



LAKEWOOD  
NATIONAL  
*Golf Club*  
AT LAKEWOOD RANCH

**WEEKLY UPDATE  
AUGUST 11, 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 23 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)

**Open House Policy**

We have received many questions regarding the Open Houses and acceptable signage at Lakewood National. 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, in on or upon any part of the Properties without prior approval of the ARC.
- Open houses shall be permitted on Sundays between 1 pm and 4 pm only. Only a Florida Licensed Realtor or a Homeowner may hold an Open House. The Association must be notified no later than 5 pm on 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.





# HOA

To notify the Association of an Open House you or your Relator intend to have, you must email [LWNAdmin@theiconteam.com](mailto:LWNAdmin@theiconteam.com) or [cefoster@theiconteam.com](mailto:cefoster@theiconteam.com). If we do not receive your request prior to the 5:00PM Wednesday deadline, the Gatehouse Guards will not permit anyone to enter for your Open House.

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

## **Speeding**

Please be reminded of the 25 mph speed limit. This is a very active community with many walkers and golf cart usage. Please be cautious while driving within the community.

## **Overnight Parking**

Please be reminded overnight parking is not allowed.

Thank you.

Have a wonderful weekend!





# FROM THE BOARD

## **INFORMAL Discussions with Members of the Board of Directors**

Starting in August, the Board of Directors will initiate informal discussions with the owner community, complementing Quarterly Town Hall Sessions and regular business meetings. The topics for the sessions will be set by the participants.

Throughout the year, these informal gatherings will take place in August, October, November, and December, offering both in-person and virtual opportunities. To facilitate effective communication, each session will be limited to 20 owners. To attend, owners will need to sign up and indicate the topics they would like to discuss. The frequency and number of sessions will be determined by the level of interest from the owners.

### **IN-PERSON SESSIONS:**

On August 14, 2023, at 4:00 PM, members of the Board of Directors will be available for informal discussions with Lakewood National owners. This event will take place in the Eagle Room of the Club House and will be limited to 20 owners. If there is enough interest, a second session will be scheduled for the same day.

Register here: <https://LiveDiscussions.eventbrite.com>

### **VIRTUAL SESSIONS:**

On August 28 at 5:00 PM EDT, a virtual-only session will be held, allowing 20 owners to participate alongside Board members. As with the in-person sessions, the agenda will be shaped by the topics suggested by the owners. If there is sufficient interest, a second virtual session will also be organized.

Register here: <https://VirtualDiscussions.eventbrite.com>

### **ONGOING AVAILABILITY:**

These informal sessions will continue regularly, ensuring that interested owners have ample opportunities to attend. New attendees will be given preference over those who have already participated in previous sessions.





# FROM THE MANAGER'S DESK

Dear Members,

Hope your summer is going well and everyone is ready for back to school! We would like to update you on the many projects we have been working on in preparation of the upcoming season.

- The sealcoating project of the Common Area and Vardon Terrace parking lots, as well as the Veranda parking spaces along Palmer Circle, has now been completed. Thank you to everyone for your cooperation during this time. On Monday, August 14th we will be striping the golf cart spaces in the area adjacent to the driving range as well as the area in front of the golf shop. Please park your golf carts in the parking lot during this time.
- Fencing: We are awaiting the start date from the contractor. As a reminder, the fencing will be installed to the right of the entrance of the back gate from the last pillar, continuing to the end of the Conservation Area and a small section to the left. We are hoping that this will deter any outside golf carts and bikes from entering the Community. Also, in the near future, we will be adding fencing the North and Southeast sections along Bournside Rd. as well as filling in some open areas with bushes and trees.
- The Main Pool will be closed from August 21 to September 1 so we can professionally clean the pool floor.
- From August 23-28, the Tiki Bar and pool bathrooms will be closed for a deep clean. Cushions for the Tiki couches and new fire pit tables have been ordered; and we are adding some fresh new landscaping to the pool area as well!
- While the cleaning is underway during this time in the Amenity Center, we will be updating the Administration Office. If you need to speak with someone, the staff will be working in Aerobics Room B for a couple of weeks.
- Coffee with the CAM: Beginning Wednesday, September 13, 2023, from 9:30AM-10:30AM and occurring every second Wednesday of the month, we invite you to come and have a cup of coffee with management to discuss any topic of your choice! This will be held in the Champions Room at the Clubhouse. Hope to see you all there!

As always, we appreciate your support and cooperation. Please feel free to reach out to me at any time with any questions and concerns at [gplotkin@theiconteam.com](mailto:gplotkin@theiconteam.com).

Enjoy your weekend!



# LIFESTYLE



**Team Trivia Night**

**TUESDAY, AUGUST 15TH 2023**  
**5:00PM - 8:00PM**

We are excited to invite you to a fun-filled evening of trivia at your Clubhouse on August 15th!  
Get ready to put your knowledge to the test and compete against other trivia enthusiasts.

**REGISTRATION INCLUDES A FRENCH STYLE  
BUFFET FOR EACH PLAYER - \$25++ PER  
PLAYER**

**BUFFET STARTS - 5:00PM & TRIVIA STARTS - 6:00PM**  
When registering your team, please enter the names of all of your players as well as their member numbers for the buffet charge.

**PLEASE NOTE TEAMS ARE LIMITED  
TO 8 PLAYERS MAXIMUM**

**[CLICK HERE TO REGISTER](#)**  
**[BUFFET MENU](#)**



# LIFESTYLE

## SPEAKER SERIES

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

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.



**REGISTER HERE**



# 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 want to remind everyone that we will not be offering brunch this upcoming Sunday. Only the tiki bar will be open for service this upcoming Sunday!!

We hope everyone enjoyed the live entertainment at the tiki last night.

We only have a few places left in our wine-tasting event on August 23rd please click the link below to sign up.

[Click here to reserve your place for the Wine Tasting Event](#)

We hope everyone going back to school this week is safe and enjoying the beginning of another school year.

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  
941-777-7032

**Did you know** that the 18% gratuity charged on all checks from food and beverage goes to the server? They also tip out 2% of sales to a bartender and a food runner. The rest they keep. None of the gratuities go to the house.

Some members have been inquiring, and we wanted to clarify and let everyone know where that portion of money is going.



# FOOD & BEVERAGE

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

- 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.

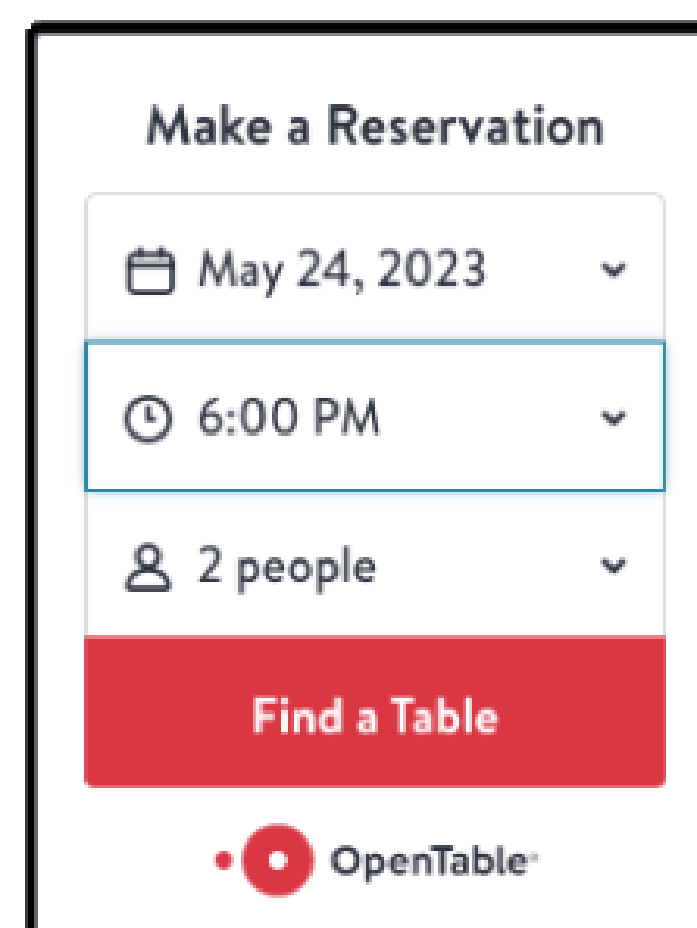
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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

AUGUST 12TH - 18TH  
SPECIAL SELECTIONS

SAT/SUN  
12TH/13TH



## SALT AND PEPPER CALAMARI | \$16.00

Fried and tossed in our signature salt and pepper seasoning blend, sweet chili Mae ploy sauce



MONDAY  
14TH



## BOURBON BACON BURGER | \$18.00

8oz Angus beef, topped with pulled pork, bacon, onion ring, cheddar cheese, and bourbon sauce

TUESDAY  
15TH



## ISLAND TACOS | \$16.00

Chicken or Mojo pork, topped with pineapple slaw, cotija cheese, and a cilantro lime drizzle.

WEDNESDAY  
16TH



## HONEY GARLIC KEBOBS | \$14.00

Three skewers, marinated chicken, onion, pineapple, green pepper, grilled, brushed with teriyaki sauce and finished with sesame seeds

THURSDAY  
17TH



## AHI TUNA POKE BOWL | \$18.00

Seared ahi tuna served over jasmine rice, carrots, cucumber, avocado, seaweed salad, edamame, green onion, pickled red onion and a ginger marinade dressing

FRIDAY  
18TH



## CRAB CAKES | \$18.00

Two crab cakes over a bed of arugula topped with a lemon-garlic aioli





# FOOD & BEVERAGE

## TIKI BAR

**2 FOR \$35**

**AUGUST 12TH - 18TH**

- **CUBAN-STYLE PICADILLO - (DINE IN PRICE \$20)**

Ground beef, jasmine rice, onion, bell pepper, olives, and seasonings

- **CILANTRO-LIME SALMON - (DINE IN PRICE \$21)**

Grilled salmon topped with cilantro-lime drizzle, served over jasmine rice and chef's veggies



# GOLF

## "The Directors Cut"

By: Nick Campbell



### **Tournaments Open For Registration**

- Ladies League – August 15<sup>th</sup>
- Member-Member – August 19<sup>th</sup>
- Men's League – August 21<sup>st</sup>
- Sunday Social – August 27<sup>th</sup>

### **Upcoming Events**

- Ladies Leagues – August 29<sup>th</sup>
- Men's League – Sept 4<sup>th</sup>
- Ladies League – Sept 12<sup>th</sup>
- Sunday Social – Sept 17<sup>th</sup>
- Men's League – Sept 18<sup>th</sup>

### **Golf Staff Contact Info**

#### Daily Operations & Billing

Director of Golf - Nick Campbell

[NCampbell@theiconteam.com](mailto:NCampbell@theiconteam.com)

#### Tournaments & Leagues

Head Golf Professional - Jeff Miller

[JMiller2@theiconteam.com](mailto:JMiller2@theiconteam.com)

#### Merchandise & Club Repair

1<sup>st</sup> Assistant Golf Professional -AJ Gorey

[AGorey@theiconteam.com](mailto:AGorey@theiconteam.com)

#### Lessons & Clinics

Director of Instruction - Mike McClellan

[MMcClellan@theiconteam.com](mailto:MMcClellan@theiconteam.com)

### **Tip of the Week**

By Jeff Miller

Our Chelsea Reservation System has been wonderful for both the members and staff. When making adjustments or cancellations to tee times or requests, please use the desktop version of the website. The app is wonderful for booking but limited in its capabilities for adjustments.

### **Course Information**

By Joel Ehrhart

Please utilize your sand bottles on the fairways. The Staff takes care of filling the tee boxes. This will allow you to have more sand throughout the round for the fairways.

### **Swing Thought of the Week**

By Mike McClellan

When hitting short wedge shots, try to make your backswing and follow through match in length. This will allow for better distance control.

### **New Merchandise**

By AJ Gorey

The brand new line of Scotty Cameron Super Select putters are in. Inventory is limited so come see if its just what you need to improve your strokes gained putting!

### **Employee of the Week**

By Jeff Miller

Thank you to Matt Spinner for everything he does for the golf operation. Matt is a crucial piece of the puzzle here at the club. He is behind the scenes as the cart barn maintenance attendant. The work that Matt completes on a daily basis allows the rest of the team to operate at a high level. If you see Matt around, please thank him for all the hard work he does!



# GOLF



## LAKESWOOD 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







# RACQUET SPORTS

## **Attention Lakewood National Pickleball Enthusiasts!**

Many of you experienced the thrill of playing on a pickleball team last year. You also know that we faced challenges caused by only having 4 courts. We've taken lessons learned from last year and we are happy to announce that we will continue to offer team pickleball, but in a reduced capacity, using less court time than last year.

## **WE NEED YOUR HELP TO MAKE THIS HAPPEN!**

### **Please respond by AUGUST 18TH in order to be placed on a team.**

There are two different leagues being offered. Both leagues have opportunities for men, women and mixed doubles players at a variety of skill levels from beginner to advanced.

Matches are held at communities within Lakewood Ranch. Some will be "home" and some will be "away".

You may sign up for either or both leagues, however note that if we get too many people, we will be working on a fair way to accommodate as many players as possible. That is to-be-determined based on how many respond at this time, so please get this done by August 18th!

### **1) Lakewood Ranch Pickleball League:**

- Matches: every other Saturday 12:30-2:30 from October 21- end of March and include men's, women's and mixed doubles at various levels.
- Levels: Social (2.5-3.25) Intermediate (3.3-3.75) Advanced (3.8-5.0)
- Fees: \$45 (\$30 covers team entry, snacks, logo shirt, carabiner and \$15 covers membership in the LWR Pickleball Club.)
- LINK to SIGN UP: <https://lwrpickleballclub.com/membership/>
- Important Note: You may have already received an email from Bob Haskin with instructions for signing up for this league. If you already signed up, you do not need to do anything else to participate in this league. If you DID NOT get the email and want to join this league, simply click on the link above and register.
- Contact Bob Haskin with any questions at [rahaskin27@gmail.com](mailto:rahaskin27@gmail.com)

### **2) DUPR league:**

- Matches: are Wednesdays for women, Thursdays for men, and Fridays for mixed doubles, always from 12:30-2:30 from mid-October to Mid-November. There are 8





# RACQUET SPORTS

matches in the fall season. (New teams will be formed for the “winter season” starting in January. We are only collecting names now for the Fall season.)

- **Levels:** The levels have been changed to 2.5+ (2.5-2.99), 3.0+ (3.0-3.49), 3.5+ (3.5-3.99), and 4.0+ (4.0 and up). DUPR has eliminated the verbiage of novice, intermediate, intermediate plus, and advanced. Eighty percent of the players on any roster must be that level. This will insure we have competitive matches. This year your rating will dictate which level you are allowed to play in. If you don't yet have a DUPR rating we can help you get one. **Everyone is welcome!**
- **Fees:** No payment is required at this time. We are only collecting names and levels right now, in order to get a headcount of how many players want to play, so we can organize everyone into teams. Once teams are formed, the \$70 fee will be collected.

LINK to SIGN UP <https://forms.gle/mGKUabggHr33oGUS6>

Note: The form lists several options for you to participate on a team. When you fill out the form, simply check off all of the teams that you are interested in, but be sure to rank them in order from your 1st choice to your last choice, so that if we receive a very large number of responses, we can do our best to accommodate your 1st choices.

Contact Kathy Budrawich with any questions at [KTHYBUD@YAHOO.COM](mailto:KTHYBUD@YAHOO.COM)

**BE ON THE LOOKOUT FOR ANOTHER COMMUNICATION THE WEEK OF AUGUST 21ST AT WHICH TIME WE WILL HAVE COMPILED ONE MASTER LIST FOR BOTH LEAGUES, AND LET YOU KNOW HOW TEAMS WILL BE FORMED, WHO WILL CAPTAIN EACH OF THE TEAMS, AND MORE. THESE LEAGUE TEAMS WILL BE THE ONLY TEAMS ACCOMODATED AT LAKEWOOD NATIONAL FOR 2023/24 PICKLEBALL SEASON.**

## BOCCE BALL

Bocce ball Court 2 is under maintenance until further notice. We are currently under way with root pruning to stop surrounding vegetation from growing into the courts. Bocce ball Court 1 is open and available for play. Please sign up on Salix for use to alleviate any double bookings. Thank you for your patience.

## BALL MACHINE

The ball machine has been damaged due to rain. The switch board that is broken has been removed and will be sent to be repaired. Until this comes back to us, the ball machine will be out of order until further notice. Please in future, help us by treating the equipment as your own and cover the ball machine after every use. We will open it back up on Salix when it is back operational.





# 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

## Fitness Updates



### Group Class Updates

**Don't forget to sign up for Andrea's Water Aerobics classes (Aqua Fun) this Saturday, 8/12, and next Saturday, 8/19!**

**Reminder:** No Water Aerobics Classes during pool closure for two weeks effective August 21.

**\*\*\*Spin classes on August 17 and 23 will likely be moved to Aerobics Room A. Check Salix to be sure.**

**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](mailto: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](mailto:Szhart@theiconteam.com) | mobile: (754) 245-2136

**Olivia Voegelin**, Fitness Center Attendant: [OVoegelin@theiconteam.com](mailto:OVoegelin@theiconteam.com)

Fitness Center phone: (941) 777-7020







# 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

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# CONTACTS



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**Administrative Office**  
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**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**