



LAKEWOOD  
NATIONAL  
*Golf Club*  
AT LAKEWOOD RANCH

**WEEKLY UPDATE  
AUGUST 25, 2023**





# 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**

Is held virtually on the 2nd & 4th Wednesday of every month. The next meeting will be held on September 6th at 3:00 PM. All applications for this meeting must be submitted by August 30 by 5pm. Any applications submitted after the deadline will be reviewed at the next meeting. Please be reminded that all ARC Requests must adhere to the Architectural Design Standards. Please see link below.

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

Meeting ID: 996 1980 0791

Passcode: 637234

## **Home Rentals**

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

We are tracking AirBNB, Homeaway and VRBO rentals. The HOA has the right to deny renters access to property if correct procedures are not followed.

If you have questions about these procedures, please contact the administrative office for assistance.

## **General Rules**

Please [CLICK HERE](#) for Lakewood National General Rules.

## **Transponders and Membership Card**

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](mailto:LWNADMIN@theiconteam.com). Please be reminded, additional transponders are \$25.00.





# HOA

**Replacement Membership Cards:** Please email your request to [LWNADMIN@theiconteam.com](mailto:LWNADMIN@theiconteam.com)

- **Please be reminded replacement cards are \$10.00.**

## **EZ Pay**

Please be reminded that all Members must be set up on EZ PAY by September 1st. Please contact [sbryant@theiconteam.com](mailto:sbryant@theiconteam.com).

## **Did you know?**

All Members have access to their monthly statement on the Lakewood National website. [www.lakewoodnationalgc.com](http://www.lakewoodnationalgc.com). Click on Home, Member statements.

## **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.

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.





# HOA

## **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 and landscaping**

As always, if you have a landscaping or irrigation issue the best and fastest way to have it addressed is by submitting a work order directly to ArtisTree. This can be done directly through the website under the HOA tab and the 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. Overnight parking is deemed to be any time between the hours of 1 AM and 6 AM.

## **Golf Cart Registration**

All golf carts must be registered. Proof of insurance must be provided at registration. Please visit the management office for a golf registration form.

## **Disaster Preparedness Sales Tax Holidays: August 26 – September 8, 2023**

The 14-day Disaster Preparedness Sales Tax Holidays will give you a break on sales tax on some supplies. Please visit the Florida Department of Revenue's website for a full list of tax exempt items. [https://floridarevenue.com/taxes/tips/Documents/TIP\\_23A01-02.pdf](https://floridarevenue.com/taxes/tips/Documents/TIP_23A01-02.pdf)

Have a fantastic weekend!





# FROM THE BOARD

At the August 24, 2023 Board meeting, the Board approved a capital purchase of two new elliptical trainers for the Fitness Center; one as a new piece, and the second as a replacement for a broken elliptical.

Golf Program Rates and Fees and Racquet Sports Program Rates and Fees. Both proposals can be found by clicking below:

[2024 Golf Rates Presentation](#)

[2024 Tennis Rates Presentation](#)

The proposed 2024 Golf and Racquet Sport Rates and Fees were presented to the Board by the respective Directors and Committee Chairs. These proposed changes are based on local market conditions and a forecasted decrease in golf rounds based on history as well as industry data.

Comments about the proposed 2024 rates are welcomed and can be sent via email to the Board and respective Committee Chairs. Email addresses can be found [here](#) for Board Members, and [here](#) for Committee Chairs and [here](#) for Department Directors.

The Board took disciplinary action against a Member and guest who violated the Association's Code of Conduct and its Rules and Regulations.

## **“Conversations with the Board”**

Our next informal conversation, this Monday, August 28th, at 5:00PM will be held virtually, allowing those of you who are not in residence at this time to attend. The meeting size is limited to 20 members, and a few spots are still open. Register [here](#) to attend and let us know what you want to discuss.





# FROM THE BOARD

## Upcoming Meeting Schedule

Budget season is here, and the Board and our committees are hard at work preparing the 2024 budget. Here is the schedule of upcoming meetings:

- September 7th – 3:00PM
- September 21st – 3:00PM
- October 4th – 3:00PM – Note: this is a Wednesday
- October 12th – 3:00PM
- October 23rd or 24th, – 6:00PM – 2024 Budget Town Hall
- October 26th – 5:00PM – 2024 Budget Adoption

Because of the expected length of these meetings, most start times will be 3:00PM. As a reminder, all Board meetings are “hybrid” – in person as well as virtual, and each meeting is recorded and posted on the member website.





# FROM THE MANAGER'S DESK

Dear Members,

As you are aware, we are in the process of performing a deep clean of the pool and Tiki Bar. The Tiki Bar will be closed this weekend and re-open on Monday at 11:00AM. The pool will remain closed until Friday, September 1st.

For your convenience, Lakewood National has six satellite pools for you to enjoy! Please see the locations below:

1. 5943 Wake Forest Run
2. 16924 Vardon Terrace
3. 5541 Palmer Circle
4. 5706 Palmer Circle
5. 6095 Worsham Place
6. 17806 Gawthrop Drive

## Other Important Items

- We are in the process of creating new categories for Access Cards. Residents from ages 12-15 years will receive Access Cards that will utilization of the Pedestrian gates on Uhlein and Bournside and the pool gate only. Residents under the age of 12 years will receive a Access Card that will access the Pedestrian gates only. Please look for this communication on this timeline in the next couple of weeks.
- Coffee with the CAM will take place at the Clubhouse on Wednesday, September 13, 2023 at 9:30AM and will continue every second Wednesday of the month. Please feel free to stop by for some coffee and conversation with the management staff!

Thank you and enjoy your weekend!



# LIFESTYLE



We had a fantastic turnout for our first edition of the speaker series with Detective Tom Kaczmerik joining us for a talk about Home Safety in the community. He has committed to coming back in the future to talk about other topics.

[CLICK HERE](#) to watch the recording



# LIFESTYLE

## BINGO

Hosted By Rob C

## NIGHT



JOIN US FOR  
GAMES,  
FUN, & PRIZES



**TUESDAY AUGUST 29TH**  
**TIKI BAR - 5:30PM**



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



A photograph showing several hands of different skin tones stacked together in a pyramid shape, symbolizing teamwork and community.

# LIFESTYLE

A photograph of a wooden cornhole board set on a green lawn. Two pillows, one red and one blue, both with a black 'LV' logo, are placed on the board. A yellow banner is draped across the middle of the board.

**2023**

***CORNHOLE***

***TOURNAMENT***

**WEDNESDAY SEPTEMBER 6TH**

**LWN TENNIS COURTS**

**6:00PM - 8:00PM**

**\$40 PER TEAM + TAX**

**JOIN US FOR A NIGHT OF FUN, FOOD & MUSIC**  
**AS WE HOST THE 2nd CORNHOLE**  
**TOURNAMENT AT LAKEWOOD NATIONAL.**

**PRICE INCLUDES FOOD**

**PLEASE REGISTER BELOW - 16 TEAMS MAX**  
**(2 people per team)**

**REGISTER HERE**



# LIFESTYLE

SAVE THE DATE  
HALLOWEEN  
*costume party*



27  
OCTOBER

MUSIC, FOOD &  
DRINKS

CLUBHOUSE

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 want to thank everyone who came out to the clubhouse to enjoy our wine tasting event and live entertainment. We hope everyone enjoyed.

We want to remind everyone while we know it's a bar area in Deke's, we ask you to refrain from yelling and shouting at the bar or in the dining room. We try to create the best dining experience we can for everyone while only using Deke's during the off season for service. Please be courteous to your fellow members who are trying to enjoy a dining experience.

***Please be reminded that the Tiki Bar will be closed from August 23rd and will reopen on Monday, August 28th for annual maintenance.***

Tiki team is working hard on deep cleaning the tiki while the pool is shut down. We thank you for your patience through this time. ***This Sunday we do not have brunch but the clubhouse will be open for lunch service with the regular lunch menu this Sunday from 11am-330pm.***

We know holidays are quickly approaching and our team is working hard to finalize details for each one. Please be patient with our teams. Communication will go out for save-the-dates and sign-ups as we have them for all our holiday events planned. Please do not reach out to try to book Rooms on the actual holiday itself as the club will be hosting events for the membership and utilizing those spaces.

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.



# FOOD & BEVERAGE

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

- 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.

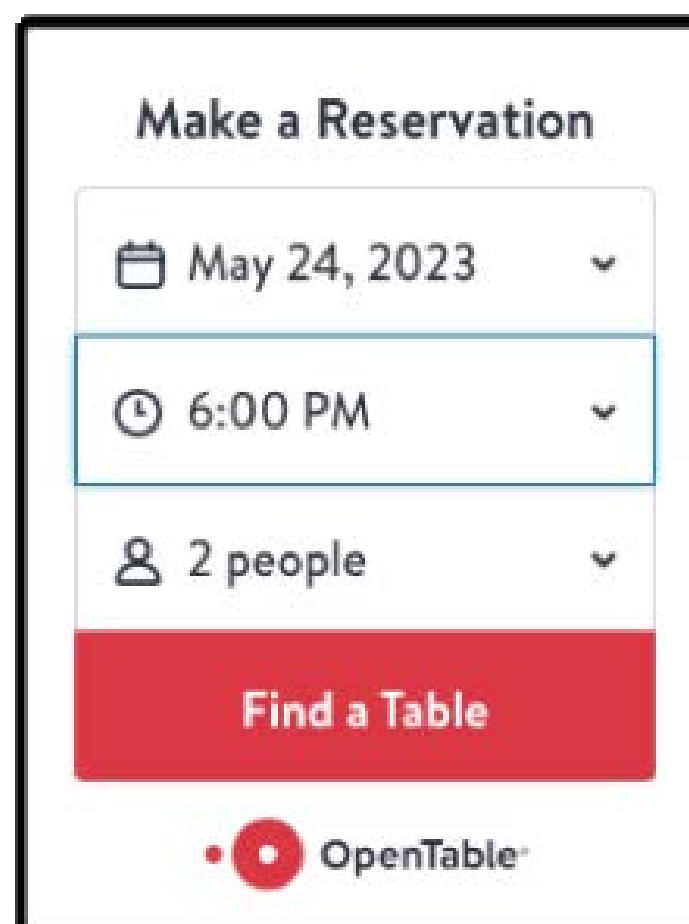
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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**



# FOOD & BEVERAGE



## SUNDAY

### Brunch

Treat yourself at our beautiful Clubhouse to a variety of delicious dishes, from fluffy waffles to savory eggs benedict.



\$30++PP  
\$15++ AGE 5-12  
UNDER 5 - FREE

CLUBHOUSE

SEPTEMBER - 3RD & 10TH  
OCTOBER - 1ST & 15TH

10:00AM - 3:00PM

CLICK THIS FLYER TO RESERVE IN OPEN TABLE

## Brunch Menu



# GOLF

LAKWOOD NATIONAL

## SEPTEMBER SALE

SEPTEMBER 1 - 30

BUY ONE GET ONE 50%  
OFF ALL APPAREL AND  
HEADWEAR

\*MEMBER DISCOUNT OF 20%  
WILL BE APPLIED TO MOST  
EXPENSIVE ITEM

20% OFF ALL HARD  
GOODS (BALLS, GLOVES,  
CLUBS, BAGS &  
ACCESSORIES)





# GOLF



LAKEWOOD NATIONAL GOLF CLUB  
2023 LADIES SUMMER MEMBER MEMBER

OVERALL CHAMPIONS



SUZANNE FAJGENBAUM & RHONDA  
MILLER





# GOLF



LAKEWOOD NATIONAL GOLF CLUB  
2023 MEN'S SUMMER MEMBER MEMBER

OVERALL CHAMPIONS



VITO TORRISI & CHUCK FLEMING

\$85 PER PLAYER





# GOLF

FLIGHT 1  
FLIGHT WINNERS – JOSEPH VITELLO & ADAM SHEALY – \$130 PER TEAM

FLIGHT 2  
FLIGHT WINNERS – JON HARDISON & JOE JIANNETTI- \$130 PER TEAM

FLIGHT 3  
FLIGHT WINNERS –VITO TORRISI & CHUCK FLEMING- \$130 PER TEAM

FLIGHT 4  
FLIGHT WINNERS –SHAUN KOLKE & ZOE SILVER- \$170 PER TEAM

FLIGHT 5  
FLIGHT WINNERS –EDWARD BRAUD & RICH GOWER- \$130 PER TEAM





# 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



## **SUNDAY SOCIAL 18-HOLE DIVISION**

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**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**

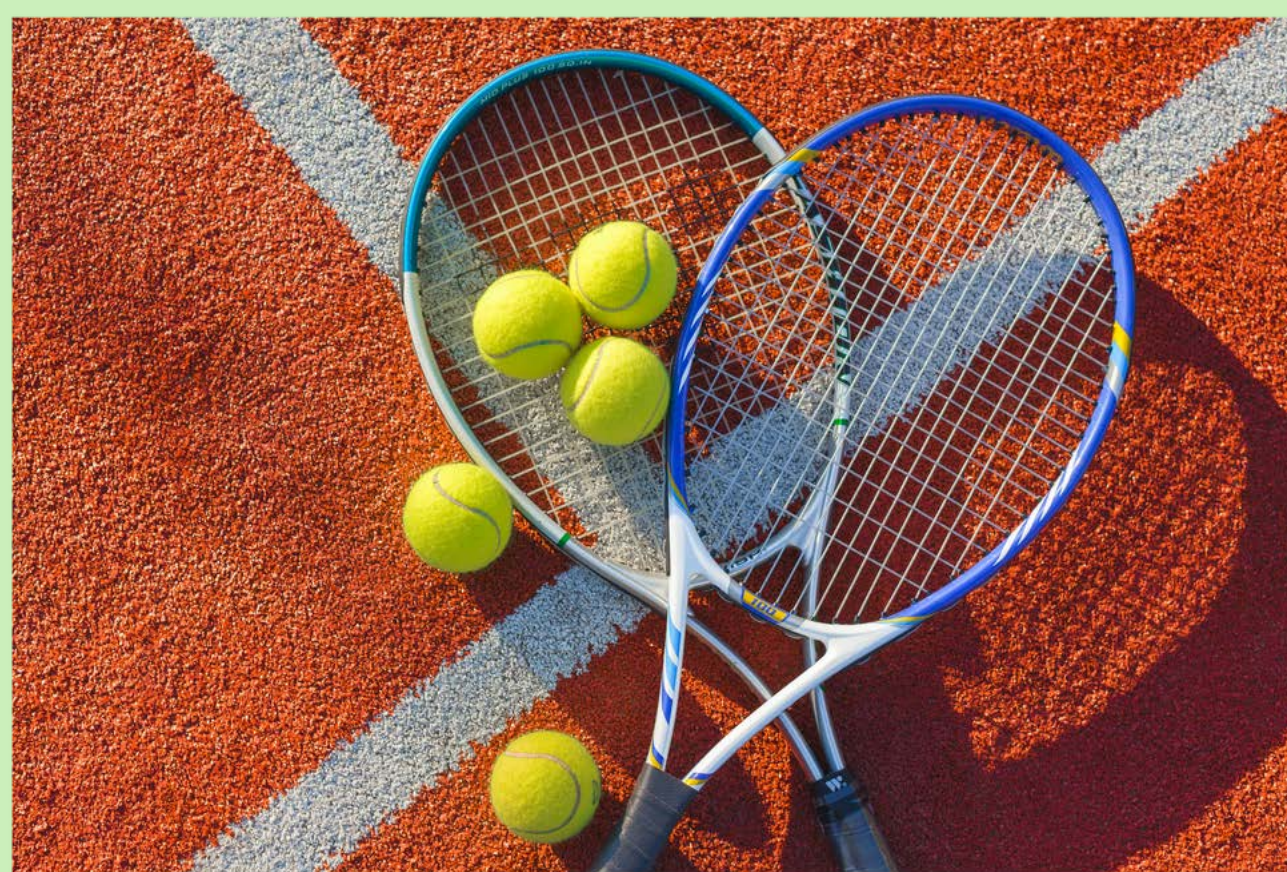
Tee  
Times







**Pickleball: Thank you to all who have showed interest in League play for the upcoming season. We have received all the information and are cross checking both leagues to derive captains and team set up that will best accommodate the community and court usage. Stay tuned for more information to be released after Labor Day. Thank you to all who chose to take part. We appreciate the help and communication.**



**Tennis: Ball machine has been received by the manufacturer and is awaiting diagnostics for repair. There has not yet been a date given for return of the machine.**



# FITNESS

## FITNESS UPDATES

### PiYo and Dance Fusion

This Saturday, 8/26, Carla will be teaching both **PiYo** and **Dance Fusion**, back-to-back! Sign up on Salix to secure your spot.



**Come join the fun!**

Sign up for Elaine's Xtreme HIIT class on Tuesdays at 6:30am

### Personal Training & Nutritional Consulting

*Customized to match your unique requirements,*  
Personal Training and Nutritional Guidance are designed exclusively for you!

Training options include:

- Corrective Exercise
- Strength Building
- Golf-specific TPI plans
- Weight Loss Regimens
- Mobility and Flexibility



**SABINA Z. HART** (754) 245 - 2136 [Szhart@theiconteam.com](mailto:Szhart@theiconteam.com)





# FITNESS



## REMINDER

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You Must Sign Up on Salix  
Before Attending Fitness  
Classes

If less than 3 people sign up,  
Class will be CANCELLED.



# FITNESS



## SEPTEMBER GROUP FITNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### CLASS PASSES

**\$10 ONE-TIME PASS**

OR

**\$80 PUNCH CARD**

(for 10 classes)

OR

**\$125 ONE-MONTH**

**UNLIMITED PASS**

OR

**\$275 UNLIMITED**

**QUARTERLY PASS**

3 Months Unlimited!

OR

**\$900 ANNUAL**

**UNLIMITED PASS**

OR

**GUESTS**

**\$12 ONE-TIME PASS**

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

*Passes are Non-Refundable.*

**SIGN-UP FOR CLASSES  
ON SALIX.**

Instructions online under  
"fitness"  
Lakewoodnationalgc.com

9:30am  
**Stretch & Sculpt**  
*Amy*

10:30am  
**Trouble Zone  
Tone**  
*Carmen*

*New time!*  
4:30pm  
**Circuit  
Bootcamp 45**  
*Elaine*

6:30am  
**Xtreme HIIT**  
*Elaine*

9:00am  
**Barre**  
*Tracy*

10:00am  
**Yin Yoga**  
*Tracy*

8:30am  
**Spin**  
*Carmen*

9:30am  
**Strength &  
Serenity Yoga**  
*Tracy*

6:30pm  
**Dance Fusion**  
*Carla*  
Aerobics B  
(Only on 9/6 & 9/13)

9:00am  
**Chair Yoga**  
*Carmen*

10:00am  
**Trouble Zone  
Tone**  
*Carmen*

9:00am  
**Tight-N-Tone**  
*Tracy*

10:15am  
**Pilates Plus**  
*Elaine*

9:00am  
**Aqua Fun &  
Splash**  
*Andrea*

**Aqua class on Saturdays will resume  
Sept. 9!**

**On Labor Day (9/4) one class  
(Carmen's TZT) will be available.**

**Amy and Carmen will sub Tracy's  
classes on Sept. 19 and 20.**

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

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

**SCHEDULE IS SUBJECT TO CHANGE—ALL  
CHANGES WILL BE REFLECTED IN SALIX.**  
**PLEASE BRING TOWEL AND WATER  
BOTTLE TO CLASSES.**

Min. 3 participants must be  
registered for a class to take  
place, or class will be  
**CANCELLED.**





# FITNESS

## CLASS DESCRIPTIONS

Most classes are approx. 50-60 minutes of active time.

**AQUA FUN & SPLASH:** Take the plunge for a fun filled shallow water class with lively music to keep you moving! Enjoy all the benefits of water exercise to stay fit with low impact moves that are easy on the joints. Just the resistance of the water helps improve cardio fitness, gain endurance, flexibility, and strength! \*With inclement weather, water aerobics will be cancelled & instructor may offer indoor class. Bring change of clothes/shoes.

**BARRE:** Barre is a rigorous hybrid workout incorporating elements of ballet, yoga and Pilates! The low impact exercises focus on high repetitions, small range and isometric movements - expect to feel the burn and shake a little (or a LOT!) Barre is also ideal for flexibility, overall balance and coordination.

**CHAIR YOGA:** Bend, stretch and rejuvenate your body from the comfort of a chair. Enjoy traditional yoga poses and breathe without coming down to the mat! A gentle yoga well suited for those with limitations.

**CIRCUIT BOOTCAMP 45 (NEW):** Circuit Bootcamp is a total body workout focusing on upper & lower body strength, core stability, speed and agility. This circuit can accommodate all levels by increasing or decreasing the amount of weight used for the strength circuit, and increasing or decreasing the speed, intensity and ROM on any exercise. No matter what level you consider yourself, you will find a challenge in this workout! Class length is approx. 45 minutes.

**DANCE FUSION (NEW):** This fun class focuses on easy-to-follow dance moves and light body weight training, all while listening to energetic pop and international music. Feel the music and reshape your body and mind in this exciting dance atmosphere!

**PILATES PLUS:** Welcome to Pilates Plus! No Pilates experience necessary! You will be guided through pilates-style moves to increase balance, build a strong core, tone your entire lower body including glutes, inner & outer thighs, PLUS use light weights to tone and strengthen your entire upper body. We'll be targeting the back, biceps, triceps, and shoulders so you can feel confident all summer long!

**PIYO (NEW):** Combine the health benefits of Pilates and Yoga all in one fitness class! This functional training workout is designed to strengthen your entire body in a controlled manner to improve mobility and flexibility.

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

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

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

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

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

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

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

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





# FITNESS

## Group Fitness Class Guidelines

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

## How To Sign Up for Salix

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

Please email Olivia for a Salix account : [OVoegelin@theiconteam.com](mailto: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](mailto:OVoegelin@theiconteam.com); OR  
Sabina Z. Hart, Fitness Director and Personal Trainer  
[szhart@theiconteam.com](mailto:szhart@theiconteam.com) | 941.777.7020 (office) | 754.245.2136 (mobile)



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# CONTACTS



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**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**