SUN
25	26 5:00 PM Karaoke – Tiki	27	28 6:00 PM – 9:00 PM Live Music – Clubhouse	29 Pickleball Tournament...	30	1 10:00 AM – 3:00 PM Sunday Brunch
2	3 3:00 PM – 5:00 PM Board Meeting	4	5	6 12:00 PM – 2:00 PM Fresh Catch Fish Truck	7 FSGA Junior Tournament...	8
9	10 7:30 AM – 3:00 PM On-Site Dermatology 5:00 PM – 8:00 PM Team Trivia – Clubhouse	11	12 10:00 AM – 1:45 PM Titleist Fitting Day 3:00 PM – 5:00 PM Board Meeting	13 10:00 AM – 11:00 AM Healthcare Hour 12:00 PM – 2:00 PM Fresh Catch Fish Truck	14 8:00 AM – 2:00 PM Blood Drive	15 10:00 AM – 3:00 PM Sunday Brunch
16	17 5:30 PM Bingo	18	19 5:00 PM – 10:30 PM Off-Site Brewery Tour	20 10:00 AM – 11:00 AM Healthcare Hour – Knee/Hip Pain 12:00 PM – 2:00 PM Fresh Catch Fish Truck	21	22
23 6:00 PM Budget Town Hall	24	25 1:00 PM – 3:00 PM Two Blooms Flower Arranging	26 3:00 PM – 5:00 PM Board Meeting – Budget Adoption 6:00 PM – 9:00 PM Live Music – Clubhouse	27 12:00 PM – 2:00 PM Fresh Catch Fish Truck 6:00 PM – 10:00 PM Halloween Costume Party	28	29 1:00 PM Sunday Social



# 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](mailto:rcommissar@theiconteam.com)

**MEMBER RUN GROUPS GUIDELINES**  
**MEMBER RUN GROUPS APPLICATION**





# FOOD & BEVERAGE

Greetings from the Food and Beverage Team!

As we transition into October, we wanted to inform you of some exciting updates for The Clubhouse dining hours. Beginning this month, we will now offer Wednesday night dinners, and the Palmer room will be available for reservations. If you choose to make a reservation, please note that you will be seated in the Palmer room, while Deke's will be walk-in only. The bar area will be first come, first served for the season. To ensure that you are dressed appropriately for your reservation, please review the dress code standards for each room attached on the next page of this update. Moving forward, we will be enforcing the cancellation fee, so please review the rules carefully.

For those on the waitlist for the wine dinner, please keep an eye out for an email from Eventbrite if tickets become available.

Don't forget to sign up for trivia night next Tuesday in the clubhouse! It's sure to be a fun night.

Save the date for our next brunch on October 15th at the Clubhouse. We can't wait to see you there!

Stay tuned for Thanksgiving Day information, which will be sent out shortly. Look out for an email with details on what we are offering and how to make reservations.

Have a great weekend!

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## Clubhouse Reminders

**No guest entry without the accompanying member**

**Please have your member ID ready to present at the hostess stand**

### Deke's Dress Code

#### Men

##### Permitted

Shirts with Collars & Sleeves  
Tennis Attire  
Shirts Tucked  
Untucked Tommy Bahama Style Shirts  
Sweaters  
Pull-Overs  
Golf/Dress Shorts  
Jeans Free of Tears Rips Etc  
Golf Shoes (Softs Spikes)  
Hats  
Visors

##### Not Permitted

T-Shirts  
Athletic T-Shirts  
Athletic Shorts  
Tank Tops  
Untucked Shirts  
Swim Wear  
Pool Attire  
Jeans with Tears, Rips, Etc  
Cargo Shorts/Pants  
Clothing with Offensive Language or Images  
Flip Flops  
Athletic Slides

#### Women

##### Permitted

Blouses with or Without Sleeves  
Tennis Attire  
Dresses  
Skirts & Skorts  
Sweaters  
Pull-Overs  
Golf/Dress Shorts  
Jeans Free of Tears Rips Etc  
Golf Shoes (Softs Spikes)  
Hats  
Visors

##### Not Permitted

T-Shirts  
Athletic T-Shirts  
Athletic Shorts  
Tank Tops  
Uncovered Sports Bras  
Bra Style Top  
Excessively Revealing Clothing  
Exposed Undergarments  
Swim Wear  
Pool Attire  
Jeans with Tears, Rips, Etc  
Clothing with Offensive Language or Images  
Flip Flops  
Athletic Slides

### Palmer Room Dress Code

Same as Deke's except hats and visors are not permitted



# 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.

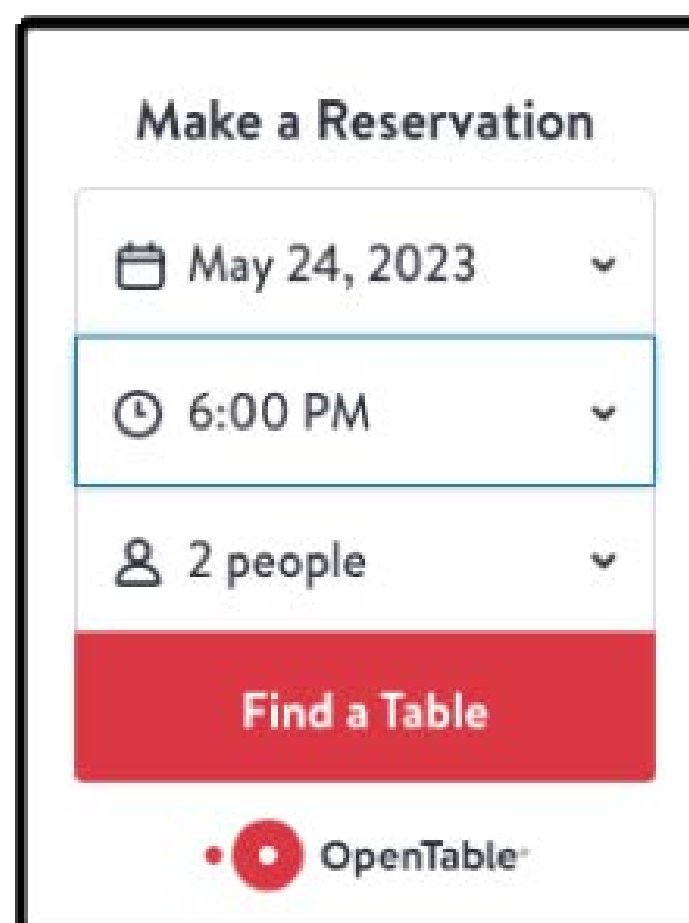
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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

A screenshot of the OpenTable reservation widget. It features a white background with a black border. At the top, it says "Make a Reservation". Below this are three dropdown menus: the first shows a calendar icon and "May 24, 2023"; the second shows a clock icon and "6:00 PM"; the third shows a person icon and "2 people". Below these is a red button with white text that says "Find a Table". At the bottom is the OpenTable logo, which consists of a red circle with a white dot inside, followed by the text "OpenTable".

**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 INSTRUCTION



## LESSON FEES

with Mike McClellan

### INDIVIDUAL

1 Hour Lesson	\$100
1 Hour Playing Lesson	\$100
9-Hole Playing Lesson	\$175
Junior Lessons 1 Hr.	\$75

### Packages

3 – 1 hour lessons	\$250
<i>(Individual Lessons Only / Expire after 3 months)</i>	

### GROUP

(1) Hour Sessions	
2 Students - \$50 each	
3 Students - \$40 each	
4 Students - \$30 each	



FOR ADDITIONAL DETAILS & TO SIGN UP  
PLEASE CONTACT MIKE MCCLELLAN,  
DIRECTOR OF INSTRUCTION AT  
[MMCCLELLAN@THEICONTEAM.COM](mailto:MMCCLELLAN@THEICONTEAM.COM)

## GAME CHANGER CLINICS

8 (1) hour clinics per month

Each clinic will feature a fundamental topic that will be explained, illustrated, and discussed before participants break into hitting stations and receive individual attention from the professional staff. A range of different topics will include wedge play, putting, full swing topics, irons, drivers, and much more.

Game Changer Club Members - \$150 per month  
Single Clinic Fee - \$30

To Sign up, Email Mike at:  
[MMCClellan@theiconteam.com](mailto:MMCClellan@theiconteam.com)

All Clinics start at 2:00 pm

### November's Clinics:

Wednesday, Nov. 1st - Irons  
Thursday, Nov. 2nd - Putting  
Wednesday, Nov. 8th - Chipping  
Thursday, Nov. 9th - Hybrids  
Wednesday, Nov. 15th - Driver  
Thursday, Nov. 16th - Green Reading  
Wednesday, Nov. 29th - Pitching  
Thursday, Nov. 30th - Fairway Woods

### December Clinics:

Wednesday, Dec. 6th - Alignment  
Thursday, Dec. 7th - Irons  
Wednesday, Dec. 13th - Driver  
Thursday, Dec. 14th - Wedges  
Wednesday, Dec. 20th - Speed, Speed, Speed  
Thursday, Dec. 21st - Pitching vs. Chipping  
Wednesday, Dec. 27th - Bunker  
Thursday, Dec. 28th - Pre-Swing Fundamentals



FALL 2023  
LAKEWOOD NATIONAL  
GOLF ACADEMY

# GOLF PROGRAMS

JOIN US & IMPROVE YOUR GAME



# GOLF INSTRUCTION



## Junior Golf Academy

Practice will be on Tuesdays starting on September 19th, and matches will be on Saturdays starting on September 23rd.

PGA Jr. League Golf is a fun, social, and inclusive opportunity for boys and girls ages between ages 7 – 13.

Utilizing the popular scramble format PGA Jr. League creates a nurturing environment for learning the game.

As with other youth sports, participants wear a home or away numbered jersey and play on teams with their friends.

### THANKSGIVING JUNIOR GOLF CAMP (3 DAYS) GOLF CAMP (3 DAYS)

- \$150
- November 20th, 21st & 22nd
- Boys & Girls Ages 7 -15
- Time: 9:00 am – 12:00 pm each day
- Putting, Pitching, Chipping, Full Swing instruction and games
- Lots of Fun!

### DECEMBER JUNIOR GOLF CAMP (3 DAYS)

- \$150
- December 27th, 28th & 29th
- Boys & Girls Ages 7-15
- Time: 9:00 am - 12:00 pm each day
- Putting, Pitching, Chipping, Full Swing instruction and games
- Lots of Fun!

## Fall Programs

### GOLF 101

- \$200
- Do you want to learn, play, and enjoy the game of golf in a fun atmosphere?
- Designed for new or relatively new golfers. Includes instruction on all aspects of the game from Full Swing basics to Short Game skills to Golf Terminology to Golf Rules/Etiquette. Golf clubs are provided if you need them.
- Five Consecutive Fridays
  - Session 1: Oct. 20 & 27, Nov. 3 & 10 from 2:00 pm - 3:00 pm; Nov. 17 from 4:00 pm to 5:30 pm for on-course play.
  - Session 2: Oct. 20 & 27, Nov. 3 from 5:00 pm - 6:00 pm; Nov. 10 from 4:30 pm - 5:30 pm; Nov. 17 from 4:00 pm - 5:30 pm for on-course play
- 5 1/2 Hours of Instruction

### GOLF 201

- \$200
- Do you want to learn, play, and enjoy the game of golf in a fun group atmosphere?
- Class is for those who have completed Golf 101, or for intermediate players. The focus will be on fundamentals and proper technique for full swing, short game, course management, and how to practice with purpose.
- Five Consecutive Fridays
  - Session 1: Dec. 1, 8, 15, 22 from 2:00 pm - 3:00 pm; Dec. 29 from 4:00 pm - 5:30 pm for on-course play.
  - Session 2: Dec. 1, 8, 15, 22 from 4:30 pm - 5:30 pm; Dec. 29 from 4:00 pm - 5:30 pm for on-course play.
- 5 1/2 Hours of Instruction.

### SHORT GAME SCHOOLS

- \$100
- SATURDAYS: OCTOBER 21, NOVEMBER 4, NOVEMBER 18, DECEMBER 16, DECEMBER 30
- TIME: 9:00 AM TO 11:00 AM
- IMPROVE YOUR SHORT GAME AND LOWER YOUR SCORES. WILL COVER PUTTING, CHIPPING, PITCHING, AND BUNKER SHOTS.

### 1-DAY GOLF SCHOOLS

- \$150
- Sundays: October 22, November 5, November 19, December 3, December 17
- Time: 9:00 a.m. to 12:00 p.m.
- Full Swing & Short Game (Chipping/Putting) Instruction
- Video Analysis
- 4:1 Ratio





# GOLF INSTRUCTION

CLICK ON EACH FLYER FOR MORE INFORMATION

**SHORT GAME SCHOOLS**

LAKEWOOD NATIONAL Golf Club

\$100 PER STUDENT

IMPROVE YOUR SHORT GAME AND LOWER YOUR SCORES.

WILL COVER PUTTING, CHIPPING, PITCHING, AND BUNKER SHOTS.

SATURDAYS FROM 9:00 AM TO 11:00 AM

OCTOBER 21ST  
NOVEMBER 4TH  
NOVEMBER 18TH  
DECEMBER 16TH  
DECEMBER 30TH

TO SIGN UP, EMAIL MIKE MCCLELLAN AT [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com)

LAKEWOOD NATIONAL Golf Club

**GOLF 101**

\$200

DO YOU WANT TO LEARN, PLAY, AND ENJOY THE GAME OF GOLF IN A FUN GROUP ATMOSPHERE?

DESIGNED FOR NEW OR RELATIVELY NEW GOLFERS. INCLUDES INSTRUCTION ON ALL ASPECTS OF THE GAME FROM FULL SWING BASICS TO SHORT GAME SKILLS TO GOLF TERMINOLOGY TO GOLF RULES/ETIQUETTE. GOLF CLUBS ARE PROVIDED IF YOU NEED THEM.

**DATES: CONSECUTIVE FRIDAYS**

**SESSION 1:** OCTOBER 20, 27, NOVEMBER 3, 10 FROM 2:00 PM - 3:00 PM; NOVEMBER 17 FROM 4:00 PM - 5:30 PM FOR ON-COURSE PLAY.

**SESSION 2:** OCTOBER 20, 27, NOVEMBER 3 FROM 5:00 PM - 6:00 PM; NOVEMBER 10 FROM 4:30 PM - 5:30 PM; NOVEMBER 17 FROM 4:00 PM - 5:30 PM FOR ON-COURSE PLAY.

5 1/2 HOURS OF INSTRUCTION

TO SIGN UP, EMAIL MIKE MCCLELLAN AT [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com)

LAKEWOOD NATIONAL Golf Club

**1-DAY GOLF SCHOOL**

\$150 per Student

Sundays from 9:00 am - 12:00 pm

October 22nd, November 5th, November 19th, December 3rd, and December 17th

Full Swing and Short Game (Chipping/Putting) Instruction  
Video Analysis  
4 to 1 Ratio

To sign up, email Mike McClellan at [MMcClellan@theiconteam.com](mailto:MMcClellan@theiconteam.com)

LAKEWOOD NATIONAL Golf Club

**GOLF 201**

\$200

DO YOU WANT TO LEARN, PLAY, AND ENJOY THE GAME OF GOLF IN A FUN GROUP ATMOSPHERE?

CLASS IS FOR THOSE WHO HAVE COMPLETED GOLF 101, OR FOR INTERMEDIATE PLAYERS. THE FOCUS WILL BE ON FUNDAMENTALS AND PROPER TECHNIQUE FOR FULL SWING, SHORT GAME, COURSE MANAGEMENT, AND HOW TO PRACTICE WITH A PURPOSE.

**DATES: CONSECUTIVE FRIDAYS**

**SESSION 1:** DECEMBER 1, 8, 15, & 22 2:00 PM - 3:00 PM; DECEMBER 29 4:00 PM - 5:30 PM FOR ON-COURSE PLAY

**SESSION 2:** DECEMBER 1, 8, 15, & 22 4:30 PM - 5:30 PM; DECEMBER 29 4:00 PM - 5:30 PM FOR ON-COURSE PLAY

5 1/2 HOURS OF INSTRUCTION

TO SIGN UP, EMAIL MIKE MCCLELLAN AT [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com)

LAKEWOOD NATIONAL

**Holiday JUNIOR GOLF CAMP 2023**

DECEMBER 27, 28, 29

ALL SKILL LEVELS AT LAKEWOOD NATIONAL

CAMP INCLUDES:

- ✓ PUTTING INSTRUCTION
- ✓ PITCHING/CHIPPING/FULL SWING
- ✓ LOTS OF FUN
- ✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF

9:00 AM - 12:00 PM EACH DAY

BOYS & GIRLS AGES 7-15

COST: \$150 PER WEEK

TO REGISTER: VISIT THE GOLF SHOP OR EMAIL MIKE: [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com) MORE INFO: 941.720.3046

LAKEWOOD NATIONAL

**Thanksgiving JUNIOR GOLF CAMP 2023**

NOVEMBER 20, 21, 22

ALL SKILL LEVELS AT LAKEWOOD NATIONAL

CAMP INCLUDES:

- ✓ PUTTING INSTRUCTION
- ✓ PITCHING/CHIPPING/FULL SWING
- ✓ LOTS OF FUN
- ✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF

9:00 AM - 12:00 PM EACH DAY

BOYS & GIRLS AGES 7-15

COST: \$150 PER WEEK

TO REGISTER: VISIT THE GOLF SHOP OR EMAIL MIKE: [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com) MORE INFO: 941.720.3046

**GAME CHANGER CLINIC CLUB**

MEMBERS OF THE GAME CHANGER CLUB HAVE ACCESS TO 8 CLINICS PER MONTH. EACH CLINIC WILL FEATURE A FUNDAMENTAL TOPIC AND WILL BE EXPLAINED, ILLUSTRATED, AND DISCUSSED BEFORE PARTICIPANTS BREAK INTO HITTING STATIONS AND RECEIVE INDIVIDUAL ATTENTION FROM THE PROFESSIONAL STAFF. A RANGE OF DIFFERENT TOPICS WILL INCLUDE WEDGE PLAY, PUTTING, FULL SWING TOPICS, IRONS, DRIVER, AND MUCH MORE.

**ALL CLINICS START AT 2:00PM**

**NOVEMBER CLINICS**

- WEDNESDAY, NOVEMBER 1ST IRONS
- THURSDAY, NOVEMBER 2ND PUTTING
- WEDNESDAY, NOVEMBER 8TH CHIPPING
- THURSDAY, NOVEMBER 9TH HYDRIS
- WEDNESDAY, NOVEMBER 15TH DRIVER
- THURSDAY, NOVEMBER 16TH GREEN READING
- WEDNESDAY, NOVEMBER 29TH PITCHING
- THURSDAY, NOVEMBER 30TH FAIRWAY WOODS

**CLINIC CLUB**

BECOME YOUR BEST WITH EIGHT 1 HOUR CLINICS PER MONTH

GAME CHANGER CLUB MEMBERS - \$150 PER MONTH  
SINGLE CLINIC FEE - \$30

TO SIGN UP, EMAIL MIKE: [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com)

**GAME CHANGER CLINIC CLUB**

MEMBERS OF THE GAME CHANGER CLUB HAVE ACCESS TO 8 CLINICS PER MONTH. EACH CLINIC WILL FEATURE A FUNDAMENTAL TOPIC AND WILL BE EXPLAINED, ILLUSTRATED, AND DISCUSSED BEFORE PARTICIPANTS BREAK INTO HITTING STATIONS AND RECEIVE INDIVIDUAL ATTENTION FROM THE PROFESSIONAL STAFF. A RANGE OF DIFFERENT TOPICS WILL INCLUDE WEDGE PLAY, PUTTING, FULL SWING TOPICS, IRONS, DRIVER, AND MUCH MORE.

**ALL CLINICS START AT 2:00PM**

**DECEMBER CLINICS**

- WEDNESDAY, DECEMBER 6TH ALIGNMENT
- THURSDAY, DECEMBER 7TH IRONS
- WEDNESDAY, DECEMBER 13TH DRIVER
- THURSDAY, DECEMBER 14TH WEDGES
- WEDNESDAY, DECEMBER 20TH SPEED, SPEED, SPEED
- THURSDAY, DECEMBER 21ST PITCHING VS. CHIPPING
- WEDNESDAY, DECEMBER 27TH BUNKER
- THURSDAY, DECEMBER 28TH PRE-SWING FUNDAMENTALS

**CLINIC CLUB**

BECOME YOUR BEST WITH EIGHT 1 HOUR CLINICS PER MONTH

GAME CHANGER CLUB MEMBERS - \$150 PER MONTH  
SINGLE CLINIC FEE - \$30

TO SIGN UP, EMAIL MIKE: [MMCCLLELLAN@THEICONTEAM.COM](mailto:mmccllellan@theiconteam.com)



# 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**

10<sup>th</sup> 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. 941-777-7018
- 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. 941-777-7018
- 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.

## **Ball Machine:**

Please cover the ball machine after 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](mailto:STsvetkova@theiconteam.com)





# FITNESS

**NEW**

# ZUMBA CLASS

Discover the Fusion of Lively Latin Music and  
Easy-to-Learn Dance Moves in this

**NEW Zumba Class with  
NEW Instructor Adriana!**

Get Ready to Groove Your Way to a  
Fitter You! *Wednesdays at 10:30am*

**SIGN UP ON SALIX**

**Questions?**

**Contact Sabina Tsvetkova**  
**[STsvetkova@theiconteam.com](mailto: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

NEW!

## WATER WARRIOR

Please check Salix for class updates!



NEW!

## SPIN 45

## 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



## Organic Veggie Box Subscription

**Savor the goodness of nature with delightful veggie boxes! Good news - Lakewood National IS already a pick up location for Honeyside organic veggie boxes! The more subscribers we can get, the better for the farm (and your health)! Spread the word!**

- Enjoy 7-9 seasonal, farmer's choice veggies each week
- Weekly or bi-weekly pick up. No delivery fee!
- Starts in November - Ends in May
- Cancel Anytime
- This season: \$41/box bi-weekly or \$39/box weekly
  - \$2 off each box if paid up-front!
- 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 Tsvetkova: STsvetkova@theiconteam.com or (754) 245-2136

**ORDER HERE:**



[www.HoneysideFarms.com](http://www.HoneysideFarms.com)

[IVanDamme@HoneysideFarms.com](mailto:IVanDamme@HoneysideFarms.com)

(941) 405-0015



# FITNESS



## OCTOBER GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLASS PASSES</b> <b>\$10 ONE-TIME PASS</b> OR <b>\$80 PUNCH CARD</b> (for 10 classes) OR <b>\$125 ONE-MONTH UNLIMITED PASS</b> OR <b>\$275 UNLIMITED QUARTERLY PASS</b> 3 Months Unlimited! OR <b>\$900 ANNUAL UNLIMITED PASS</b> OR <b>GUESTS \$12 ONE-TIME PASS</b> <b>PURCHASE CLASS PASSES IN THE FITNESS CENTER.</b> <i>Passes are Non-Refundable.</i> <b>SIGN-UP FOR CLASSES ON SALIX.</b> Instructions online under "fitness" Lakewoodnationalgc.com	<u>9:30am</u> <b>Stretch &amp; Sculpt</b> Amy	<u>6:30am</u> <b>Xtreme HIIT</b> Elaine	<u>8:30am</u> <b>Spin</b> Carmen	<u>9:00am</u> <b>Chair Yoga</b> Carmen	<b>New!</b> <u>6:30am</u> <b>Xtreme HIIT</b> Elaine	<b>New!</b> <u>9:00am</u> <b>Water Warrior</b> Sandy
	<u>10:30am</u> <b>Trouble Zone Tone</b> Carmen	<u>9:00am</u> <b>Barre</b> Tracy	<u>9:30am</u> <b>Strength &amp; Serenity Yoga</b> Tracy	<u>10:00am</u> <b>Trouble Zone Tone</b> Carmen	<u>9:00am</u> <b>Tight-N-Tone</b> Tracy	<b>New!</b> <u>10:00am</u> <b>Spin 45</b> Oriella <i>*Only on Oct 14th &amp; 28th</i>
		<u>10:00am</u> <b>Yin Yoga</b> Tracy	<b>New!</b> <u>10:30am</u> <b>Zumba</b> Adriana <i>*No class on Oct 18th</i>		<u>10:15am</u> <b>Pilates Plus</b> Elaine	
				Please cancel ahead of time if you cannot make it to a class.		
If you do not have a Salix account, please email Olivia to get set up: <b>OVoegelin@theiconteam.com</b>	<b>Questions?</b> <b>Contact Sabina Tsvetkova:</b> STsvetkova@theiconteam.com 941.777.7020 (office) 754.245.2136 (mobile)		<b>SCHEDULE IS SUBJECT TO CHANGE:</b> ALL CHANGES WILL BE REFLECTED IN <b>SALIX</b> . PLEASE BRING TOWEL AND WATER BOTTLE TO CLASSES.		Min. 3 participants must be registered for a class to take place, or class will be <b>CANCELLED</b> .	





# 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](mailto: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](mailto:OVoegelin@theiconteam.com); OR Sabina Z. Tsvetkova, Fitness Director and Personal Trainer [stsvetkova@theiconteam.com](mailto:stsvetkova@theiconteam.com) | 941.777.7020 (office) | 754.245.2136 (mobile)



# SPA



## THE CIRCADIA ZOMBIE FACIAL

HALLOWEEN IS JUST AROUND THE CORNER, AND WE HAVE A TREAT THAT YOU WILL LOVE!

A BRIGHTENING AND FIRMING TREATMENT THAT WILL LEAVE YOU WITH AN INSTANT LIFT AND TIGHTNESS.

THIS FIRMING PEPTIDE ZOMBIE MASK COMBINES TOP-TIER PEPTIDE AND ANTIOXIDANT TECHNOLOGY, PROVIDING ENHANCED MICROCIRCULATION AND DETOXIFICATION FOR YOUR CLIENTS. \$165



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(941) 238-9999



# SPA

U-TOPIA SPA

## HALLOWEEN SALE

Buy 2 or more get 20% off  
Hurry up and claim your  
products while supplies last!!  
**SCARY GOOD SAVINGS!**

**OCTOBER ONLY!**

**NEW PRODUCT**  
CIRCADIA  
Cleansing Gel with Mandelic Acid  
Gel Nettoyant à l'acide mandolique  
Gel Limpiador con ácido mandálico  
200 mL / 6.7 fl. oz.

CIRCADIA  
by Dr. Pugliese  
Total Moisture for Body  
Gel Hydratant pour le Corps  
Gel Hidratante para el Cuerpo  
Unisex Professional Skincare  
8.9 oz (256ml)

CIRCADIA  
by Dr. Pugliese  
Amandorla Milk Cleanser  
Cleanser Émulsionnel à l'huile d'amande douce  
Cleanser Emulsionado con aceite de almendra dulce  
2.5 fl. oz (74 ml)

CIRCADIA  
by Dr. Pugliese  
Vitamin C Revitalizing Serum  
Sérum à l'acide ascorbique  
Sérum con ácido ascórbico  
0.5 fl. oz (14 ml)

CIRCADIA  
Australan Super-Berry Antioxidant Mask  
Net Wt. 1.0529 g

CIRCADIA  
Marshmallow Whip Hydrating Mask  
Net Wt. 1.0529 g

CIRCADIA  
by Dr. Pugliese  
Light Day Sunscreen Broad Spectrum SPF 30  
Protect & Revitalize Skin  
0.5 fl. oz (14 ml)

CIRCADIA  
Myo-Cyte Plus Anti-Wrinkle Serum  
Sérum Anti-Rides  
Sérum Anti-Arrugas  
15 mL / 0.5 fl. oz.

CIRCADIA®

[www.vagaro.com/utopiaspalakewood](http://www.vagaro.com/utopiaspalakewood)  
(941) 238-9999



# CONTACTS



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**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 TSVETKOVA, Fitness Director**  
**941-777-7020 stsvetkova@theiconteam.com**

**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-5:00PM**

**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: 941-210-7147**