



LAKEWOOD  
NATIONAL  
*Golf Club*

# WEEKLY UPDATE JULY 28TH, 2023

LAKEWOODNATIONALGC.COM





# HOA

Greetings Lakewood National Residents,

**The Management Office is open Monday – Friday 9:00 AM – 4:30 PM**

Our upcoming meeting schedule is as follows:

**Architectural Review Committee Meeting:**

Held virtually on the 2nd & 4th Wednesday of every month. The next meeting will be held on August 9 at 3:00 PM. Please submit ARC Request Form 7 days before Meeting – Virtual link - Join Zoom Meeting

<https://zoom.us/j/99619800791?pwd=SkJ4NWt3YngzYy9LRUJ6Ylg2Mzkydz09>

Meeting ID: 996 1980 0791

Passcode: 637234

One tap mobile

+13052241968,,99619800791#,,,,\*637234# US

+19292056099,,99619800791#,,,,\*637234# US (New York)

**Board of Directors Meeting**

August 3, 2023 - 3:00 PM

The meetings are held at the Champions Room in the Clubhouse.

**School Bus Stop Parking**

The school bus picks up and drops off students at the front entrance of Lakewood National Golf Club. For the safety of the children and parents please park on the side within the community and walk to the bus stop just outside the front gates. There is not enough space in front of the gatehouse for cars to park there.

**Irrigation**

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 the under Documents & Forms. The link is at the bottom of the page. The community code is LAKE-727.

**Overnight Parking**

Please be reminded overnight parking is not allowed.

Thank you. Have a wonderful weekend!





## **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,

Thank you for your cooperation thus far with our sealcoating project! The clubhouse and golf parking lots will be completed by Saturday, July 29th. The next section to be done parking lot along the tennis courts on Monday, July 1st. Please see the remaining schedule below:

SECTION 4: Amenity/Tennis Parking: MONDAY, JULY 31-TUESDAY, AUGUST 1

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: WEDNESDAY, AUGUST 2-THURSDAY AUGUST 3

SECTION 6: 16814, 16804, and 16706 Vardon Terrace: FRIDAY, AUGUST 4-SATURDAY AUGUST 5

SECTION 7: 17006, 16904 Vardon Terrace: MONDAY, AUGUST 7-TUESDAY AUGUST 8

SECTION 8: 17118, 17108 Vardon Terrace: WEDNESDAY, AUGUST 9-THURSDAY, AUGUST 10

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](mailto:gplotkin@theiconteam.com) or 941-777-7035.

Thank you,



# LIFESTYLE



## Ladies Tea Party



*We request the pleasure of your company*

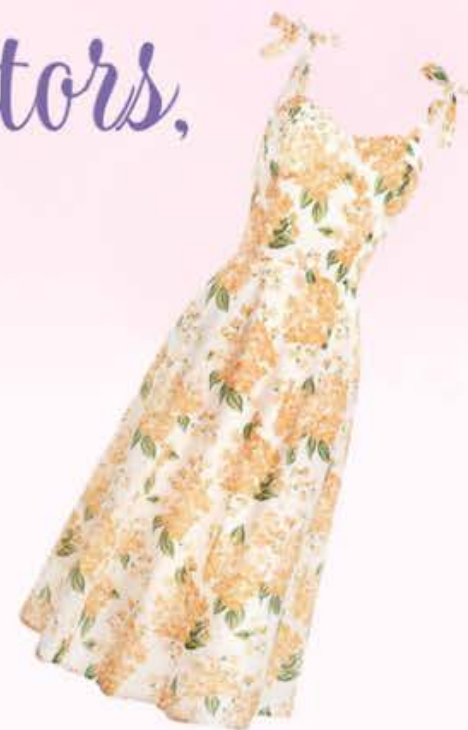
**FRIDAY, AUG 11**

**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](mailto:rcommissar@theiconteam.com)

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





# FOOD & BEVERAGE

Hello from the Food and Beverage team,

We are getting close to the updated drink menus for both Tiki and Clubhouse dining. Please be on the lookout to try some of our new cocktails.

Thank you to everyone who came out last night to the Clubhouse to enjoy some music and great food. We hope everyone enjoyed their evening!

We are starting to fill up all the spots for our wine tasting on August 23rd, which is being hosted in the Palmer Dining Room. Please see the link below for details and registration information. We look forward to a great night with a wine professional and tasting some new wines. Please note that the Palmer Room dress code applies to this event.

We are saying goodbye to a few staff members as they are heading back to college for the fall season. We want to thank them for all their hard work and for helping us open your new Clubhouse over the summer months. Good luck with your next semester!

We want to let everyone know during the slow season when Clubhouse is open for dinner, our closing time is 10:00PM. The kitchen will start closing at 9:00PM. All food orders must be in no later than 9:00PM, 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. If you request the Eagle Room for a large party you then will be responsible for the \$500.00 spending minimum. If we seat you in there at random, you will not be held accountable for the \$500.00 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 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.

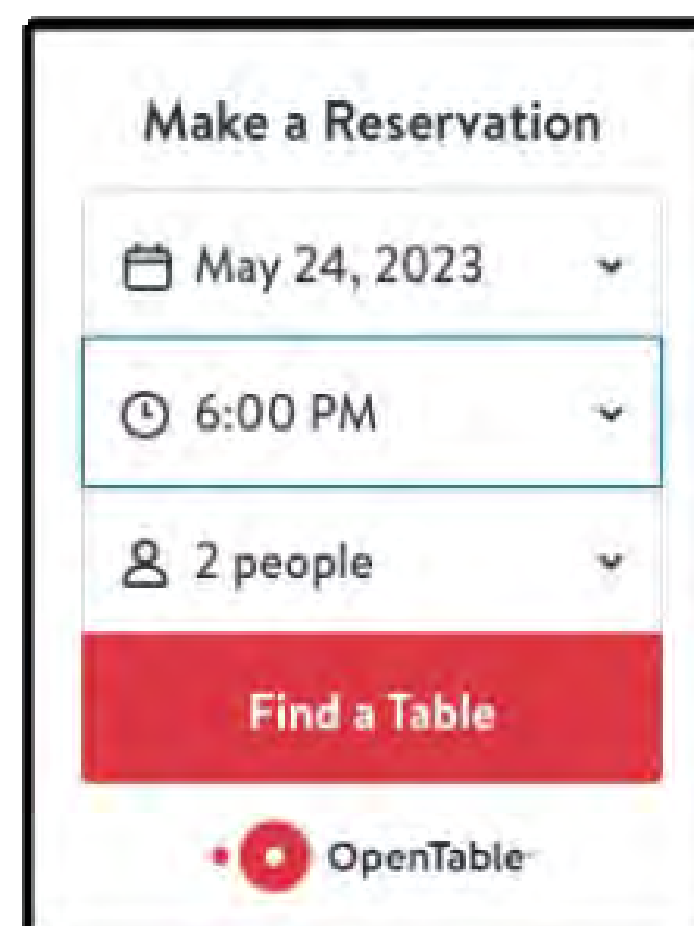
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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



←  
**Please Click the  
widget  
to reserve a  
table**





# TIKI SPECIALS MENU

JULY 29TH - AUGUST 4TH  
SPECIAL SELECTIONS

SAT/SUN  
29TH/30TH

- **JAMAICAN BEEF PATTIES | \$15.00**  
Two Beef Patties served with queso cheese

MONDAY  
31ST

- **WAGYU BEEF SLIDERS | \$16.00**  
Three Wagyu beef sliders with cheddar cheese, Lettuce, Tomato, Onions served with parmesan truffle fries and a garlic lemon aioli

TUESDAY  
1ST

- **SWEET BBQ LIME CHICKEN TACOS | \$15.00**  
Three Fried Chicken Tacos tossed in sweet thai sauce with lettuce, pico, cotija and finished with a bbq ranch drizzle served with chips and salsa

WEDNESDAY  
2ND

- **BUTTERMILK BUFFALO CHICKEN SANDWICH | \$15.00**  
Fried Chicken breast tossed in buffalo sauce on a brioche bun with Lettuce, Tomato and Pickles  
Served with choice of side

THURSDAY  
3RD

- **PHILLY CHEESESTEAK EGG ROLLS | \$12.00**  
Three Philly Cheesesteak egg rolls with a creamy chipotle sauce

FRIDAY  
4TH

- **CRAB CAKE SANDWICH | \$15.00**  
Lump Crab seared on a brioche bun topped with lettuce, tomato, spicy aioli served with choice of side





# FOOD & BEVERAGE

## TIKI BAR

**2 FOR \$35**

**JULY 29TH - AUGUST 4TH**

- **CHICKEN ALFREDO - (DINE IN PRICE \$20)**  
over linguine with parmesan cheese served with garlic bread and choice of Caesar salad or house salad
- **SHRIMP ALFREDO - (DINE IN PRICE \$22)**  
over linguine with parmesan cheese served with garlic bread and choice of Caesar salad or house salad



# GOLF



## LAKWOOD NATIONAL GOLF CLUB

### SUMMER 1 DAY MEMBER-MEMBER

**Saturday, August 19<sup>th</sup>**

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**

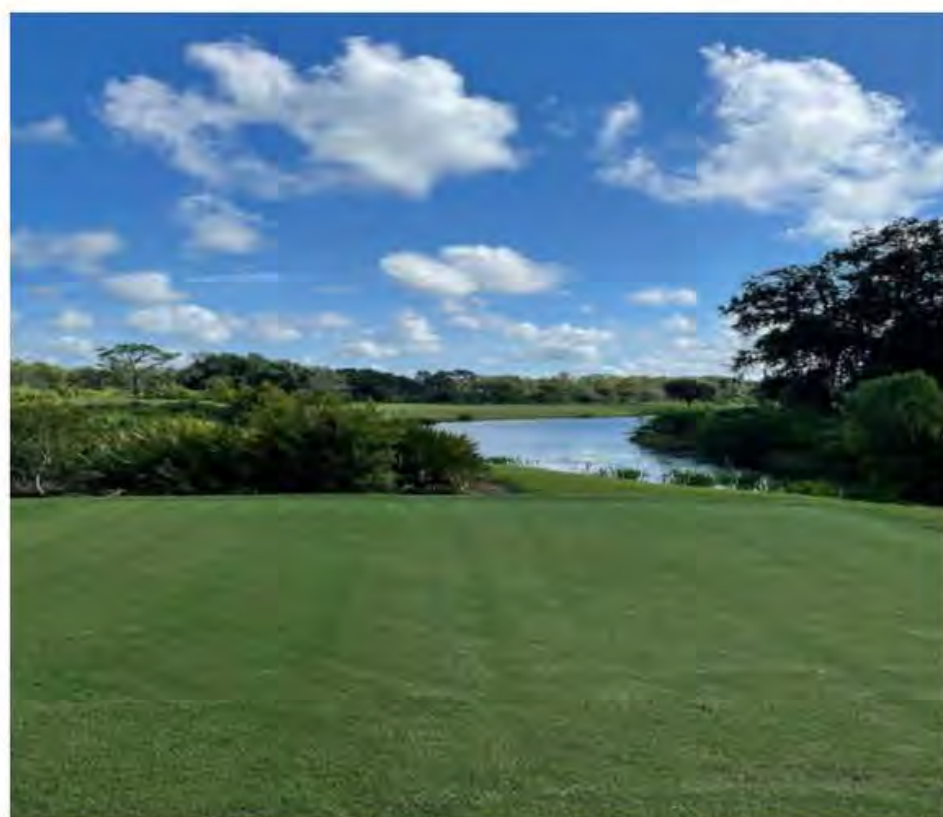
**8:30-10am**

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**

10<sup>th</sup> tee  
start

Tee  
Times





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](mailto:mmcclellan@theiconteam.com)**



**MORE INFO: 941.720.3046**





# 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



# FITNESS

NEWSLETTER

JULY 28. 2023



## FITNESS UPDATES

### New Fitness Classes - More Afternoon Times!

Starting **Mondays at 5:15pm**, Elaine will be teaching ***Circuit Bootcamp 45***, a fun total body endurance and strength training class! Circuit training has been proven to improve cardiovascular health, increase muscle growth, and promote weight loss and fat burning.

Carla's ***Dance Fusion*** fitness class is moving to **6:30pm on Wednesdays** in Aerobics **Room B!**

*See August fitness schedule for more information!*

Purchase class passes with Olivia in the Fitness Center on Weekends from 8am - 12pm, and select weekday hours.

Email Olivia at [OVoegelin@theicon.team.com](mailto:OVoegelin@theicon.team.com) for Salix or class questions.

### 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 Z. Hart** | (754) 245 - 2136 | [Szhart@theiconteam.com](mailto:Szhart@theiconteam.com)





# FITNESS



# AFTERNOON CIRCUIT BOOTCAMP

*Push Your Limits and  
Get Stronger!*

**MONDAYS AT 5:15PM**  
**45-MIN. CLASS WITH ELAINE**

- Weights
- Cardio
- HIIT
- Training



Questions? Email Sabina:

**[szhart@theiconteam.com](mailto:szhart@theiconteam.com)**







# FITNESS

## DANCE FUSION CLASS

WEDNESDAYS - 6:30PM  
AEROBICS ROOM B



Feel the music and reshape your body and mind  
in this exciting evening  
dance fitness class!

Instructor:  
Carla Peralta

Sign Up  
on Salix!



Questions? Email Sabina:  
**[szhart@theiconteam.com](mailto:szhart@theiconteam.com)**





# FITNESS



## AUGUST GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLASS PASSES</b> <b>\$10 ONE-TIME PASS</b> OR <b>\$80 PUNCH CARD</b> (for 10 classes) OR <b>\$125 ONE-MONTH UNLIMITED PASS</b> OR <b>\$275 UNLIMITED QUARTERLY PASS</b> 3 Months Unlimited! OR <b>\$900 ANNUAL UNLIMITED PASS</b> OR <b>GUESTS \$12 ONE-TIME PASS</b> <b>PURCHASE CLASS PASSES IN THE FITNESS CENTER.</b> <i>Passes are Non-Refundable.</i> <b>SIGN-UP FOR CLASSES ON SALIX.</b> Instructions online under "fitness" Lakewoodnationalgc.com	<u>9:30am</u> <b>Stretch &amp; Sculpt</b> Amy	<u>6:30am</u> <b>Xtreme HIIT</b> Elaine	<u>8:30am</u> <b>Spin</b> Carmen	<u>9:00am</u> <b>Chair Yoga</b> Carmen	<u>9:00am</u> <b>Tight-N-Tone</b> Tracy	<u>9:00am</u> <b>Aqua Fun &amp; Splash</b> Andrea Aug 12th & 19th
	<u>10:30am</u> <b>Trouble Zone Tone</b> Carmen	<u>9:00am</u> <b>Barre</b> Tracy	<u>9:30am</u> <b>Strength &amp; Serenity Yoga</b> Tracy	<u>10:00am</u> <b>Trouble Zone Tone</b> Carmen	<u>10:15am</u> <b>Pilates Plus</b> Elaine	<b>NEW!</b> <u>9:15am</u> <b>PiYo</b> Carla *Aug 5th & 26th
	<b>NEW!</b> <u>5:15pm</u> <b>Circuit Bootcamp 45</b> Elaine	<u>10:00am</u> <b>Yin Yoga</b> Tracy	<b>NEW!</b> <u>6:30pm</u> <b>Dance Fusion</b> Carla Aerobics B			<b>NEW!</b> <u>10:15am</u> <b>Dance Fusion</b> Carla *Aug 5th & 26th
If you do not have a Salix account, please email Olivia to get set up: <b>OVoegelin@theiconteam.com</b>	<b>Questions?</b> Contact Sabina Hart: szhart@theiconteam.com 941.777.7020 (office) 754.245.2136 (mobile)		<b>SCHEDULE IS SUBJECT TO CHANGE—ALL CHANGES WILL BE REFLECTED IN SALIX. PLEASE BRING TOWEL AND WATER BOTTLE TO CLASSES.</b>		Min. 3 participants must be registered for a class to take place, or class will be <b>CANCELLED.</b>	

Aqua Class will be on Aug. 12th & 19th.  
Pool will be closed for two weeks effective August 21. Aqua will resume Sept. 9th!







# 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!



# SPA

## Manicures and Pedicures

10% OFF TILL THE END OF  
JULY

**SCHEDULE NOW**

**[www.vagaro.com/utopiaspalakewood](http://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



**WARREN LEE, CCM, General Manager**  
**941-777-7036 wlee@theiconteam.com**

**GINA PLOTKIN , Assistant General Manager**  
**941-777-7035 gplotkin@theiconteam.com**

**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 HART, Fitness Director**  
**941-777-7020 szhart@theiconteam.com**

**KRISTIN HICKEY, Food & Beverage Director**  
**941-777-7032 khickey@theiconteam.com**

**Administrative Office**  
**941-777-7011 LWNAdmin@theiconteam.com**

**MIKE MCCLELLAN, Director of Instruction**  
**941-777-7013 mmcclellan@theiconteam.com**

## HOURS OF OPERATION

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

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

**Fitness Center**  
**24/7**

**Pool**  
**Dawn-Dusk**

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

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

**Front Guardhouse: 941-210-7146**