



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE AUGUST 4, 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)

Open House Policy

Open houses shall be permitted only on Sunday between 1 pm and 4 pm. Only a Florida Licensed Realtor or the 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.

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.



HOA

Artistree

Greetings, these past couple weeks, at Lakewood National it has been business as usual. This time of year, we are busy, busy, controlling weeds in the mulch beds, and in the turf. We are seeing chinch bugs here and there, and treating them with insecticide. We are on the lookout for funguses and warm season pests in the plants. It's nice to see some recent rains that is helping with the deficiency in the irrigation lakes. Irrigation is back to operating 100%.

Overnight Parking

Please be reminded overnight parking is not allowed.

Gate Access

The gatehouse is manned 24/7/365. The community utilizes a visitor management system; residents must administrate their own guest and vendor file. Register your vendor and guests at gateaccess.net. Please remember to enter full address including unit number. If you have questions please email cefoster@theiconteam.com.

Home Rentals

With the 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.

Upcoming Board Meeting Schedule

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

Upcoming Town Hall Schedule

Week of September 25th



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 24 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 MANAGERS DESK

ATTENTION RESIDENTS ON VARDON TERRACE:

Please be advised that beginning Friday, August 4th and continuing through Thursday, August 10th we will be sealcoating the following parking lots:

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.

[Please see the map here.](#)

If you have any questions, please feel free to reach out to me directly at gplotkin@theiconteam.com.

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 have just a few updates this week as we are all busy working on planning out the rest of the year with fun events for everyone to enjoy.

We have live entertainment by Vere Hill at the tiki bar starting at 5pm on August 10th so mark your calendars. <https://www.verehillmusic.com>

We are hosting Brunch this Sunday on the 6th in the clubhouse, please make your reservations ahead of time. We do welcome walk-ins as well. Brunch times are from 10am-3pm. Last reservation times are at 2pm.

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

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.

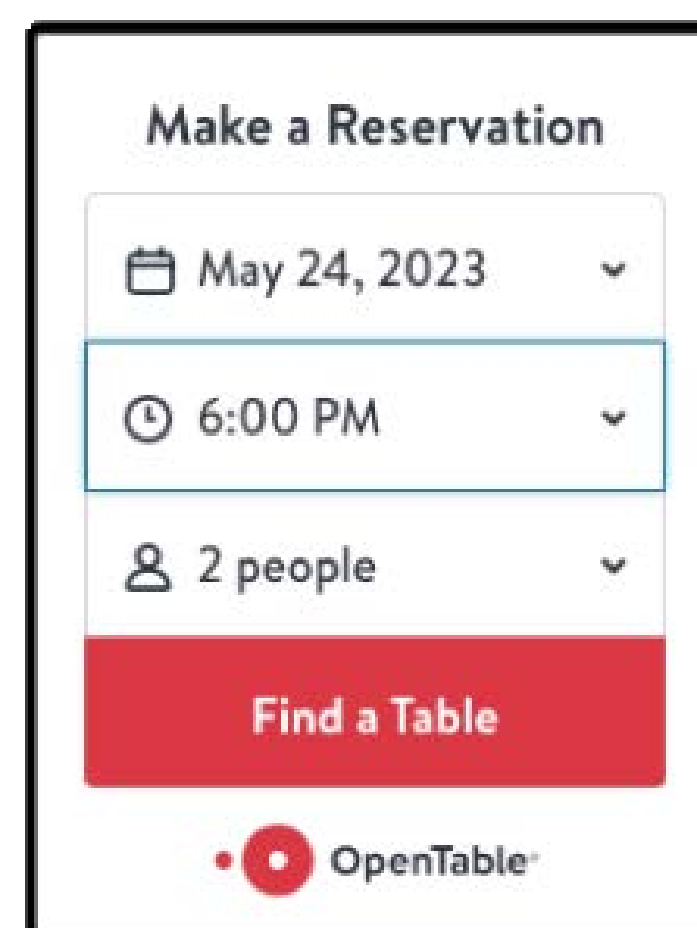
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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 5TH - 11TH
SPECIAL SELECTIONS

SAT/SUN
5TH/6TH

● CONCH FRITTERS APPETIZER | \$14.00
Served with a lime aioli

MONDAY
7TH

● JERK CHICKEN SANDWICH | \$15.00
Seasoned grilled juicy jerk chicken, on a hoagie roll with lettuce and tomatoes. Jerk aioli sauce

TUESDAY
8TH

● BEEF TACO SALAD | \$15.00
Seasoned ground beef, lettuce, Pico de gallo, shredded cheese, and green onions. Salsa and sour cream on the side.

WEDNESDAY
9TH

● TUNA TATAKI | \$18.00
Tuna, Mix Green, seaweed salad, edamame, shredded carrots, cucumber. Ginger dressing side.

THURSDAY
10TH

● JAMAICAN BEEF PATTIE | \$7.00 EACH
Served with Queso cheese

FRIDAY
11TH

● COCONUT SHRIMP BASKET | \$18.00
Fried jumbo shrimp served with truffle fries



FOOD & BEVERAGE

TIKI BAR

2 FOR \$35

AUGUST 5TH - 11TH

- **GRILLED SALMON - (DINE IN PRICE \$20)**
Grilled salmon top with a lemon butter, served with yellow rice and mix vegetables.
- **JERK CHICKEN DINNER - (DINE IN PRICE \$18)**
Season chicken breast grilled, served with yellow rice and mix vegetables.

GOLF

"The Directors Cut"

By: Nick Campbell



Tournaments Open For Registration

- Men's League – August 7th
- Ladies League – August 15th
- Member- Member – August 19th
- Sunday Social – August 27th

Upcoming Events

- Men's League– August 21st
- Ladies Leagues – August 29th
- Men's League – Sept 4th
- Ladies League– Sept 12th
- Men's League– Sept 18th

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

Play the tee markers that best suits your game. As a golfer, you may play any tee at any time. Your handicap is adjusted to the tee box you are playing that day.

Course Information

By Joel Erhart

The summer rains are back! Please be careful navigating the wet areas around the courses.

Swing Thought of the Week

By Mike McClellan

Make sure you alignment is correct at address. When practicing, use spare golf club or alignment stick to help train your body to line up correctly.

New Merchandise

By AJ Gorey

Come by the golf shop and check out our new Birdie King belts and tumblers!

Employee of the Week

By Jeff Miller

Thank you to Oliver Warren for his hard work this week. Oliver has been training to work in the golf shop and is doing a wonderful job. If you see him outside on the Guest Services Team or behind the Golf Shop counter, please congratulate him on a job well done.



GOLF



LAKESWOOD 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





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



Interested in Personal Training or Nutritional Consulting?

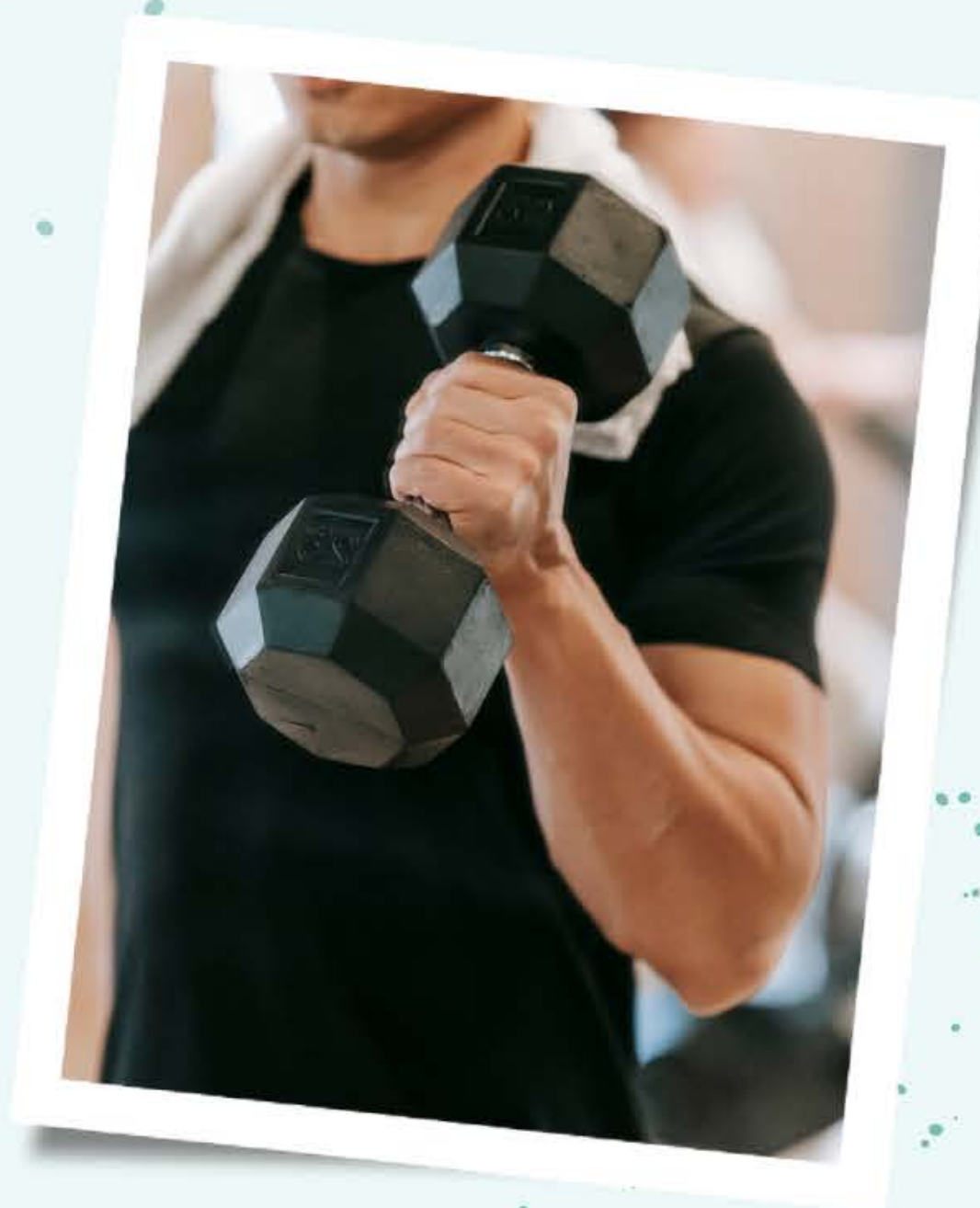
Personal Training and Nutritional Guidance are tailored to your needs. Types of training include corrective exercise, strength, golf-specific TPI plans, weight loss, mobility/flexibility, and more! To get started, schedule your free consultation with Sabina today.

New Classes This Saturday

*This Saturday, Carla will be teaching **PiYo** at 9:15am and **Dance Fusion** at 10:15am in place of Aqua Fun & Splash.*

Late Afternoon Classes

*On Mondays and Wednesdays, we now have two new afternoon classes: **Circuit Bootcamp** and **Dance Fusion**. See August fitness schedule for more information!*



Director of Fitness and Personal Trainer

Sabina Z. Hart | (754) 245 - 2136 | 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





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



FITNESS



AUGUST GROUP FITNESS SCHEDULE

	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. <i>Passes are Non-Refundable.</i> SIGN-UP FOR CLASSES ON SALIX. Instructions online under "fitness" Lakewoodnationalgc.com	<u>9:30am</u> Stretch & Sculpt Amy	<u>6:30am</u> Xtreme HIIT Elaine	<u>8:30am</u> Spin Carmen	<u>9:00am</u> Chair Yoga Carmen	<u>9:00am</u> Tight-N-Tone Tracy	<u>9:00am</u> Aqua Fun & Splash Andrea Aug 12th & 19th
	<u>10:30am</u> Trouble Zone Tone Carmen	<u>9:00am</u> Barre Tracy	<u>9:30am</u> Strength & Serenity Yoga Tracy	<u>10:00am</u> Trouble Zone Tone Carmen	<u>10:15am</u> Pilates Plus Elaine	NEW! <u>9:15am</u> PiYo Carla *Aug 5th & 26th
	NEW! <u>5:15pm</u> Circuit Bootcamp 45 Elaine	<u>10:00am</u> Yin Yoga Tracy	NEW! <u>6:30pm</u> Dance Fusion Carla Aerobics B			NEW! <u>10:15am</u> Dance Fusion Carla *Aug 5th & 26th
If you do not have a Salix account, please email Olivia to get set up: OVoegelin@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.	

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

Utopia 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 skin's 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 skin's 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 skin's natural collagen, and keeps skin hydrated long after your service is over.

5

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

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