



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE JULY 21ST, 2023

LAKEWOODNATIONALGOLFCLUB.COM



HOA

Hello Lakewood National Residents,

We hope everyone is enjoying the summer!

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 copy of vehicle registration to

LWNADMIN@theiconteam.com.

Please be reminded extra transponders are \$25.00.

Replacement Membership Cards: Please email your request to

LWNADMIN@theiconteam.com

Please be reminded replacement cards are \$10.00.

Next Architectural Review Committee meeting will be held on Wednesday, July 26, 2023 at 3:00 pm.

<https://zoom.us/j/97502193746?pwd=Wlg4N0gxdDVIM25MSFItOUZRRWd6UT09>

Meeting ID: 975 0219 3746

Passcode: 716450

One tap mobile

+13052241968,,97502193746#,,,,*716450# US

+19292056099,,97502193746#,,,,*716450# US (New York)

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



HOA

Upcoming Board Meeting Schedule

- August 3 - 3:00pm
- August 24 - 5:00pm
- September 7 - 3:00pm
- September 21 - 5:00pm

Upcoming Town Hall Schedule

- Week of September 25th



FROM THE MANAGERS DESK

Dear Members,

We would like to update you on the email from yesterday regarding the sealcoating and striping of the parking lots and other parking areas. Please note the locations of the following sections:

SECTION 1: Amenity/Clubhouse Parking

SECTION 2: Golf Parking

SECTION 3: Golf Parking

SECTION 4: Amenity/Tennis Parking

SECTION 5: Golf Entrance to Parking Lot, all parking areas across from 5507, 5517, 5527, 5537, 5547, 5557, 5567, 5577, 5518, 5528, 5538, 5548, and 5558 Palmer Circle

SECTION 6: 16814, 16804, and 16706 Vardon Terrace

SECTION 7: 17006, 16904 Vardon Terrace

SECTION 8: 17118, 17108 Vardon Terrace

As stated in the previous email, please do not park your vehicle in these sections during the scheduled time, this includes all cars parked in the stalls (carports). The second installation of the product involves a spray machine and may transfer onto any parked cars if there are any wind/weather conditions at that time. You may park your vehicles on the street during this time and will not receive a ticket. Any vehicles that are parked in the sections during the installation will be towed to another area in the Community.

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

Thank you!

LIFESTYLE



Ladies Tea Party



We request the pleasure of your company

FRIDAY, AUG 11

FROM 1 PM - 3 PM

(CHAMPIONS ROOM)

Summer Dresses, Fascinators,

Wrist Length Gloves



\$30++

[CLICK HERE TO REGISTER](#)

LIFESTYLE

SAVE THE DATE

**Lakewood National Home Safety
August 22nd - 6:00pm**

Save the date as Deputy Tom Kaczmarek will be presenting to the Lakewood National Residents pertaining to home safety.

The topics covered will be from his experience and interviews with suspects, who typically commit these crimes against citizens in our area.



More Details to follow

LIFESTYLE

CLICK HERE FOR ACTIVE GROUPS



**LAKEWOOD
NATIONAL**
Golf Club
AT LAKEWOOD RANCH

Member Run Groups

Run a Group Today

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

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

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

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

You choose your Group

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

All groups and contacts will be uploaded to the community website

Benefits of forming a group

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

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

MEMBER RUN GROUPS GUIDELINES
MEMBER RUN GROUPS APPLICATION



FOOD & BEVERAGE

Hello from the Food and Beverage team,

We hope everyone who came out to karaoke night at the tiki enjoyed it even though the rain interrupted for a little bit.

We are looking forward to the live guitarist in the clubhouse on Thursday next week at 6pm. Reservations are strongly encouraged and we will be opening the Palmer dining to accommodate everyone to be able to enjoy.

We want to let everyone know during the slow season when clubhouse is open for dinner our closing time is 10pm. But our kitchen will start closing at 9pm. All food orders must be in no later than 9pm, please.

We also have started to utilize the Eagle Room for dinner services, for the extra tables inside, and away from the bar for larger parties. We want to let everyone know if you request the Eagle Room for a large party you then will be held to the \$500 spending minimum. If we seat you in there at random you will not be held accountable for the \$500 minimum as you did not request the room specifically.

Kristin Hickey
Food & Beverage Director
Lakewood National Golf Club
941-777-7018

FOOD & BEVERAGE

Please see the summer dates that we will NOT be offering Brunch in the club house.

- July 23rd
- July 30th
- August 13th
- August 27th
- September 17th
- September 24th

HOW TO RESERVE A DINNER TABLE

If you would like to reserve a table for dinner or brunch, please click the below widget that will redirect you to the Open Table reservations page. Once you arrive at this page you will be able to select your table capacity (Max of 8) as well as the date, time and table selection, (bar, hightop, regular table or fireside patio table). Once you have made your selection it will display the times available if your time selection is full.

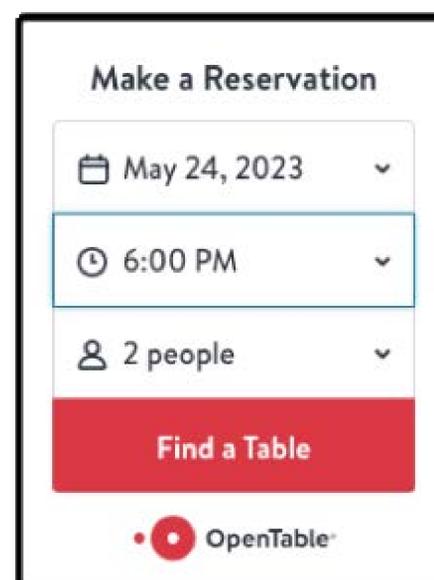
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

Please note reservations can only be made 7 days in advance. Reservations not cancelled within 48 hours will be charged a \$25 fee or the events fee per person.

CLUBHOUSE RULES & RESERVATIONS

CLUBHOUSE DRESS CODE

Host Stand - 941-777-7030



The image shows a screenshot of the OpenTable reservation widget. At the top, it says "Make a Reservation". Below that are three dropdown menus: "May 24, 2023" with a calendar icon, "6:00 PM" with a clock icon, and "2 people" with a person icon. At the bottom is a red button that says "Find a Table". The OpenTable logo is at the very bottom.

←
Please Click the
widget
to reserve a
table

FOOD & BEVERAGE

TIKI SPECIALS

MENU

JULY 22ND - 28TH
SPECIAL SELECTIONS

SAT/SUN
22ND/23RD



CRAB CAKES | \$16.00

Two Crab Cakes drizzled with house-made remoulade



MONDAY
24TH



PULLED PORK CUBAN | \$15.00

Mojo pulled pork, ham, Swiss cheese, pickles, mustard. Side of choice.



TUESDAY
25TH



JERK CHICKEN TACOS OR MOJO PORK TACOS | \$15.00

3 chicken or 3 pork tacos, with pineapple cabbage slaw. Chips as a side.



WEDNESDAY
26TH



AHI TUNA POKE BOWL | \$18.00

Ahi tuna over jasmine rice, carrots, cucumber, avocado, seaweed salad, edamame, green onion, and a ginger marinade dressing.



THURSDAY
27TH



JAMAICAN STYLE CHICKEN FLATBREAD | \$15.00

Jerked Chicken, Red Onion, Red Peppers, Scallions, Mozzarella Cheese



FRIDAY
28TH



FRIED FISH SANDWICH | \$18.00

Beer-Battered Mahi, Lettuce, Tomatoes, onions on a toasted brioche bun served with choice of side





FOOD & BEVERAGE

TIKI BAR

2 FOR \$35

JULY 22ND - 28TH

- **CURRY COCONUT CHICKEN - (DINE IN PRICE \$20)**

Marinade curry chicken, served with jasmine rice, diced potatoes, red peppers, jalapeno peppers, and onions.

- **JERK PORK LOIN - (DINE IN PRICE \$20)**

Marinade Jamaican pork loin, jasmine rice, and chef vegetables

GOLF



“The Directors Cut”

By: Nick Campbell



Tournaments Open For Registration

- Men's League – June 26th
- 4th of July Scramble

Upcoming Events

- MGA Event – July 10th
- Ladies Leagues – July 18th
- Sunday Social – July 23rd
- Men's League – July 24th
- Ladies League – August 1st

Golf Staff Contact Info

Daily Operations & Billing

Director of Golf - Nick Campbell

NCampbell@theiconteam.com

Tournaments & Leagues

Head Golf Professional - Jeff Miller

JMiller2@theiconteam.com

Merchandise & Club Repair

1st Assistant Golf Professional - AJ Gorey

AGorey@theiconteam.com

Lessons & Clinics

Director of Instruction - Mike McClellan

MMcClellan@theiconteam.com

Tip of the Week

By Jeff Miller

Canceling or modifying a reservation on Chelsea?

Make sure you use the “Delete Booking” tab when attempting to cancel the entire booking. If you are just editing the booking, make sure to use the “Add, Edit or Delete Players” tab.

Course Information

By Joel Erhart

Rain!!! We received just over 4” of much needed rainfall this week. Please respect the decision for cart path only when it is applied. There may be large areas that seem to be dry, however we keep the quality of the entire course in mind.

Swing Thought of the Week

By Mike McClellan

When addressing a putt on the putting green, make sure your left eye is over the ball.

Right eye for left handed player

New Merchandise

By AJ Gorey

DOZEN GOLF BALL SALE!!

All Taylormade golf balls sold in dozens will be 20% off starting July 24th and ending August 7th.

Employee of the Week

By Jeff Miller

Thank you to Van Williams for his efforts on the Guest Services Team. Van continues to demonstrate fantastic communication skills on a daily basis. If you see Van, please thank him for his hard work!



GOLF



LAKWOOD NATIONAL GOLF CLUB

SUMMER 1 DAY MEMBER-MEMBER

Saturday, August 19th

Ladies and Men's Divisions.

30 Teams MAX per Division.

Format: 1 Better Ball of 2 – 85% Handicap

Course: Commander

Lunch and scoring will take place immediately following the shotgun.

The shootout for the flight winners will be held after lunch.

Entry fee includes: Cart Fee; Food and Beverage; Credit Book and Tee Gift.

**Chelsea
Registration closes
at 5:00 pm 7 days
prior to the event**

Entry Fee - \$150

**Maximum Players –
60 per Division**

9:00 AM

Shotgun



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 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



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

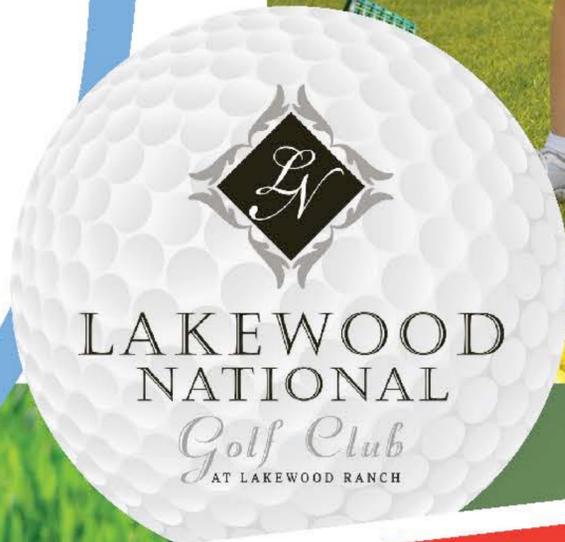
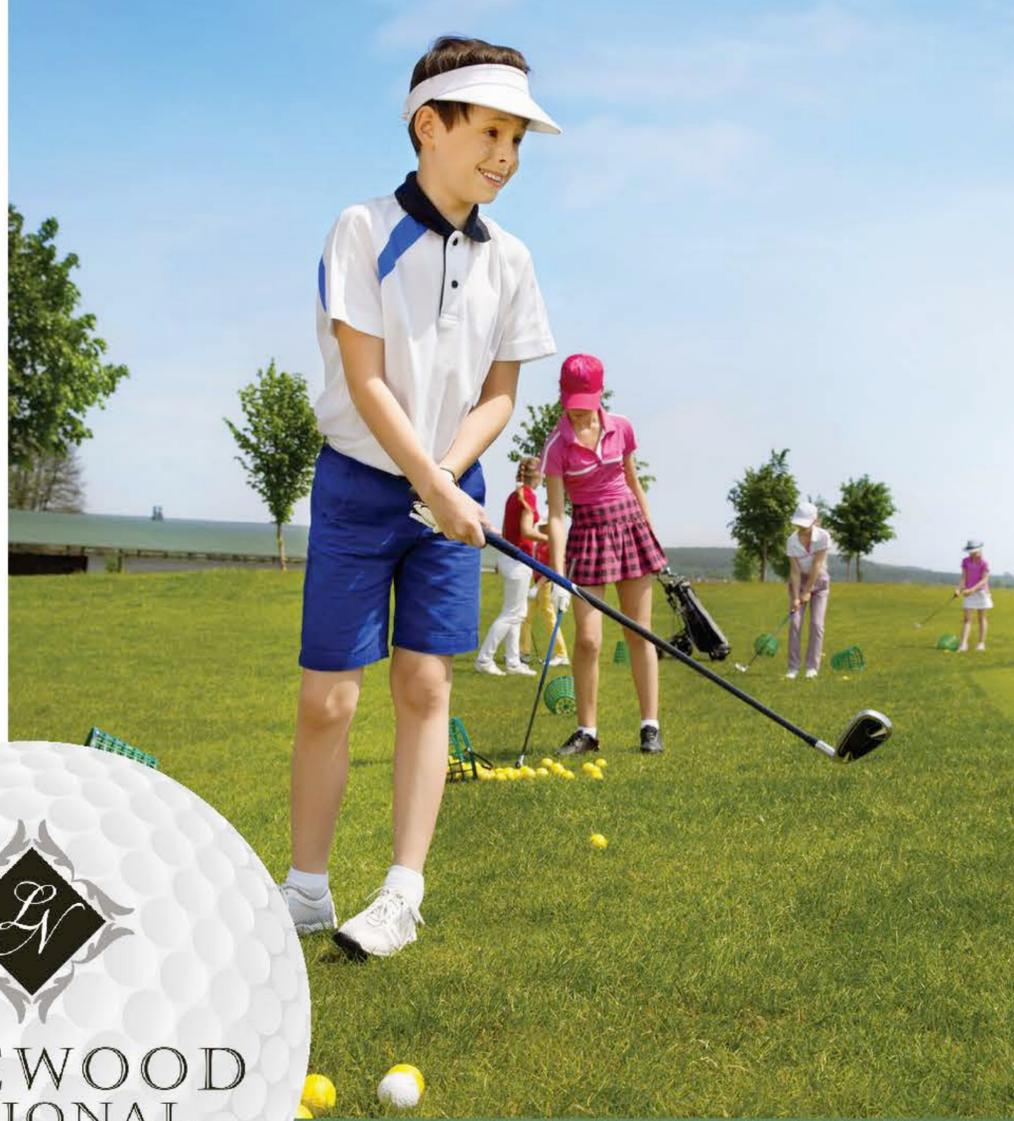
10th tee
start

Tee
Times



LAKWOOD NATIONAL

Summer JUNIOR GOLF CAMP 2023



LAKWOOD
NATIONAL
Golf Club
AT LAKWOOD RANCH

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

JULY: 17-21 | 24-28

ALL SKILL LEVELS
AT LAKWOOD 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](mailto:mmcclellan@theiconteam.com)**



MORE INFO: 941.720.3046

RACQUET SPORTS



Last week was our Wimbledon Tennis Social. We had a great morning of social tennis playing 2 rounds of tennis. We sweat it out on court before heading into the Eagle room of the new clubhouse for some refreshments, an early lunch, and Chef Radames' take on the traditional strawberries and cream for dessert. The match was a thrilling 5 sets between Carlos Alcaraz of Spain and the most winningest player for the men's open era Novak Djokovic of Serbia. Congratulations to Carlos for winning his first Wimbledon title and to those who chose to come and support Lakewood National racquet sports. So get excited for the next event later this summer.

Pickleballers: Keep your eyes out for the next event that will be coming your way in the next month.

To all our racquet sports enthusiasts, please remember to add all those playing to your court reservation every time. This will help us accurately create usage data that will in the long run help the whole tennis and pickleball community out tremendously. Thank you.

RACQUET SPORTS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

PICKLEBALL

BEGINNERS CLINIC

FOUR 1-HOUR
SESSIONS
9AM - 10AM

WEDNESDAY, AUGUST 2ND
WEDNESDAY, AUGUST 9TH
WEDNESDAY, AUGUST 16TH
WEDNESDAY, AUGUST 23RD

REGISTRATION:

\$80

PER
PLAYER

CONTACT THE PRO SHOP AT
941-777-7018 FOR MORE
INFORMATION AND TO SIGN UP

RACQUET SPORTS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

SUMMER JUNIOR TENNIS CAMPS

LAKEWOOD NATIONAL
TENNIS CENTER

CAMP WILL TAKE PLACE
MONDAYS-THURSDAYS EACH
WEEK OF THE FOLLOWING
DATES:

- JUNE 19TH - 22ND
- JULY 3RD - 6TH
- JULY 10TH - 13TH
- JULY 17TH - 20TH
- JULY 24TH - 27TH
- JULY 31ST - AUGUST 3RD

Pricing

Members:

\$120 per week

Non-Members:

\$130 per week

TIME:

**10AM - 12PM
EACH DAY**

PLEASE BRING: ATHLETIC CLOTHING,
TENNIS SHOES, RACQUETS (LOANER
RACQUETS AVAILABLE), HYDRATION &
SNACKS *minimum participation required

CONTACT THE PRO SHOP AT 941-777-7018 FOR MORE INFORMATION AND TO SIGN UP

FITNESS

Fitness Updates



Group Class Offers

Free Water Aerobics Class Pass for NEW Attendees!

Andrea's Aqua Fun & Splash (Saturdays @ 9am)

Half-Off Xtreme HIIT Class Pass for NEW Attendees!

Xtreme HIIT (Tuesdays @ 6:30am) Pilates Plus (Fridays @ 9am)

***Remember! Carla's Dance Fusion & PiYo Classes
are here for a Limited Time Only.***

Sign up for her Tuesday classes on Salix!

Class Cancellations: Please cancel the day before (by 8pm) if you cannot make it to a class.

How to cancel/remove your name from a class:

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.

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

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

Personal Training, Nutritional Consulting, & Fitness Center Orientations

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

For Questions or Appointments:

Sabina Z. 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





FITNESS

Come Try Elaine's

HIIT

HIGH INTENSITY INTERVAL TRAINING

CLASS

**50%
OFF**

Your First Class

**Build muscle, Lose fat, Increase heart function, &
Turn back the hands of time at the cellular level!**



TUESDAYS AT 6:30AM

**Contact Olivia for half off your
first class with Elaine!**

OVoegelin@theiconteam.com

941.777.7020

FITNESS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**FREE
CLASS**
for First-Time
Attendees in
July!

WATER AEROBICS

Enjoy all the benefits of water exercise such as improving your cardio fitness, gaining endurance, flexibility, and strength!



EVERY SATURDAY AT 9 AM
Sign Up On Salix

Come try NEW modalities like frisbees in the water for a better workout!
Water aerobics has countless benefits such as lowering blood pressure and cholesterol, protecting your joints, reducing stress, weight management, and more!



**CONTACT OLIVIA OR SABINA
FOR YOUR FREE PASS**



OVoegelin@theiconteam.com
SZHart@theiconteam.com

FITNESS



NEW!
PIYO

PiYo combines 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.

Tuesdays
at 9:00am
with Carla



These classes are for a Limited Time Only. If well-attended, they'll become part of the regular schedule!

Dance Fusion 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!

Tuesdays
at 10:00am
with Carla



NEW!
DANCE
FUSION

FITNESS



JULY GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASS PASSES</p> <p>\$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</p> <p>PURCHASE CLASS PASSES IN THE FITNESS CENTER.</p> <p><i>Passes are Non-Refundable.</i></p> <p>SIGN-UP FOR CLASSES ON SALIX.</p> <p>Instructions online under "fitness" Lakewoodnationalgc.com</p>	<p><u>9:30am</u> Stretch & Sculpt Amy</p>	<p><u>6:30am</u> Xtreme HIIT Elaine</p>	<p><u>8:30am</u> Spin Carmen</p>	<p><u>9:15am</u> Chair Yoga Carmen</p>	<p>NEW! <u>9:00am</u> Pilates Plus Elaine (*No class 7/14)</p>	<p><u>9:00am</u> Aqua Fun & Splash Andrea</p>
	<p><u>10:30am</u> Trouble Zone Tone Carmen</p>	<p>NEW! <u>9:00am</u> PiYo Carla <i>Starts July 11</i></p> <p>NEW! <u>10:00am</u> Dance Fusion Carla <i>Starts July 11</i></p>	<p><u>9:30am</u> Strength & Serenity Yoga Carmen</p>	<p><u>10:15am</u> Trouble Zone Tone Carmen</p>	<p>Tracy will not be teaching classes in July. Other classes will be Offered. Please check Salix for class changes and updates!</p>	
<p>If you do not have a Salix account, please email Olivia to get set up: OVoegelin@theiconteam.com</p>	<p>Questions? Contact Sabina Hart: szhart@theiconteam.com 941.777.7020 (office) 754.245.2136 (mobile)</p>		<p>SCHEDULE IS SUBJECT TO CHANGE—ALL CHANGES WILL BE REFLECTED IN SALIX. PLEASE BRING TOWEL AND WATER BOTTLE TO CLASSES.</p>		<p>Min. 3 participants must be registered for a class to take place, or class will be CANCELLED.</p>	



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.

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 (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.

PILATES PLUS (NEW): 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.

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.

SPA

Manicures
and
Pedicures

10% OFF TILL THE END OF
JULY

SCHEDULE NOW



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

SPA

U-topia at
Lakewood Ranch

Call us to Schedule
Your Facial
941-238-9999

Why should you get a facial?

Deep Clean

Your skin is professionally cleansed to remove dirt and oil from deep in your pores, resulting in optimal skin-care product absorption.

1

2

Increase Circulation

Dehydration of the skin causes blood vessels to enlarge, resulting in water retention and eventually puffiness in the face.

Get to know your skin

Knowledge is power! Estheticians can detect any of your skins needs or irregularities, and can also give you professional advice when searching for new products or treatments.

3

4

Professional (and safer) Exfoliation

Even out your skins' texture with the help of a professional eye and just the right amount of pressure. Exfoliating too hard or too often can result in large pores or irritated skin.

Anti-Aging

Getting facials regularly promotes cell turnover, boosts your skins' natural collagen, and keeps skin hydrated long after your service is over.

5

CONTACTS



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MIKE MCCLELLAN, Director of Instruction
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HOURS OF OPERATION

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

Fitness Center
24/7

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

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

Pool
Dawn-Dusk

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

Front Guardhouse: 941-210-7146