



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
OCTOBER 13, 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 25th at 3:00 PM. All applications for this meeting must be submitted by October 4th by 5:00 PM. Any applications submitted after the deadline will be reviewed at the next meeting. You can email your Architectural Review Request to cefoster@theiconteam.com **Please send it in PDF 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

Don't miss out on the next Coffee with the CAM. This event is held on the 2nd Wednesday of every month at the Clubhouse. We would like to thank all those who attended and give a special thank you to Fitness Director, Sabina Tsvetkova who joined us at the last event! Next Coffee with the CAM will be held on November 8th at 9:30.

EZ Pay

All Members are required to have an EZ Pay account . If you Rent your home please ensure you have a credit card on file. If you do not have an active account, please reach out to Sheila at sbryant@theiconteam.com.

Refuse, Garbage, and Recycling

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



HOA

Pets

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

Home Rentals

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

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

Transponders

Please note the administrative team is experiencing a very high volume of traffic in the office. In order to process new transponders efficiently, please email your request and a copy of your vehicle registration to LWNADMIN@theiconteam.com. **Additional transponders are \$25.00.**

Replacement Membership Cards

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

Open House Policy

We have received many questions regarding the Open House policy including acceptable signage. Please note the following:

- No sign, banner, advertisement, or poster (including “open house”, “for sale” or “for rent” signs) shall be exhibited, displayed, inscribed, painted, or affixed, on or upon any part of the 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. 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 questions in relation to palm trimming. Artistree is contracted to remove dead fronds and seed pods (that they can get to safely) from palms that are under 15ft tall. If a palm is touching your home or lanai and you want more palms 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 Artistree 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.

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 – 10/12/2023

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 Member Assessments** – Treasurer Aldo Servello presented the proposed Member Assessments, comprised of these assessments include: a general assessment and a reserve assessment for all living unit members, plus a landscape assessment for single-family living unit members.

Our 2024 proposed budgets are in the final process. The final 2024 budgets will be presented to the membership at the Town Hall meeting on October 23rd and to the Board for approval by October 26th.

- **Access Control/Security Contract** – Gina Plotkin, Asst. GM, presented additional information for discussion regarding our community access control and security. Allied Universal is the recommended vendor after a detailed bidding review. Cory O'Donnell, from the Compliance Committee, presented the committee's findings after their review of the bidding information. Their unanimous recommendation is to contract with Allied Universal and to include 24/7 roving patrol service. Allied United representatives presented a review of their residential community services, their hiring and training practices, and their advanced technology service features. A finance, insurance and legal review of their contract will be the final step in this process of engaging a new security vendor.
- **Outside Public Golf Tournament Policy** – Nick Campbell discussed the need for additional tournaments (as long as there would be no effect on member play) in order to satisfy the 2024 budget's inclusion of additional revenue in this area. The Board agreed to his proposal.
- **Golf Guest Policy** – Nick Campbell requested consideration of a change in our golf guest policy – to eliminate the restriction on the number of guests a member can bring.



FROM THE BOARDROOM

- **FDOT Easement** – the Board voted to authorize the President to sign an easement, allowing FDOT to use a tract of Association property along SR 70 to facilitate FDOT's construction along the route.
- **ARC Violations** – two member ARC violation cases were presented and then deferred so additional information could be gathered for final decision.
- **Member Code of Conduct Discipline** – one member disciplinary case was presented. This case was deferred for more information to be gathered.

Upcoming Meeting Schedule

- 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,

We are happy to announce that we are beginning the process of creating Membership Cards for different age groups.

If you are under the age of 12, you will be able to receive a Membership Card that will allow you access to the pedestrian gates only. If you are between the ages of 12-15, you will receive a Membership Card that allows you access to the pedestrian gates as well as the main pool gate.

Attached you will find the Membership Card Request Form. Kindly fill it out and send it back with a current picture to Chaney at cmiller@theiconteam.com.

[MEMBERSHIP CARD REQUEST FORM](#)

Thank you and 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 this, 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

MONDAY ~ OCTOBER 30TH

HAUNTED HOUSE DECORATING CONTEST

SHARE YOUR WICKED WAYS AND TALENTS!

OUT-BOO YOUR NEIGHBORS BY ENTERING
THE HAUNTED HOUSE DECORATING CONTEST!

NOTE: NO FORMAL ENTRY IS REQUIRED.

JUDGING:

SCARIEST:

JUDGE'S FAVORITE:

BEST EFFECTS:

BEST OVERALL THEME:

ENTRIES WILL BE JUDGED ON SPECIAL EFFECTS, AND
OVERALL SENSE OF FRIGHT!

THIS CATEGORY IS DECIDED BY THE JUDGES.

THIS CATEGORY INCLUDES SPECIAL EFFECTS,
INCLUDING LIGHTS AND MECHANICAL EFFECTS TO
SURPRISE AND ENTERTAIN EVERYONE!

SHOW US A HALLOWEEN-BASED THEME THAT FOCUSES
ON A SPOOKY TOPIC OR GENRE!

RULES:

DO NOT COVER/INTERFERE WITH ANY FIRE SAFETY
EQUIPMENT OR WALKWAYS AND KEEP EVERYTHING PG-13!
WE WILL CONDUCT JUDGING DURING THE EVENING OF
MONDAY, OCTOBER 30TH. JUDGING WILL ONLY INCLUDE THE
PORTION OF YOUR YARD/HOUSE THAT IS VISIBLE FROM THE
DRIVEWAY OR STREET. WINNERS WILL BE ANNOUNCED VIA
MASS EMAIL ON HALLOWEEN DAY!



LIFESTYLE

A vertical poster for a Pumpkin Carving Contest. The background is a dark, textured surface with a border of candy corn. At the top, there is a small logo with the letters 'LV' inside a decorative frame. Below the logo, the title 'PUMPKIN CARVING' is written in a bold, orange, sans-serif font, and 'Contest' is written in a white, cursive font. Underneath the title, the text '& CANDY CORN GUESSING GAME!' is written in a smaller, orange, sans-serif font. The date and time 'MONDAY, OCTOBER 30 | 11 AM - 5 PM' are written in a white, sans-serif font. In the center, there is a photograph of three carved jack-o'-lanterns. The left one has a bat design, the middle one has a classic scary face, and the right one has a cat design. They are surrounded by autumn leaves and small pumpkins. Below the photograph, the text 'BRING YOUR CARVED OR DECORATED PUMPKIN TO THE TIKI BAR TO BE JUDGED AND DISPLAYED.' is written in an orange, sans-serif font. This is followed by 'PUMPKINS CAN BE DROPPED OFF STARTING AT 11 AM AND DEADLINE TO DROP OFF PUMPKINS IS 5 PM.' and 'DON'T FORGET TO TAKE A GUESS AT HOW MANY CANDY CORNS ARE IN THE JAR!' in the same orange font. At the bottom, the text 'THE WINNERS WILL BE ANNOUNCED VIA EMAIL ON HALLOWEEN DAY' is written in a white, sans-serif font.



PUMPKIN CARVING
Contest

& CANDY CORN GUESSING GAME!

MONDAY, OCTOBER 30 | 11 AM - 5 PM

BRING YOUR CARVED OR DECORATED PUMPKIN TO
THE TIKI BAR TO BE JUDGED AND DISPLAYED.
PUMPKINS CAN BE DROPPED OFF STARTING AT 11 AM
AND DEADLINE TO DROP OFF PUMPKINS IS 5 PM.
DON'T FORGET TO TAKE A GUESS AT HOW MANY
CANDY CORNS ARE IN THE JAR!

THE WINNERS WILL BE ANNOUNCED VIA EMAIL ON
HALLOWEEN DAY

LIFESTYLE

BINGO

Hosted By Rob C

NIGHT



JOIN US FOR
GAMES,
FUN, & PRIZES



TUESDAY OCTOBER 17TH
TIKI BAR - 5:30PM



SEATING IS FIRST COME, FIRST SERVE
THIS WILL BE REGULAR STYLE BINGO

LIFESTYLE



presents

Fall Pumpkin Bouquets *at Lakewood National*



WEDNESDAY, OCTOBER 25th • 1:00 PM

\$75 • REGISTER BY OCTOBER 16th

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



   @TWOBLOOMSEVENTS | TWOBLOOMSEVENTS.COM

*Must have a minimum of 15 participants for event to be held

REGISTER HERE

LIFESTYLE

New Member Website

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

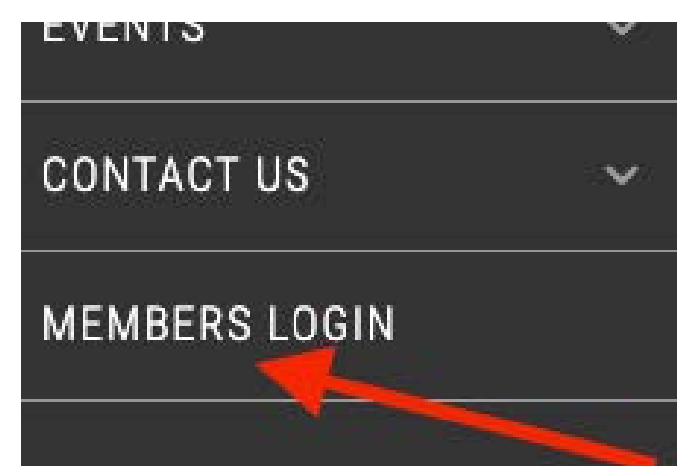
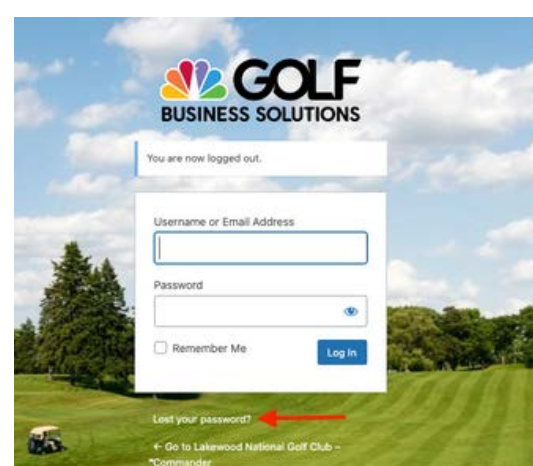
You can log in using your previous credentials from the old website. However, if you can't remember your password, please refer to the image below for instructions. Simply click on 'Lost Your Password' and enter your email address. You'll receive an automated email from 'Wordpress,' containing a link 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.





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'.



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

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

Greetings from the Food and Beverage Team!

Upcoming Clubhouse Events and Announcements

- Join us for brunch on Sunday, October 15th at the clubhouse for a wonderful time with family and friends.
- Tiki will now be open until 10PM on Sundays for football enthusiasts. This is a trial period, and we will assess the volume of attendance to determine whether to continue with the late hours.
- Please be patient with us as we work to fix the overhead speakers for the TV's in time for game season. We have ordered new parts and anticipate installation soon.
- We are excited to announce that Wednesday night dinners will now be included in the Clubhouse dining hours. We will also be taking reservations for the Palmer room. Kindly note that reservations will be seated in the Palmer room for dinner, while Deke's will now be walk-in only. Dress codes must be followed depending on which room you are dining in. Please review the attached rules and dress codes on the next page for more information.
- Our wine dinner is currently on a waitlist. If you are on the list, keep an eye out for an email from Eventbrite if tickets become available.
- Stay tuned for Thanksgiving day details and how to make reservations.



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.

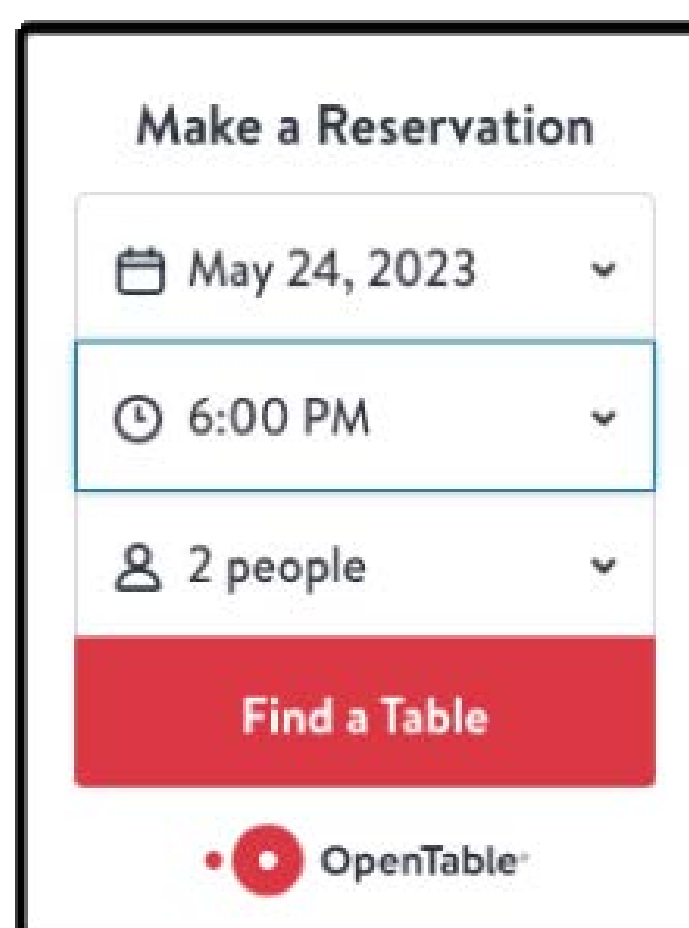
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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", and the third shows a person icon and "2 people". A red button with white text "Find a Table" is positioned below the dropdowns. At the bottom, there 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**



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

FOOD & BEVERAGE

LWN TIKI BAR

SUNDAY NIGHT FOOTBALL SPECIALS

**KITCHEN OPEN UNTIL 10PM
WITH THE FOLLOWING LIMITED MENU:**

BEEF EMPANADAS \$10
SIX BEEF EMPANADAS SERVED WITH A SIDE OF QUESO

PRETZEL BITES \$9
GOLDEN BROWN PRETZEL BUTTERED, SALTED, AND SERVED WITH A SIDE OF QUESO

SMOKED GOUDA MAC AND CHEESE BITES \$10
FRIED BITES SERVED WITH A SIDE OF RANCH

ARANCINI BITES \$10
FRIED, STUFFED WITH RICE, CHEESE AND SPINACH, SERVED OVER QUESO

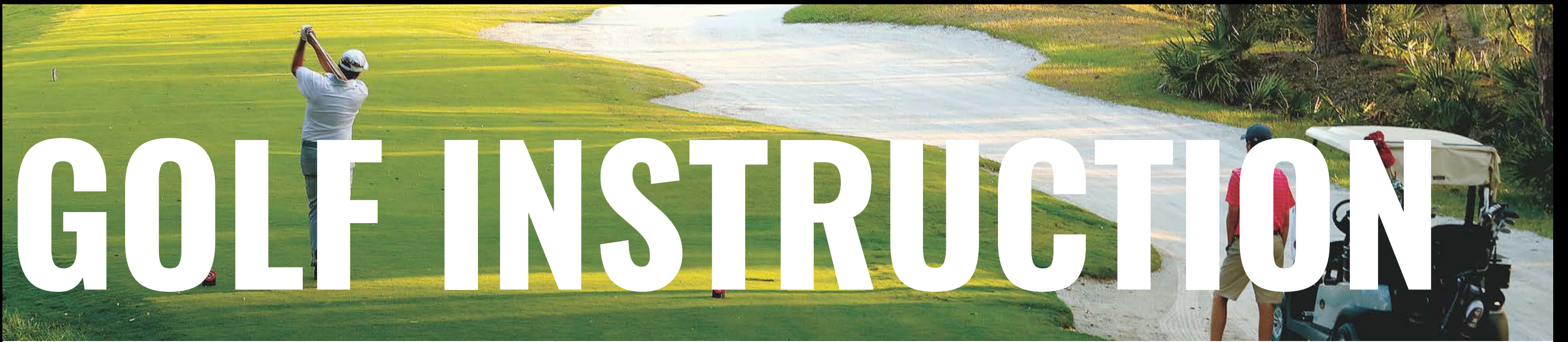
CHICKEN WINGS \$16
YOUR CHOICE OF BUFFALO, BBQ, TERIYAKI, MANGO HABANERO, GARLIC PARM, SWEET THAI CHILI, OR JERK WING SAUCE. SERVED WITH YOUR CHOICE OF RANCH OR BLEU CHEESE

FRIED COD SANDWICH \$14
SERVED WITH LETTUCE, TOMATO, AND TARTAR ON THE SIDE. CHOICE OF FRIES, SWEET POTATO FRIES, ONION RINGS, COLESLAW, OR FRUIT

LIMITED MENU FROM 8PM - 10PM

BAR BUCKET SPECIALS (DINE-IN ONLY):
5 for \$18 on Coors Light, Miller Lite, or Yuengling
5 for \$20 on High Noons (Flavors: Black Cherry, Pineapple, Peach, Watermelon, or Lime)





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
(Individual Lessons Only / Expire after 3 months)

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

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

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

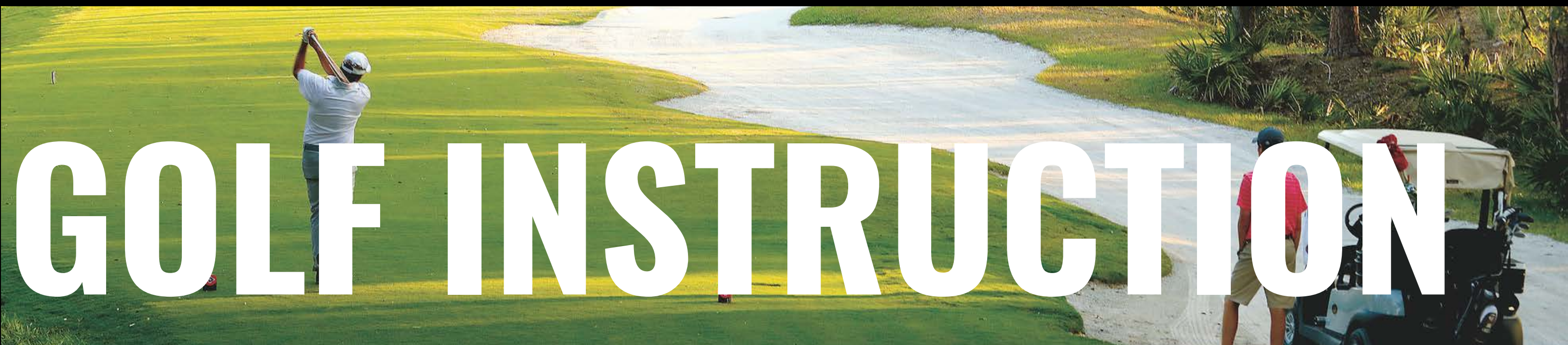
- \$200
- Do you want to learn, play, and enjoy the game of golf in a fun group atmosphere?
- Class is for those who have completed Golf 101, or for intermediate players. The focus will be on fundamentals and proper technique for full swing, short game, course management, and how to practice with purpose.
- 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 [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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 [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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 [MMClellan@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 [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@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

10th tee
start

Tee
Times



GOLF



SUMMER SEASON MGA

6/12/23 – Individual Quota**

6/26/23 – 1-2-3 on 3-4-5

7/10/23 – Individual Gross and Net**

7/24/23 – 1-2-3 Waltz

8/7/23 – Individual Skins** (Canadian Skins)

8/21/23 – 2 Better Balls of 4

9/4/23 – Individual Quota**

9/18/23 – 1-2-3 on 3-4-5

10/2/23 – Individual Gross and Net**

10/16/23 – 1-2-3 Waltz

** -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

Chelsea
Registration closes
at 5:00 pm 3 days
prior to the event

Entry Fee - \$35

Maximum Players -
44

8:30-10am

Tee
Times



GOLF



SUMMER SEASON LGA

5/23/23 – Individual Quota**

6/6/23 – 1-2-3 on 3-4-5

6/20/23 – Individual Gross and Net**

7/18/23 – Individual Skins** (Canadian Skins)

8/1/23 – 2 Better Balls of 4

8/15/23 – Individual Quota**

8/29/23 – 1-2-3 on 3-4-5

9/12/23 – Individual Gross and Net**

9/26/23 – 1-2-3 Waltz

10/10/23 – Individual Skins** (Canadian Skins)

** -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

Chelsea
Registration closes
at 5:00 pm 3 days
prior to the event

Entry Fee - \$35

Maximum Players -
44

8:30-10am

Tee
Times





Racquet Sports Starting November 1st.

We have a few changes going on for the Lakewood National Racquets community. Keep an eye out on Salix for clinics and small changes to the schedule for pickleball starting November 6th there no longer being daylight savings time.

Starting November 1st we will add clinics to pickleball and tennis. Please see the flyers and sign up in Salix for your spot.

Pickleball Schedule

Tennis Schedule

RACQUET SPORTS

PICKLEBALL

Pickleball schedule has added a time slot for beginner/novice players 3 times a week on Monday's, Wednesday's, and Friday's. Courts will be limited to two (2) until we gauge interest and if there is an additional need for more or less. If you are new to the game or not yet comfortable with all aspects of the game, this might be the best option for an easier "Novice Open Play" time. This will help you practice at a more competitive level and help you gain the skills needed before moving up to regular open play.

We have two clinics starting on a short term basis. They will alternate on Saturdays until we find if there is a need to add additional clinics. We will make adjustments in the new year accordingly. The first is a beginner/novice "Strokes and Tactics" session designed to help players understand the game better, and work on the skill required to enjoy the game better and achieve a higher playing level. The second one is for the intermediate "Strokes and Tactics" player looking to sharpen already said skills and learn new ways to manipulate opponents and become a more dominant player on court. Both of these can be signed up for on Salix.



Click On the
Image to download



RACQUET SPORTS

TENNIS

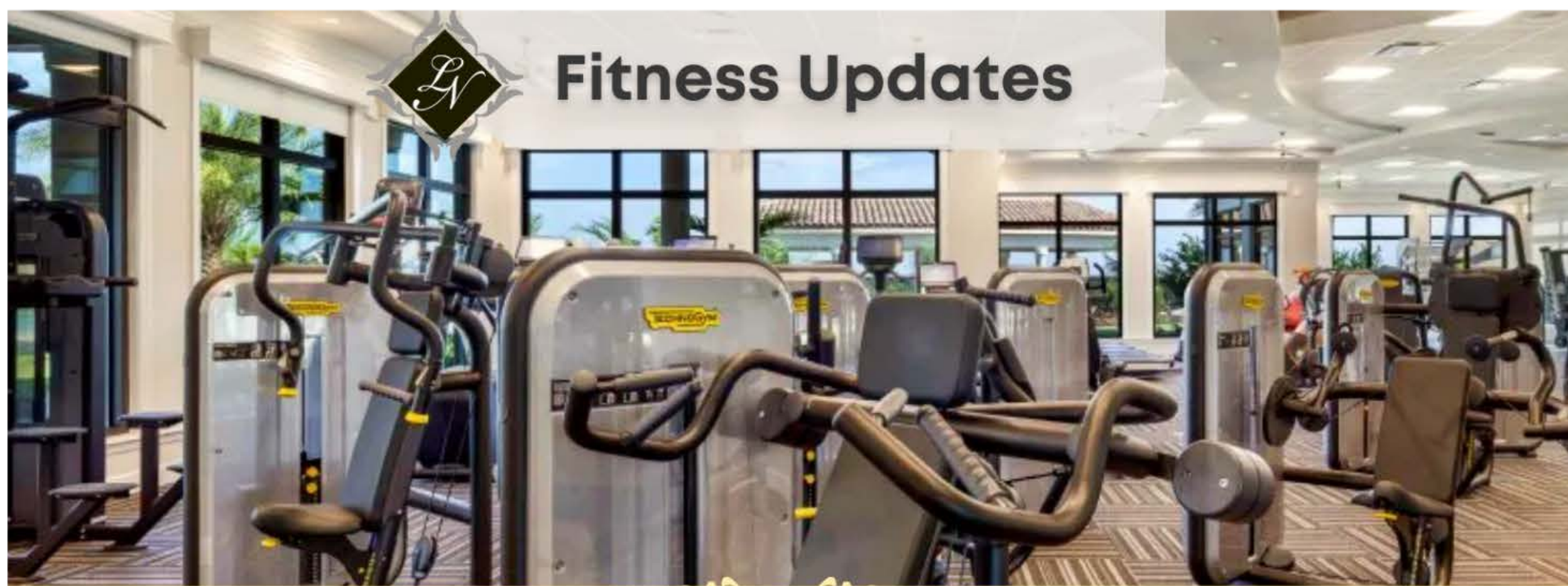
The schedule will remain the same. Please note that the lights on courts 3 & 4 are currently under repair and should be working by end of day Monday or Tuesday.

We have a “Stroke of the Week” clinic set to start the first Saturday of November. This is a clinic designed to help players on a specific stroke/movement pattern/or tactic, which is then followed by some fed ball game play to help institute the technique. The second clinic is a level based “Doubles Strategy” clinic that has a tactical aspect as the focal point. This will be separated into a 3.0 to -3.5 level, and a 3.5+ to 4.0+ level. Again, we will assess the needs and change accordingly. Sign up on Salix for both options.



Click On the
Image to download

FITNESS



Fitness Updates

New Fitness Classes

Join us for **Zumba**, a high-energy dance workout that will make you sweat while having a blast. Dive into the **Water Warrior** class on Saturdays for a refreshing aquatic challenge that will sculpt your body and boost your stamina. And if you're looking for a quick but intense workout, don't miss **Spin 45**, a heart-pounding spin session that'll leave you feeling exhilarated. Embark on your fitness journey and experience the excitement of all three new classes! Sign up for classes on Salix.



Honeyside Farms Vegetable Boxes are Returning!

Beginning in November, you can look forward to a weekly delivery of fresh, locally-sourced vegetables at Lakewood National. This vegetable box subscription offers 7-9 hand-picked seasonal veggies, not only packed with nutrition, but bursting with incredible flavor, too! For additional details, please refer to the attached flyer!

Personal Training & Nutritional Consulting

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.

Director of Fitness and Personal Trainer

Sabina Tsvetkova | (754) 245-2136 | 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



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:



FITNESS



OCTOBER 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. <i>Passes are Non-Refundable.</i> SIGN-UP FOR CLASSES ON SALIX. Instructions online under "fitness" Lakewoodnationalgc.com	<u>9:30am</u> Stretch & Sculpt Amy	<u>6:30am</u> Xtreme HIIT Elaine	<u>8:30am</u> Spin Carmen	<u>9:00am</u> Chair Yoga Carmen	New! <u>6:30am</u> Xtreme HIIT Elaine	New! <u>9:00am</u> Water Warrior Sandy
	<u>10:30am</u> Trouble Zone Tone Carmen	<u>9:00am</u> Barre Tracy	<u>9:30am</u> Strength & Serenity Yoga Tracy	<u>10:00am</u> Trouble Zone Tone Carmen	<u>9:00am</u> Tight-N-Tone Tracy	New! <u>10:00am</u> Spin 45 Oriella <i>*Only on Oct 14th & 28th</i>
		<u>10:00am</u> Yin Yoga Tracy	New! <u>10:30am</u> Zumba Adriana <i>*No class on Oct 18th</i>		<u>10:15am</u> Pilates Plus 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: OVoegelin@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



Enjoy until the end of November...

Pumpkin whip facial

\$145



- *Broad action antioxidant*
- *Reduces sebum and fine lines*
- *Improves skins texture*
- *Boosts Collagen with retinol-like activity*



Call spa to schedule (941) 238-9999

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(941) 238-9999

SPA

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OR MORE
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PRODUCTS

Serum 71 is an Immune-Boosting, Nutrient Rich Formulation with a Powerful Trio of Tranexamic, Mandelic and Azelaic Acids.

Also Included is the Next Generation Copper Peptide that helps build back collagen and elastin better than ever Before.

BENEFITS

- Visibly improves skin health
- Inhibits tyrosinase activity
- Visibly reduces fine lines & wrinkles
- Brightens
- Soothes irritated skin
- Reduces Bacteria



CIRCADIA®

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(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