Treviso Bay

April 2017

Connect with your Clubhouse and Community.

All the News from Treviso Bay
Country Club

E-Newsletter for the Members of Treviso Bay Country Club

Welcome

New Member Orientations

Please Stop by the Social Activities Room at the Main Clubhouse for our new member orientation. These informative sessions take place 10AM every Monday & Friday. You will be able to meet with the Property Management Team, learn about Treviso Bay, and receive your gate passes. After the orientation, you are able to pick up vour member ID card at the **Amenity Center** Management Office. (no RSVP necessary)



At the Main Clubhouse we have our main office staffed with our General Manager Michael Blume, Master Community Manager Gabby Geraci, Food & Beverage Director Adriana Garcia, Executive Chef Alan Peters, and our Executive Assistant Josie Semenza.

Our community is stationed with two management offices. At Villa Rilassare, there is a satellite management office across from the fitness center that has our Condominium Association Manager, Marquita Green and our Administrative Assistant, Kedisha Edwards.

GOLF COURSE MAINTENANCE REPORT Gregory Jack

Although we received rain in March, Treviso Bay has not received a flushing rain of more than 2 inches since October 3. The rain does diluted the salt content, but light rain does not move the salt through the soil profile. With salt accumulation in the soil, the grass is less tolerant to traffic stress and ball marks. With the warmer weather at the beginning of March, granular fertilizer were applied to allow the plant more available nutrients. With warmer weather in April, fertilizer applications will be made to the greens along with the rest of the turf on the golf course near the middle of the month

If you have noticed the small piles of dirt pushed up around the course mainly in the rough, mole cricket activity has been more aggressive with the warmer weather. Because of their eco-skeleton, soap and water can bring them out of the ground. The week of the April 17, a slit injection of insecticide will be applied to all turf on the golf course except for the greens to control ants and mole crickets.

With the lack of rain along with low humidity and high winds, put the area in fire danger. You might have noticed the bridges and retaining walls have been trimmed around to reduce the amount of burning material next to the structures. The best remedy for wild fires is still prevention. Make sure that all cigarette and cigars are secure when lite. If you happen to see a wild fire in the area, please call 911 immediately. After reporting it to the authorities, please contact the staff so we can assist the authorities.

As the seasonal residents head north, we hope everyone enjoyed their time and course conditions. We appreciate all of the compliments and look forward to setting up the course for enjoyment.





GOLF NOTES FROM BEN

PGA Head Golf Professional, Ben DeArmond

Members,

It seems as if our core season has flown by in the blink of an eye! There were many exciting happenings in March with many still to come in the month of April. March concluded our "championship" month, in which we crowned our Men's and Ladies Club Champions for 2017. I would like to personally congratulate our defending Ladies Club Champion – Kathy Glennon. The Championship Flight Net Champion was Debbie Armbruster, and the Gross and Net Champions in the A Flight were Maureen Myhill and Becki Stock.

This was the first time in our history that we transitioned the Men's Club Championship to a match play event, and I am confident the success of it will make this format here to stay in deciding our Club Champion! Regaining his Club Champion title, I would like to congratulate our now 3-time Club Champion, Rob Myhill! I would also like to recognize our Champions in each of the other flights as well: A Flight – Rob Patterson, B Flight – Pat Scannell, C Flight – Jeffrey Marks, and D Flight – John Checca. The inaugural Couples Club Champions and results will follow in the May Newsletter.

From the golf staff at TPC Treviso Bay, we extend our gratitude to all those participants in each of the 3rd annual Breast Cancer Golf Classics on March 14th and 15th. Each event reached a record field of over 124 players! These are the biggest golf events to date at TPC Treviso Bay. Thank you as well to the committee for all of their tireless work in truly organizing these events and making them as successful as they are for such a great cause.

There are still a few fun and exciting events upcoming in the month of April. On April 1st, we will be holding our April Fools Shamble, and on April 30th we will be holding our Closing Scramble. Both of these events are a 9am shotgun start. We also have two more nine and dines remaining, the Mixed 9 & Dine is set for Thursday, April 13th and the Couples 9 & Dine is set for Thursday, April 27th. Both of these events are 3pm shotgun starts. All events in April are open to all membership types and are available for sign-up 14 days in advance on the Chelsea system.

With the season coming to a close, that means Reciprocal Season is on its way! Keep an eye out for all updated 2017 reciprocal information to come later on this month. Reciprocal season runs from May 1st through October 31st in which we have over 60 local golf clubs that participate with us! Reciprocal play and rates are open only to resident golf members. Lastly, I want to remind everyone that all Golf Shop Merchandise Credit must be *used by April 30th*, *2017*. To all those of you who are heading back home over the next month, the Golf Professional Staff personally thanks you for such an enjoyable and fun season. If you have any questions or comments regarding golf or future happenings at TPC Treviso Bay, please do not hesitate to ask or call the golf shop at (239) 331-2052. We wish you all nothing but the best, and look forward to seeing you all again very soon!

Kindest Regards,



Ben DeArmond, PGA



GOLF NOTES FROM BEN

PGA Head Golf Professional, Ben DeArmond



Saturday, April 1st

Thursday, April 13th

Thursday, April 27th

Sunday, April 30th





Upcoming Events

April

April Fools Shamble (9AM Shotgun)

Mixed 9 & Dine (3PM Shotgun)

Couples 9 & Dine (3PM Shotgun)

Season Closing Scramble (9AM Shotgun)

2017 Men's Club Champion



Pictured: Head Professional Ben DeArmond and Men's Club Champion - Rob Myhill.

2017 Ladies Club Champion



Pictured: Ladies Club Champion – Kathy Glennon & Head Professional Ben DeArmond.



Mixed Bridge (Men and Women)

Mixed Bridge meets twice a week. Mondays 7pm to 9pm & Wednesdays 1pm to 4pm in the Social Activities Room. To play contact Helen Rowland at dermnhelen@yahoo.com.

Euchre:

Euchre Will Meet the First and Third Thursday Every Month from 6pm-9pm in the Social Activities Room Starting February 2nd. For More Information and To Play, Contact Debbie Kelly at edak1@aol.com or 614-371-0542.

Ladies Mah Jong

Ladies Mah Jong meets Wednesdays starting January 18th from 12:00pm to 4pm in the Ladies' Card Room. To play contact Doris Velto at dorisv30@aol.com or 845-893-9555 or Nancy Herman at nherman0319@optonline.net or 201-602-9465.

Interested in learning how to play Mah Jong? Ladies' class on Wednesdays from 12pm-4pm and Men's class on Wednesdays from 4pm-6pm. Contact Kay Ginn at 239-248-1648 or designerkay@aol.com to join.

Ladies' Canasta

Ladies' Canasta meets Thursday from 1:30pm-4:30pm in the Ladies' Card Room. To play, contact Susan Fletcher srfletcher63@gmail.com or 913-485-4288 or Carrie Wissner at 917-560-1292 or cawissner@gmail.com. Please visit www.americancanastasociety.org to learn the rules

Treviso Bay Motorcycle Club

Interested in joining? Contact Mike Armbruster 920-421-3900 marmbruster@wi.rr.com



The Grille Room Daily 3:00 pm – 6:00 pm

Two for One Appetizers!

Hand Crafted Mozzarella Sticks 7

Grilled Steak and Cheese Quesadillas 11

Pretzel Crusted Chicken Sliders 9

Ahi Tuna Stack 12

Chicken Wings 7

Discounted Pizza Prices!

The Naples Neapolitan 8

Tre Di Carne 10

Black and Blue Flatbread 9

Hand Pulled Rotisserie Chicken 9

April 2017 Main Clubhouse Calendar 239-302-5738

Dinner Reservations Required M-F, 9am-5pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Seafood Spec Every Friday					1 Grille 11am-9pm HH 3pm-6pm
2 Grille 11am-9pm HH 3pm-6pm	3 Grille 11am-9pm HH 3pm-6pm	4 Grille 11am-9pm HH 3pm-6pm	5 Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	6 Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm	7 Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	8 Grille 11am-9pm HH 3pm-6pm
9 Grille 11am-9pm HH 3pm-6pm	10 Grille 11am-9pm HH 3pm-6pm	11 Grille 11am-9pm HH 3pm-6pm	Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm	Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	15 Grille 11am-9pm HH 3pm-6pm
Grille 11am-9pm (pizzas and flat- breads only) Easter Buffet! 11 AM—4 PM	17 Grille 11am-9pm HH 3pm-6pm	18 Grille 11am-9pm HH 3pm-6pm	19 Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm	Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	22 Grille 11am-9pm HH 3pm-6pm
23/30 Grille 11am-9pm HH 3pm-6pm	Grille 11am-9pm HH 3pm-6pm	25 Grille 11am-9pm HH 3pm-6pm	26 Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	27 Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm	Grille 11am-9pm HH 3pm-6pm Dinner 6pm-9pm Live Entertainment	29 Grille 11am-9pm HH 3pm-6pm

April 2017

La Piscina Bar and Grille ~ Dining and Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Seafood Spec Friday!	ials Every				1 11am-9pm HH 3pm- 6pm Live Entertainment
2 11am-9pm HH 3pm-6pm	3 11am-7pm HH 3pm-6pm	4 11am-7pm HH 3pm-6pm	5 11am-9pm HH 3pm-6pm	6 11am-9pm HH 3pm-6pm	7 11am-9pm HH 3pm-6pm Live Entertainment	8 11am-9pm HH 3pm- 6pm Live Entertainment
9 11am-9pm HH 3pm-6pm	10 11am-7pm HH 3pm-6pm	11 11am-7pm HH 3pm-6pm	12 11am-9pm HH 3pm-6pm	13 11am-9pm HH 3pm-6pm	14 11am-9pm HH 3pm-6pm Live Entertainment	15 11am-9pm HH 3pm- 6pm Live Entertainment
16 11am-9pm HH 3pm-6pm	17 11am-7pm HH 3pm-6pm	18 11am-7pm HH 3pm-6pm	19 11am-9pm HH 3pm-6pm	20 11am-9pm HH 3pm-6pm	21 11am-9pm HH 3pm-6pm Live Entertainment	22 11am-9pm HH 3pm- 6pm Live Entertainment
23/30 11am-9pm HH 3pm-6pm	24 11am-7pm HH 3pm-6pm	25 11am-7pm HH 3pm-6pm	26 11am-9pm HH 3pm-6pm	27 11am-9pm HH 3pm-6pm	28 11am-9pm HH 3pm-6pm Live Entertainment	29 11am-9pm HH 3pm- 6pm Live Entertainment

Live Entertainment

Friday 5:00pm-8:00pm

Saturday 2:00pm-5:00pm

Social Events April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 End of season party!
2	3 Men & Ladies Bridge: 7pm	4	5 Ladies Mah Jong: 12pm Beginners Mah Jong:12pm & 4pm Men & Ladies Bridge: 1pm	6 Ladies Canasta: 1:30pm Euchre: 6pm	7	8 Arts and Crafts Bazaar!
9	Men & Ladies Bridge: 7pm	11	Ladies Mah Jong: 12pm Beginners Mah Jong:12pm & 4pm Men & Ladies Bridge: 1pm	Ladies Canasta: 1:30pm	14	15
16 Easter Buffet	17 Men & Ladies Bridge: 7pm	18	19 Ladies Mah Jong: 12pm Beginners Mah Jong:12pm & 4pm Men & Ladies Bridge: 1pm	Ladies Canasta: 1:30pm Euchre: 6pm	21	22
23/30	Men & Ladies Bridge: 7pm	25	26 Ladies Mah Jong: 12pm Beginners Mah Jong:12pm & 4pm Men & Ladies Bridge: 1pm	Ladies Canasta: 1:30pm	28	29

Spring Arts & Crafts BAZAAR Vendors Needed!

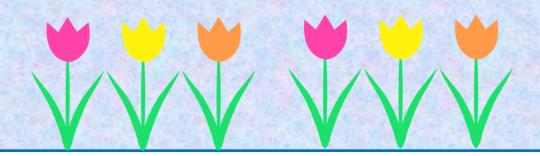
Resident Artists and Crafters are invited to participate as vendors in the Spring Arts & Crafts Bazaar.

Registration forms can be picked up in the Administrative Office or by emailing Josie at jsemenza@theiconteam.com.

Registration deadline is Friday, March 31st. Space is available on a first come, first serve basis. Space is Limited!

Saturday, April 8th 10am to 3pm Main Clubhouse

Admission is FREE!



YOU'RE INVITED TO EASTER Buffet

April 16, 2017

Main Clubhouse

\$49++ Adults, \$22++ Children 6-12, 5 & Under Free

Seatings at 11AM, 1:30PM, 4:00PM

Payment Required With Reservation
48 Hour Cancellation Policy

No Regular Grille Room Menu

RSVP: Josie 239-302-5738 ext. 107 jsemenza@theiconteam.com

April 2017, Tennis and Pickleball Schedule							
	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drill and Play 2.5-3.0-3.5-4.0	\$20		8:30am- 10am(3.5-4.0)			8:30am- 10am(2.5-3.0)	
"The Basic" (beginner)	\$20				10:30am- NOON		
Complimentary Double Trouble	\$2		11:00am- NOON				
Cardio Tennis (open Level)	\$10			8:30am- 9:30am			
Social Mix Doubles	\$5		3pm-5:30pm (3.5, 4.0, 4.5)				8:30am- 10:30am(open)
Social Doubles	Free	8:30am- 10am/Women	8:30am- 10am/Men		8:30am- 10am/Women	8:30am- 10am/Man	
Pickleball Clinic	\$10			10:00am			
Social Pickleball	Free	6pm/ Mix	2pm/Men	6pm/Mix	2pm/Men	10am/Ladies	

Bundle Your
Clinic:
Buy 5, Get 1
Free - \$100
Bundle Does Not
Include
Cardio & Pickleball Clinic

Tennis Camp April 8th and 9th

Saturday 9am-11am

9am - 30 minutes Cardio Tennis and 30 minutes Tennis in Motion
 Cardio tennis is a great way to burn calories and improve foot-work and conditioning...all while having fun in a tennis workout. The class is accompanied by music. Be ready to get moving and hit a ton of balls

9:30 am Instructional Doubles

Throughout this section the coach will work with the team on strategy, choosing the correct shot, and placement of the ball

• 11:15am Lunch

Sunday 9am - 11am

- 9am, 30 minutes Serving instruction and 30 minute return of Serve Toss, Racquet pronation, continental grip, moving in on serve, using angle shots and lob
 - 9:30am 11am Instructional Doubles

Throughout this section the coach will work with the team on strategy, choosing the correct shot, and placement of the ball

• 11:15am Lunch

Milos Simovic and Kyle Roeser msimovic@theiconteam.com

TENNIS NOTES FROM MILOS

USPTA Director of Tennis, Milos Simovic

Tennis Director – Milos Simovic USPTR

Mobile: 646-361-7279, Email: msimovic@theiconteam.com

½ Hour Private \$40 1 Hour private \$80

Tennis Professional – Kyle Roeser USPTA

Mobile: 239-272-4841, Email: kyleroeser.tennis@yahoo.com

½ Hour Private \$40 1 Hour private \$80

Racquet Re Stringing and Re Gripping:

See Pro Shop for pricing

Adult Tennis Clinics (Sign up at the pro shop)

Online Court Reservations for social play, clinics, events, etc.

- 1. Go to www.makeclubreservations.com
- 2. Click "create a new member account"
- 3. Choose "annual" membership type for members
- 4. Facility code for members: Treviso1
- 5. Fill out your profile and email Milos at msimovic@theiconteam.com for any questions about the reservations system



Pro Shop Hours

Monday-Friday, 8:00 a.m. – 5:00 p.m. Saturday - 8:00 a.m. – 5:00 p.m. Sunday – 10:00 a.m. – 2:00 p.m.



<u>Tuesday 8:30am – 10:00 am</u> DRILL AND PLAY 3.5 – 4.0 LEVEL PRACTICE CLINIC

This practice clinic is designed for doubles players. The clinic is broken up into a warm-up section, drill section (covering groundstrokes, volleys, lobs, overheads) and real point-play practice. During practice drills, coaches will work with students on tennis fundamentals and strategies. To end the clinic, coaches will put together teams of doubles and end with point-play. Throughout this section the coach will work with the team on strategy, choosing the correct shot, and placement of the



*Overall this is an amazing way to master your doubles strategy and tennis techniques within in a realistic, fun, point-play format.

<u>Wednesday 8:30am – 9:30 am</u> *Kyle Roeser, tennis pro will be working together to ensure proper fitness and tennis technique * CARDIO TENNIS PRACTICE CLINIC 2.5 – 4.0 LEVEL

Cardio tennis is a great way to burn calories and improve foot-work and conditioning...all while having fun in a tennis workout. The class is an hour long, accompanied by music and open to any level player. Be ready to get moving and hit a ton of balls!

Wednesday 10:00am - 11:00 am

This is an introductory clinic to pickleball that will take place on Wednesday at 10am. In the clinic we cover basic technique, pickleball strategy, and learn about the scoring. At the end we play some practice games. We meet at the pickleball courts in Treviso (located next to the Avellino pool). The clinic is \$10 per person. If you do not have a paddle we do have some to borrow if you are doing the clinic. We also rent out paddles in the tennis pro shop for \$5

<u>Thursday 10:30am – 12:00pm</u> "THE BASIC "CLINIC

This player has had limited experience with stroke development and is still working primarily on getting the ball into play. This player is not yet ready to compete. The player struggles to find an appropriate contact point, needs stroke development/lessons and is not yet familiar with basic positions for singles and doubles.

<u>Friday 8:30am – 10:00am</u> <u>DRILL AND PLAY 2.5 - 3.0 LEVEL PRACTICE CLINIC</u>

This practice clinic is designed for doubles players. The clinic is broken up into a warm-up section, drill section (covering groundstrokes, volleys, lobs, overheads) and real point-play practice. During practice drills, coaches will work with students on tennis fundamentals and strategies. To end the clinic, coaches will put together teams of doubles and end with point-play. Throughout this section the coach will work with the team on strategy, choosing the correct shot, and placement of the ball.

*Overall this is an amazing way to master your doubles strategy and tennis techniques within in a realistic, fun, point-play format.

Saturday Morning Mix Doubles 8:30am

- All matches are played on Saturday 8:30am,
- All level are welcome
- We make two different group of players : Social and Competitor
- If you don't have a partner, we will find you one
- Last day to enroll is 2 days before Saturday,
- We will be doing a blind draw,
- Bring \$5 per player,
- We supply tennis balls,
- Each match is 1 set no ad with a 7 point tiebreaker at 5-5,
- 3 matches every Saturday,
- This is a great day for everyone to practice and play
- We will serve fresh brewed coffee and donuts

Pickleball 101 Overview

Starting Play – Serve 1st point from baseline behind right service court. Thereafter, serves alternate L & R with each point. Server continues serving until server (or serving team) faults.

Scoring – A point is scored only when a team is serving and the opponent faults. A game is played to 11 points and continues until someone wins by 2.

Serving – Only 1 attempt per serve is allowed

- Server must have both feet behind the baseline when serving
- Server must hit ball underhand, below the waist and before it bounce
- Ball must clear non-volley zone and land in service box diagonally opposite the server.
- · A serve hitting net and landing in is re-played (service let)
- Doubles At the beginning of each new game, the team serving 1st is allowed only 1
 fault before giving up serve to the opponents. Afterwards, both members of each team
 are allowed to serve and fault before giving up the serve to opposing team.

Double bounce rule – before volleying, each team first shot most bounce –meaning the serve must bounce, then the server must be allowed the return shot to bounce.

Volley - hitting a ball out of the air before it bounces

- Volleying must take place with players' feet behind the non-volley zone
- · A player cannot step on or over the non-volley zone line on the follow through

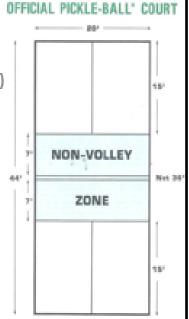
Fault - errors that result in a loss of serve or point

- Braking any serves, double bounce or non-volley zone rules
- Ball landing on or not clearing the net (lines are good, except NVZ line)
- Player touches ball with any body part or clothing.

Key Terms

Approach shot – A hit allowing player to come to net Match – A series of games, winner is the best of 3 Non-volley zone – Area where no volleys are allowed Pace – The speed of the ball Let- Replay of a point







April 2017 Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am Spin Jayne \$	8:00am Strength & Tone Renee \$	8:00am Interval & Strength (ADVANCED) Kim <mark>\$</mark>	8:00am Strength & Tone Renee \$	8:00am Pilates Sam \$	8:00am Spin Diana \$	
9:00am Corrective Stretching Jayne \$	9:00am Total Body Conditioning Paul\$	9:15am Spin Jayne \$ 10:15am Yoga Josey\$	9:00am Mastering Mobility Paul <mark>\$</mark>	9:00am Core & More Paul \$ 9:00am Aqua Zumba Page \$	9:00am Total Body Conditioning Scott \$ 10:00am Power Yoga Kathy\$	1:15 pm Aqua Fitness Scott \$ (Avellino Pool) NO CLASS ON EASTER SUNDAY
10:15am Body Barre Sam/Vicky \$	10:00am Power Hour (ADVANCED) Kim	10:00am Aqua Fitness Renee \$ NO CLASS 4/19	10:00am Body Barre Kim \$	10:45am Spin Diana \$	Intro to the Fitness Center 10:00am	****
4:00pm Rockin' to the Oldies Page \$	11:15am Yoga Leslie \$	11:15am Cardio Zumba Page \$	11:00am (30 min) TABATA Kim		10:30am Aqua Fitness Scott \$ (Avellino Pool) NO CLASS 4/15	

** All classes are 50 minutes

** Aqua classes permitting weather, rain or temperatures below 65 degrees class will be canceled.

Please remember to bring your member cards to class and to email a reservation for

Spin, and Body Barre (13max) within 48 hours of class time. pcalifano@theiconteam.com

** TB Member guests are welcome for a \$12 class fee, guests will be placed on a standby list until the morning of class in order to ensure availability for TB Members. Guest fees apply to all free member classes.

CLASS PASSES NOW AVAILABLE FOR SALE: Members only

5 classes for **\$35.00 10** classes for **\$70.00 25** classes for **\$175.00**

Please pay by check at the fitness center office. Individual class fee \$8

Intro to Fitness Center:

Have questions on equipment, rules or classes? Our fitness staff will take you through the fitness center to go over the proper use of equipment and any general questions you may have so you can get the most out of your workout time.

Fitness Center: 24 hour access with Treviso Bay Membership Card. Questions: Please call (239) 228-7025

Fitness Descriptions



Power Hour: (ADVANCED) Mondays, 10:00am

Come join us for a wide variety of strength training exercises that will shape and define your entire body. Our exercises will work multiple muscle groups that will burn the maximum amount of calories while increasing your strength and stamina. Please bring your mat, towel and water bottle.



Corrective Stretch, Mondays, 9:00am; Wednesday 10:00am

This relaxing class incorporates different stretching techniques including dynamic, static and assisted stretches that increase flexibility and range of motion. Bring your mat, towel and water bottle.

Strength and Tone: Tuesdays, 8:00am; Thursdays, 8:00am

This is a non-intimidating strength building class that offers a variety of exercises to promote muscle conditioning and core strength. If you have been considering getting back into the gym, this is a great place to start! You will control your own intensity according to how much weight you choose to use. Get ready to get toned. Bring your water bottle, towel and a smile.

Core & More: Fridays, 10:00am

Fun and energetic class suitable for all levels. Targeting your entire core, including hips and back, this class will use multiple tools to create a strong lean midsection. This is a very beneficial class for anyone who participates in rotational exercises (i.e. Golf & Tennis)

Yoga: Tuesdays, 11:00am; Saturdays, 9:00am

Renew, relax, and restore. Increase strength, flexibility, postural alignment, range of motion and circulation. This healing art form helps improve joint flexibility, balance and muscular endurance. Using movement postures and breathing you can gradually release physical, mental and emotional tension and improve your ability to manage stress all while you become stronger and more at ease. All levels welcome. No shoes required. Bring your mat, towel and water bottle.

Aqua Fitness: Wednesdays, 10:00am; Sundays, 1:00pm

A great, low impact workout perfect for all levels. Have fun exercising while moving to the beat with a variety of moves to burn those calories, get the heart pumping and strengthen your muscles. Meet us in the lap pool and hop in. Water shoes are optional. Bring your noodle, towel and water bottle. ** Weather permitting ** (class cancelled due to rain or temperature below 65 degrees)

Barre: Mondays, 10:15am; Thursdays, 10:00am

This ballet inspired class corners the market for lean sculpted legs and core stability. We work on centering the hips, challenging your balance, strength and stability, while moving the body in multiple planes of motion. Barre is traditionally a barefoot class or if preferred using socks with grips is an option. Please bring a mat, a towel and your water bottle.

Mastering Mobility: Thursdays, 9:00am

Learn how to take care of your body and prepare it for the stress placed on it during your workouts and everyday life. This class is designed to help you discover new areas of your body to mobilize, to make sure you're doing it correctly, help answer any questions you have along the way and educate you on fun/nerdy facts about your body. Paul teaches mobility class based on requests and recent workouts.....so come prepared with things you want to work on!

Spin: Mondays 8:00am; Tuesdays 9:00am; Wednesday 9:15am; Fridays 10:00am

This multi-level spin class is a 2 for 1 powerhouse workout, coupling cardiovascular endurance with muscular endurance by manipulating the resistance on the fly wheel. This workout uses fun music to separate your intervals for about 45 minutes followed by a recovery, cool down and stretching. Please arrive 10 minutes early for proper bike set up. Bring your water bottle and towel.

Mat Pilates: Fridays, 8:00am

This class focusing on developing core strength, flexibility, balance and stamina. You will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. All levels are welcome. Bring your mat, towel and water bottle.

Total Body Conditioning: Wednesdays, 8:00am

This total body conditioning class focuses on muscular strength and muscular endurance through a full range of motion. We will utilize a variety of free weights, resistance bands, bender balls, and body weight exercises to get a complete full body workout. This class can be modified for all fitness levels.

Athletic Challenge: Saturdays, 8:00am

As athletic trainers we believe that not everyone has to be an athlete to train like one, this class is designed to increase your physical performance by addressing the key components of skill related fitness. Improve balance, coordination, agility and stability through competitive type drills designed to create strong, lean, agile, flexible bodies and amplify athletic performance.

Rockin' to the Oldies: Mondays 4:00pm

Easy to follow dancing to great music with energetic people. This motivating class is fun and takes the "work" out of workout. Come join this dance party atmosphere. Any level welcome. No previous dance experience required.

Cardio Zumba: Wednesdays, 10:30am; Aqua Fridays, 9:00am

A fusion of Latin and International music / dance themes that creates a dynamic and exciting workout based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.







LIMITED GRAND OPENING PRICING

WATERFRONT HOMES FROM \$1,499,000







EXCLUSIVELY BY SUNWEST CUSTOM HOMES

Endless luxury awaits residents at The Peninsula, a distinct enclave within the prestigious country club community of Treviso Bay.

Exclusively by Sunwest Custom
Homes, creators of the 2015 Golf
Dream Home, this elite gated neighborhood offers just 55 home sites with
spectacular views at every turn. Select
from our portfolio of custom designed single-family estate residences
to find a home that uniquely fits your
lifestyle.

Residents will enjoy the outstanding amenities of Treviso Bay, including exquisite dining, fitness center, spa and championship golf course.

VISIT THE TREVISO BAY SALES OFFICE PeninsulaNaples.com • 239.249.6830



TREVISO BAY CONTACTS

9800 Treviso Bay Blvd Naples, FL 34113 Phone: 239-302-5738 www.trevisobayhoa.com

<u>Lennar Customer Care</u> 866-226-4057

Icon Management Services
Clubhouse General Office
Monday-Friday, 9:00AM—5:00PM
Phone: 239-302-5738

Villa Rilassare Office 239-228-7027

Golf Shop 7:00AM-5:00PM Daily Phone: 239-331-2052

Tennis Shop Monday-Saturday, 8:00AM-5:00PM Sunday, 10:00AM-2:00PM Phone: 239-228-7027

<u>Fitness Center</u> 24 Hours, Daily Treviso Bay Member ID Card Only

<u>Swimming Pools</u> Open from dawn until dusk.

Gate House Phone: 239-384-9380

<u>La Piscina Bar & Grille</u> Saturday-Thursday, 11:00AM-6:00PM Friday, 11:00AM-9:00PM Phone: 239-228-7027

Administrative Offices:
Josie Semenza, Administrative Assistant
Phone: 239-302-5738 ext. 107
Email: jsemenza@theiconteam.com

Kedisha Edwards, Administrative Assistant Phone: 239-228-7027 Email: trevisoreceptionist@theiconteam.com

Sue Uygun, Bookkeeper Phone: 239-302-5738 ext. 135 Email: suygun@theiconteam.com General Manager

Michael Blume, LCAM, PGA Phone: 239-302-5738 ext. 119

Cell: 561-907-1005

E-Mail: MBlume@ThelconTeam.com

Treviso Bay Master Association Manager

Gabby Geraci, LCAM

Phone: 239-302-5738 ext. 117

Cell: 239-290-0017

E-Mail: ggeraci@theiconteam.com

Condominium Association Manager

Marquita Green, LCAM Phone: 239-228-7027 Cell: 239-313-0226

E-Mail: mgreen@theiconteam.com

Head Golf Professional

Ben DeArmond, PGA Phone: 239-331-2052

E-Mail: bdearmond@theiconteam.com

Food & Beverage Director

Adriana Garcia

Phone: 239-302-5735 ext. 129 E-Mail: agarcia@theiconteam.com

Activities Director—TBA

Phone: 239-302-5734 ext. 122

E-Mail:

Director of Tennis

Milos Simovic, PTR Certified Professional

Phone: 239-228-7027

E-Mail: msimovic@theiconteam.com

Director of Fitness

Kimberly Williams Phone: 239-228-7027

E-Mail: kwilliams@theiconteam.com

Executive Chef

Alan Peters

Phone: 239-302-5738 ext. 125 E-Mail: apeters@theiconteam.com

