



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE APRIL 28TH , 2023

LAKEWOODNATIONALGC.COM



HOA

Good Evening Lakewood National Residents,

Please see the details below about upcoming meetings:

Board of Directors Meeting: The next Board of Directors meeting is scheduled for **May 11, 2023, at 3:00 PM**. This meeting will be held in person in the Amenity Center- Aerobics Room A. You may attend in person, or you may attend virtually using the link below. Once you've registered, you will receive confirmation and instructions on how to join the meeting.

<https://attendee.gotowebinar.com/register/5224806018350664538>

Architectural Review Committee Meeting: The next Architectural Review Meeting is scheduled for **May 10th, 2023 at 3:00PM**. ARC requests for this meeting are due no later than Friday, May 5th. ARC requests received after this date will have to be reviewed at the next regularly scheduled meeting. This meeting with the Committee will be held virtually and you are welcome to participate by clicking on the link below or dialing in by phone.

<https://meet.goto.com/380172277>

You may also dial in using your phone.

United States (Toll-Free): 1 877 309 2073

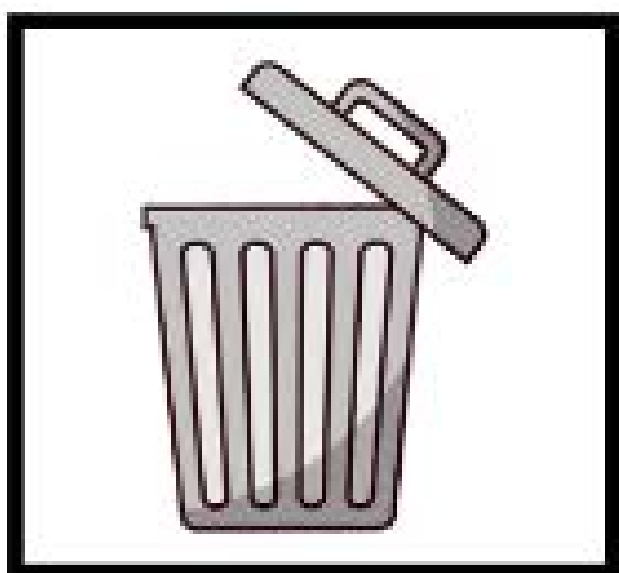
United States: +1 (646) 749-3129

Access Code: 380-172-277

Get the app now and be ready when your first meeting starts:

<https://meet.goto.com/install>

Please note: All exterior modifications must be approved by the Committee, prior to commencing any work. If you have any questions about this process, please email me at asaad@theiconteam.com.



Lakewood National Community Rules & Regulations Reminders

DID YOU KNOW?

Containers may not be placed out for collection sooner than 8:00pm the night before collection and must be removed by 8:00pm the day of collection. Containers must be stored in the garage on non-collection days.

Note from ArtisTree

Greetings LWN Residents,

Last week we started off with a little rain that was very much needed, which put our crews behind schedule.

The mowing was completed on Friday along with the trimming crew. This week we have completed April's trimming for Hickok belt loop, Mulligan way, Nicklaus cove, Cheech glen and Brandon run.

Irrigation remains a critical issue with the supply lake an all-time low. The community is looking good other than some drought stress on some sod areas and some common area plants.

As a reminder, the fastest way to get your work order completed is to submit them directly to ArtisTree via our online work order system. Go to www.artwo.biz and be sure to use community ID "Lake-727."



DEEPER ROOTS. HIGHER STANDARDS.®



FROM THE MANAGERS DESK

Dear Members,

I hope you all had an enjoyable week and are looking forward to your weekend!

Many of you have been asking about the Grand Opening of our beautiful new Clubhouse. Therefore, we would like to provide you with the following updates:

This week, we are expecting the partition doors to be delivered. This will take a couple of weeks to install. Once installed we will be able to host some meal services including our first Mother's Day Brunch! More details on this to follow.

Depending on the rest of the work that needs to be completed, we are scheduling a tentative **full opening** of the clubhouse the week of June 5th. As we get closer to the date, we will be sure to send you updates.

We have also been receiving questions about booking the clubhouse for private and club events. Please note that we will be finalizing the calendar within the next few months and expect this to be completed in September. Once complete, we will share with all members so you may book your events and special occasions.

We appreciate your continued support and are always available for any questions or concerns. Please feel free to reach out to us anytime.

Thank you!

Gina Plotkin
Assistant General Manager



LIFESTYLE

Good Afternoon Lakewood National,

Things are starting to get back to normal around the community after an amazing week last week with the Kornferry.

I was lucky enough to be able to be involved on the last day of the tournament and watched the playoff and WOW, was that exciting.

Moving into next week we have Trivia returning to the Tiki Bar on **Tuesday May 2nd** at **5:30pm** so be sure to arrive early as I feel it will be a big one.

Thank you to all those who registered for the Two Blooms Flower arranging on **May 4th**, we have two spots available, if you are interested please email me rcommissar@theiconteam.com

You would have seen over the last two weeks I have been promoting the '**Lakewood Ranch Medical Center Healthcare Hour**'. Next **Friday May 5th** sees a panel of Doctors arriving to the community to discuss all topics medical, we will be having different Doctors answering questions about different topics, so please be sure to RSVP below so we know how many of you will be attending and submit any questions ahead of time.

The summer is approaching and people are starting to head back up north so it couldn't be a better time to plan out any Member Run Groups you have been contemplating starting up. There has been lots of you asking me if there is certain types of groups that you would like to be part of and if the answer is "*no we dont have that group yet*" then what better reason for you to start it yourself. It is a very simple process. You will see the form and application form below to get more information.

This Saturday **One Blood** will be back with their '**Big Red Bus**'. Look out for it outside the Amenity Center and stop by if you are able to donate blood.

LIFESTYLE



DONATE BLOOD

Lakewood National Golf Club
Saturday, April 29
8:00 AM - 2:00 PM

All donors receive*:

- **\$20 eGift Card**
- **OneBlood T-shirt**
- **Wellness Checkup** including blood pressure, pulse, temperature, iron count, and cholesterol screening.

Fact: One in three of us will need a blood transfusion.



Appointments are encouraged, please visit **oneblood.org/donate-now** and use **sponsor code 60188**

ID REQUIRED

*One offer per donor, per donation. No cash value. Not-transferable. Gifts may vary. For more information please visit oneblood.org/details.

Donors
Receive



- PLUS -



- PLUS -



oneblood
Share your power.

[Click here for last minute appointments](#)

LIFESTYLE

LAKWOOD RANCH MEDICAL CENTER HEALTHCARE HOUR



Join Us for an “ASK the Doctor” Panel Discussion

Featuring: Robert Finkelstein, DO; Kinga Porter, DO,
Samuel Yelverton, MD; and Eden Yelverton, MD

Lakewood National Aerobics Room A , Friday May 5 at 1:00PM

Dr. Robert Finkelstein, owner of The Center for Skin Wellness, an innovative Dermatology and Skin Care Center that combines the latest medical procedures with the most advanced rejuvenation techniques.

Dr. Kinga Porter, a board-certified Internist and Integrative Holistic Medicine Specialist. Her practice, Whole Health, strives to build stronger doctor-patient relationships that are able to address complex medical issues.

Dr. Samuel Yelverton, board-certified in General Surgery, he sees both elective and acute care general surgery patients at Lakewood Ranch Medical Center. He performs all aspects of general surgery, including minimally invasive and da Vinci robotic surgery.

Dr. Eden Yelverton, a board-certified obstetrician and gynecologist, dedicated to the healthcare needs of women through all phases of life and trained in robotic surgery.

Submit questions in advance
maryellen.woska@lwrmc.com
before May 3, 2023

LWRMC.COM



**Lakewood Ranch
Medical Center®**

CLICK TO RSVP

LIFESTYLE

CLICK HERE FOR ACTIVE GROUPS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

Member Run Groups

Run a Group Today

We are excited to announce that we are now accepting applications for Member Run Groups.

The purpose of the Member Run Groups is to bring together residents with a common interest or talent in an organized manner that will enhance the leisure opportunities available within the community.

Each group will have a leader that will be responsible for all things within the group. Once the groups have been formed and approved the Lifestyle Director will market the group to the community so that members can reach out to the leader to join.

We are very excited for you all to be able to start these groups.

You choose your Group

If you are interested in forming a group then please click the below links to fill out the relevant forms and submit to your Lifestyle Director

All groups and contacts will be uploaded to the community website

Benefits of forming a group

- ☐ Choose your group type
- ☐ Meet other members
- ☐ Find friends that have a passion for what you have a passion for
- ☐ Book a room for your group
- ☐ Have fun

If you would like more information then please don't hesitate to contact Rob Commissar
rcommissar@theiconteam.com

MEMBER RUN GROUPS GUIDELINES
MEMBER RUN GROUPS APPLICATION



FOOD & BEVERAGE

Hello from the Food and Beverage Team,

We all had a great time with the kornferry tour being here and are getting things back in line.

The team is starting to plan summer events for the membership so please be on the lookout for future sign ups and events. We are hiring new faces so please feel free to say hello as we are staffing up for our new clubhouse to operate.

Chef Radames and Kristin are planning a Mother's Day Brunch. When we finalize the brunch menu and time slots we will send out a separate flyer to book your reservation times. The tiki bar hours are from 11am- 5pm on Mother's Day.

Our garage door is broken again in Tiki bar. Tom is working on getting replacement slats for the door again and two weeks ago the winds broke the slats again. We thank you for your patience with this issue. Our tiki bar pavers and tables were professional pressure washed and looking good again after all the extra traffic from the Tournament.

Food Minimums: The association requires each Membership to purchase at least a minimum in amount of \$500 for food and soft beverage from the Association. In order for their purchases to count toward this minimum, the sale must be associated with a Member. That means regardless of paying cash, credit card or Member charging, the Member number must be obtained. To alleviate errors, the Member card should be presented/shown to the server. Members are encouraged to confirm the correct Member number is associated with the sale before signing and leaving to also help alleviate errors



FOOD & BEVERAGE

TIKI BAR WEEKLY SPECIALS APRIL/MAY

SATURDAY 29TH & SUNDAY 30TH

TRIPLE DECKER CLUB \$16

3 pieces of white toast piled with turkey, ham, roasted beef, swiss and american cheese, lettuce and tomatoes. Choice of side

MONDAY, 1ST

EGG SALAD SANDWICH \$14

Delicious Texas toast piled high with home made Egg Salad. Choice of side

TUESDAY, 2ND

BEEF TACO \$15

3 ground beef tacos lettuce, tomatoes and cheese. Side of tort. Chips and side of salsa and sour cream

WEDNESDAY, 3RD

CHEF SALAD \$15

Chopped romaine, turkey, ham, Swiss cheese, egg, tomatoes, and cucumbers. Choice of dressing

THURSDAY, 4TH

PIZZA SUB \$14

6in hoagie roll topped with marinara, pepperoni and mozzarella cheese

FRIDAY, 5TH

MUSSELS APPETIZER \$16

Garlic wine butter sauce and garlic bread

*****SPECIALITY DESSERTS \$11*****

Please ask your server about our new boozy desserts



FOOD & BEVERAGE

2 FOR \$30 WEEKLY SPECIALS

MAY 1ST - 7TH

MAHI MAHI WITH PINEAPPLE SALSA (DINE IN PRICE \$18)

Grilled Mahi topped with fresh
pineapple salsa, baby baker
potatoes & mixed vegetables

GRILLED CHICKEN WITH PINEAPPLE SALSA (DINE IN PRICE \$16)

Grilled breast of chicken with
fresh pineapple salsa, baby
baker potatoes & mixed
vegetables

GOLF



Callaway Putter Fitting:

Our next Callaway "PUTTER" Fitting Day will be on May 3rd from 4pm-7pm. Please click [HERE](#) for registrations:



Callaway Fitting Day:

Our final Callaway Fitting Day for this season will be on May 11th from 10am-2pm. Please click [HERE](#) for registrations:





First let me say how proud of the Golf Maintenance Team I am as they provided to produce some exceptional conditions last week for the Korn Ferry Tour.

After a large event you can often expect a let down from the team once the event is over as everyone's been running on coffee and adrenaline for the entire week but that was not the case we came out Monday ready to get back to work.

This week we were able to work in a double verticut to the commander greens followed by a double cut and topdress. You may be asking what is verti-cutting? Verti-cutting is a process which involves using a putting green mower fitted with thin, tightly spaced blades that cut vertically into the turf. The depth of the blades is typically adjusted below the effective cutting height so that the blades penetrate the turf canopy.

The goal is to thin the turf canopy while maintaining a proper balance of leaf growth and turf density. This process helps us incorporate sand into the turf canopy providing thatch reduction, oxygen exchange, water infiltration, and improving overall turf health. This process was followed by a wetting agent and soil based fertility program. You can see in the pictures the amount of material that was being removed from the putting surfaces.





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

Become your best with Six 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, driver, course
management, and much more.

6 (1) hour clinics per month

Monthly Clinic Fee - \$100 per

month Single Clinic Fee - \$25

To Sign up, Email Mike:

MMcClellan@theiconteam.com

January's Clinics:

Friday, January 6th 4:00 p.m. - Putting

Wednesday, January 11th 4:00 p.m. - Irons

Friday, January 13th 4:00 p.m. - Fairway
Woods

Monday, January 16th 4:00 p.m. - Chipping

Wednesday, January 18th 4:00 p.m. - Driver

Wednesday, January 25th 4:00 p.m. - Pitching



WINTER/SPRING 2023
LAKEWOOD NATIONAL
GOLF ACADEMY

GOLF PROGRAMS

JOIN US & IMPROVE YOUR GAME

LAKEWOOD NATIONAL

Summer JUNIOR GOLF CAMP 2023



JUNE: 5-9 | 12-16
26-30

JULY: 17-21 | 24-28

ALL SKILL LEVELS
AT LAKEWOOD NATIONAL

CAMP INCLUDES:

- ✓ PUTTING INSTRUCTION
- ✓ PITCHING/CHIPPING/BUNKER
- ✓ FULL SWING PRACTICE
- ✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF
- ✓ ON-COURSE FUN EVERYDAY!

**MONDAY-
FRIDAY
9AM-4PM**

**BOYS & GIRLS
AGES 7-15**

**COST:
\$325 PER WEEK**

-LUNCH INCLUDED EACH DAY-

**TO REGISTER: VISIT THE GOLF SHOP OR
EMAIL MIKE: mmcclellan@theiconteam.com**



MORE INFO: 941.720.3046

RACQUET SPORTS

Dear Lakewood National Residents,

It is with a mix of sadness and gratitude that we say goodbye to Nate Griffin as Lakewood National's Racquet Sports Director, effective **May 7th, 2023**. On behalf of Lakewood National, I would like to thank Nate for his unconditional commitment and dedication during his 5 years of service at this property. He has been an integral part of our Racquet Sports Program since the beginning, and we will be forever grateful for his contributions. It's been a pleasure working with him and we wish him the best in all his future endeavors.

Please join us between **3pm-4pm May 3rd** at the Tiki for a social gathering to wish Nate all the best in his new endeavours.

Thank you,



LAKEWOOD NATIONAL RACQUET SPORTS



SOCIAL ADULT TENNIS PROGRAM (MEMBERS ONLY)

**Social Tennis: Monday-Wednesday-Friday,
8:00am - 9:30am**

SIGN UP ON SALIX

Court reservations open 3 days ahead at 7:00am - no stacking. Please put all player's names on the reservation box. 90-minute limit on the reservation.

ONLINE RESERVATIONS SYSTEM/CHECK-IN

All players must register in the Tennis Pro Shop prior to play. Reservations can be made through the Salix Reservation online system.

EQUIPMENT RENTALS/REPAIRS

Racquet/Paddle Demo/Rental Fee: \$5 (for a set of 4 racquets or paddles).

Racquet Re-Stringing Fee: \$15 labor charge

Guest Fee Policy: \$10 per player

BALL MACHINE PROGRAM & RATES

Lakewood National boasts a "self-retrieving" ball machine. All players must receive training from the Tennis Pro Shop staff before operating this machine. The machine must be reserved through the Pro Shop or the Salix Reservations online system.

1/2 Hour Member Rate: \$10, Monthly Member Rate: \$40

Annual Member Rate (Ball Machine Club): \$150
individual, \$200 family

Tennis Pro Shop Hours:

Monday - Friday: 8:00am - 5:00pm

Saturday - Sunday: 8:00am - 1:00pm

Tennis Pro Shop Phone: (941) 777-7015

Pickleball Hours of Operation: Dawn to Dusk

INSTRUCTIONAL PICKLEBALL PROGRAM - MIN. 3 PLAYERS

Nate Griffin, USPTA, PTR

1 Hour Private - \$80, 1/2 Hour Private - \$45

Wednesday: 3-4pm, \$20 per player - Pickleball 101 Clinic

Wednesday: 4-5pm, \$20 per player - Pickleball 102 Clinic

Social Play: Resident all levels play (9.00-11.30am) 7 days per week

Pickleball rules are posted at the court. Tennis dress code required.

INSTRUCTIONAL PROGRAM (GUEST FEES ADDED FOR NON-MEMBERS)

Nate Griffin, USPTA, PTR

1 Hour Private - \$80, 1/2 Hour Private - \$45

Abdul Idi, USPTA, Assistant Tennis Professional

1 Hour Private - \$75, 1/2 Hour Private - \$40

John Mellekas, USPTA Assistant Tennis Professional

1 Hour Private - \$60, 1/2 Hour Private - \$35

Angelo Reyes, PTR Assistant Tennis Professional

1 Hour Private - \$60, 1/2 Hour Private - \$35

Wednesday: 8:30-10:00am, \$30 per player - 3.0 and below "Drill and Play" - Coach Abdul

Friday: 8:30-10:00am, \$30 per player - 3.5 and above "Drill and Play" with Coach Abdul

Tuesday: 6:30-8pm, \$1 per player - Evening Social Tennis (all levels) organized by the Pro Staff. Sign up on Salix.

Nate Griffin, USPTA, Director of Racquet Sports
NGriffin@theiconteam.com

For more information contact Mihaela Murariu,
Pro Shop Manager at
mmurariu@theiconteam.com

FITNESS

Fitness Updates

GROUP CLASSES

Fitness Classes are back indoors!

- **New water aerobics class begins this Saturday, April 29!**
- **Expected new spin class in May. TBA.**



Class Cancellations: For morning classes, you must cancel the night before (by 8pm). For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day.

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

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

Subject to change from time to time. If you do not receive a response from Olivia in more than two days, contact Sabina. **Class Passes are non-refundable.*



FITNESS CENTER REMINDERS

- **Limit cardio machine usage to 30 minutes if others are waiting (during busy times).**
- **Take phone calls outside.**
- **Wipe down machines and touch points after use.**
- **No open shoes or sandals in fitness center.**

FITNESS

PERSONAL TRAINING & NUTRITION COACHING

are available to maximize your wellness!

- **Personal Training** is tailored to your needs – corrective exercise, basic strength training and toning, golf-specific TPI plans, small group personal training (up to half the cost of one-on-one sessions), and more!
- **Nutritional coaching** and guidance is available. Depending on needs, this may include anything from evaluation of current eating patterns, to setting goals, monitoring progress, estimation of caloric needs, better cooking practices, education on foods and nutrition, ingredient label reading and more!



For Questions or Appointments,

Please contact Sabina or Olivia:

- **Sabina Z. Hart**, Director of Fitness and Personal Trainer:
Szhart@theiconteam.com
mobile: (754) 245-2136
- **Olivia Voegelin**, Fitness Center Attendant:
OVoegelin@theiconteam.com
• Fitness Center phone: (941) 777-7020

To stay in the loop about all things fitness and nutrition,
be sure to join the Facebook group



LWN Fitness Community – Members Only.

FITNESS



CLASS PASSES

\$10 ONE-TIME PASS
OR

\$80 PUNCH CARD
(for 10 classes)
OR

**\$125 ONE-MONTH
UNLIMITED PASS**
OR

**\$275 UNLIMITED
QUARTERLY PASS**
3 Months Unlimited!
OR

**\$900 ANNUAL
UNLIMITED PASS**
OR

**GUESTS
\$12 ONE-TIME PASS**

**PURCHASE CLASS PASSES IN
THE FITNESS CENTER.**

Passes are Non-Refundable.

SIGN-UP FOR CLASSES ON SALIX.

Instructions online under
"fitness"
Lakewoodnationalgc.com

If you do not have a
Salix account, please email
Olivia to get set up:
OVoegelin
@theiconteam.com

MAY GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:40am</u> Total Body Circuit <i>Oriella</i> <i>45 minute class*</i>	<u>6:30am</u> Xtreme HIIT <i>Elaine</i> <i>(Int./Advanced)</i> <i>*No class 5/9 & 5/16</i>	<u>8:30am</u> Spin <i>Carmen</i>	<u>9:15am</u> Chair Yoga <i>Carmen</i>	<u>9:30am</u> Tight-N-Tone <i>Tracy</i> <i>No class 5/5</i>	NEW! <u>9:30am</u> Aqua Fun & Splash <i>Andrea</i>
<u>9:30am</u> Stretch & Sculpt <i>Amy</i>	<u>9:30am</u> Barre <i>Tracy</i>	<u>9:30am</u> Strength & Serenity Yoga <i>Tracy</i>	<u>10:15am</u> Trouble Zone Tone <i>Carmen</i>	<u>10:45am</u> Yin Yoga <i>Tracy</i> <i>No class 5/5</i>	<u>10:30am</u> Circuit Bootcamp <i>Elaine</i> <i>*No class 5/13</i>
<u>10:30am</u> Trouble Zone Tone <i>Carmen</i>	<u>10:45am</u> Yin Yoga <i>Tracy</i>		<u>11:15am</u> Pilates <i>Carmen</i>		

With inclement weather,
WATER AEROBICS will be
cancelled & instructor
may offer indoor class.
Bring change of
clothes/shoes. 

**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.

Questions? Contact
Sabina Hart:
szhart@theiconteam.com
941.777.7020 (office)
754.245.2136 (mobile)



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!

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: A total body workout focusing on upper and 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 (Range of Motion) on any exercise. No matter what level you consider yourself, you will find a challenge in this workout!

PILATES (MAT): In this mat Pilates class, primary focus is placed on postural and core muscles that provide support to the spine. Regular Pilates exercise strengthens the deep torso muscles and brings breath awareness and spinal alignment. If you want to increase flexibility, core strength and develop or maintain a balanced, well-postured body, then this class is key.

SPIN: All levels! Hop on a bike and enjoy the RIDE. Achieve fast results (with consistency) and be challenged with a combination of HIIT (high intensity interval training) and endurance training. Enjoy the music and the challenge!

STRENGTH AND SERENITY YOGA: A hybrid yoga class. This blended style combines both traditional flows and poses with deep breathing techniques and static stretches to bring both strength and serenity to the body and mind.

STRETCH & SCULPT: This low intensity class will start off with stretching, balance work and mobility work (such as foam rolling) in order to alleviate tightness, target pressure points to help lengthen muscles, increase range of motion, and reduce stiffness. The remainder of the class will transition into light "sculpting" of different body parts each week. Focus of sculpting may change from week to week, going from lower body priority (glutes and thighs) one week, and focusing on upper body (back and arms) another week.

TIGHT-N-TONE (TNT): A simple to follow workout featuring a low weight, high repetition format to help build a lean, sculpted body! Improve your muscle strength, endurance, posture and balance as you pump those muscles to fun and familiar tunes. Resistance bands and tubes may be utilized as well to gain maximum training results. Finish with a core workout as well as a refreshing, lengthening stretch. Great for most fitness levels.

TOTAL BODY CIRCUIT (45 MINUTES): Full body toning with a blend of cardio and strength that keeps you burning calories at a higher rate. Consists of a consecutive series of varying exercises performed one after the other with short amounts of rest between each.

TROUBLE ZONE TONE: A total body strength and toning workout designed to target those notorious trouble zones with upper- and lower-body sculpting exercises to help torch fat faster and tighten your problem areas. So come on in to lift your seat, tone your thighs, sculpt those abs, and say goodbye to those muffin tops and wobbly arms! Dumbbells and some accessories may be used. Low impact and appropriate for most fitness levels.

XTREME HIIT: A High Intensity Interval Training (HIIT) workout designed for the intermediate/advanced person wanting to lose fat, tone muscle and improve cardio endurance. You won't get bored with this mix of plyo, weights, and core sculpting moves! Get this workout done first thing in the morning and you'll elevate your metabolism throughout the day!

YIN YOGA: Focuses on the internal, passive, cooling and downward aspects of Yoga. Poses/stretchers are held 3-5 minutes to allow work on the deep, dense connective tissues and joints in the body. A slower, more relaxing style of Yoga.



FITNESS

Group Fitness Class Guidelines

- Reservations are required on Salix (see instructions below).
- A minimum of 3 participants must be registered by 7 PM the day prior in order for a class to take place the next *morning*, or the class will be cancelled. For afternoon classes the cutoff time will be 10 AM day of, at which point class will be cancelled if less than 3.
- Must have a class pass to attend (purchase in fitness center; no online option). Show class pass to instructor upon check-in.
- Members are encouraged to bring personal yoga mats, if possible. Otherwise, mats will be available on a limited basis.

How To Sign Up for Salix

- * A Salix account is required to make reservations for group fitness classes.

Please email Olivia for a Salix account : OVoegelin@theiconteam.com

Important user TIPS for the Salix Reservations system:

- Once your account has been created, go to Go to: <https://app.salixreservations.com/#!/login> and log in using your email address and password provided through email. You can later change the password under your profile.
- To make a reservation, go to "Fitness Reservations" from the dashboard (on the left). Reservations can be made **3 days** (72 hours) in advance for FITNESS classes, but *not* further out.
- Use the calendar (in top left of page) to find the day for which you would like to make a reservation.
- **CANCELLATIONS:** For morning classes, you must cancel by the night before, by 8:00pm. For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day. **How?** Go back into Salix and follow the same steps you took to sign up for the class. Once you click on the box to see your name on the list, click the trash can to the right of your name and you will be removed from the class.
- If using a laptop or desktop, simply click, drag, and release the cursor over the corresponding time slot that you would like to reserve.
- If using a tablet or a phone to make the reservation, click the "Book +" button.

Questions? Contact Fitness Attendant Olivia Voegelin at OVoegelin@theiconteam.com; OR
Sabina Z. Hart, Fitness Director and Personal Trainer
szhart@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

SPA

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CONTACTS



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KRISTIN HICKEY, Food & Beverage Director
941-777-7018 khickey@theiconteam.com

Administrative Office
941-777-7011 (ext. 105) LWNAdmin@theiconteam.com

MIKE MCCLELLAN, Director of Instruction
941-777-7014 (ext. 104) mmcclellan@theiconteam.com

HOURS OF OPERATION

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

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

Fitness Center
24/7

Pool
Dawn-Dusk

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

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

Front Guardhouse: 941-210-7146