

COMMUNITY NEWSLETTER



Amenity Hours & Contacts:

Management Office:	9:00 AM to 5:00 PM Monday-Friday
Pool/Spa Hours:	Dawn to Dusk
Fitness Center:	24/7
Kids Club:	
Tuesday- Friday	10:00AM - 6:00PM
Saturday	9:00AM - 1:00PM
The Market Place Café:	7:00AM - 7:00PM Open Every Day
Tennis/Pickleball/ Bocce Courts:	Dawn - 10:00PM
Playground/Basketball Pavilion/ Dog Park:	Dawn - Dusk
Clubhouse Number:	(239) 317-2414
Guard House Number:	(239) 390-0180
After Hours EMERGENCY:	(239) 285-5462 or (772) 233-7256

HOA Website:	TheplaceHOA.com
Lynn Ross:	LRoss@theiconteam.com
LCAM	
Megan Kuch:	MKuch@theiconteam.com
Cafe Manager	
Jennifer Nakata:	JNakata@theiconteam.com
Kid's Club & Activities Director	

IN THIS ISSUE

**MOVEMENT
CLASSES**

**CALENDAR OF
EVENTS**

KNITTING CLUB

BOOK CLUB

SAND SCULPTING

**FAMILY FUN IN THE
SUN WITH DJ KEVIN**

INSTRUCTOR: GABRIEL

REVV UP (HIIT) TUESDAY - 6:15 AM

HIGH INTENSITY INTERVAL STYLE TRAINING (HIIT) DESIGNED FOR MAXIMUM FAT BURN WITHIN A SHORTER TIME FRAME. PERFECT FOR ANYONE WHO WANTS RAPID FAT LOSS AND TOTAL FITNESS CONDITIONING.

BALANCED REVV TUESDAY - 6:30 PM

FIND THE PERFECT BALANCE OF STRENGTH AND STABILITY WITH THIS TOTAL BODY WORKOUT WHICH INCORPORATES MOBILITY AND BALANCE TO IMPROVE OVERALL FITNESS LEVELS. ENCOURAGING MOBILE MOVEMENT THROUGHOUT THE BODY.

REVV ABS, BUNS, AND GUNS THURSDAY - 6:15 AM

EVERYTHING YOU NEED TO SCULPT, BUILD AND FIRM YOUR CORE, GLUTES AND ARMS. YOU WILL GAIN MUSCULAR ENDURANCE, TONE AND DEFINITION AS WELL AS EXPERIENCE AN INCREASED CALORIE BURN.

REVV BOOTCAMP THURSDAY - 6:30 PM

IN THIS FULL BODY WORKOUT, WE FOCUS ON STRENGTH BUILDING TO ENHANCE LEAN MUSCLE MASS, INCREASE METABOLISM, AND CREATE A MORE POWERFUL YOU.

PERSONAL TRAINING SATURDAY 8:00 AM - 10:00 AM

ONE ON ONE PERSONAL TRAINING SESSIONS WITH TRAINING, NUTRITION AND OVERALL WELLNESS PLAN SPECIFICALLY DESIGNED FOR YOUR OWN PERSONAL GOALS. IT DOESN'T MATTER IF YOU WANT TO LOOSE BODY FAT, BUILD MUSCLE, MOVE BETTER OR JUST WANT TO BE HEALTHIER YOU. NUTRITION PLAN WILL ALSO BE DEVELOPED. TO BOOK AN APPOINTMENT, CALL OR TEXT 917-280-9759

INSTRUCTOR: JOANNE

TGIF YOGA

TGIF YOGA! THIS CLASS IS DESIGNED FOR ALL LEVELS OF STUDENT SEEKING THE PHYSICAL AND MENTAL BENEFITS OF YOGA.

WE WILL MOVE WITH THE BREATH THROUGH A VARIETY OF POSES FROM THE FLOOR TO STANDING TO IMPROVE STRENGTH, FLEXIBILITY, BALANCE, CONCENTRATION AND RELAXATION.

\$10.00 CASH PER STUDENT (BRING AND PAY JOANNE DIRECTLY) FRIDAY 10:30 AM

STUDENTS SHOULD BRING A MAT, TOWEL AND WATER.

INSTRUCTOR: CHELSIE

MONDAY AND WEDNESDAY

11:15 AM - 12:15 PM

\$5.00 CASH PER STUDENT

CARDIO STRENGTH

BUILD MUSCLE
INCREASE METABOLISM
REDUCE STRESS
INCREASE ENDURANCE

ALL FITNESS LEVELS WELCOME!



Knitting Club

COME MEET YOUR NEIGHBORS.

TUESDAYS
10:00AM - 12:00PM

STARTING JANUARY 8, 2019

CONFERENCE ROOM AT THE
CLUBHOUSE

YOU'RE WELCOME TO KNIT,
CROCHET, DO NEEDLE WORK
OR EVEN QUILT.

THIS IS NOT A CLASS AND
THERE ARE NO FEES.
PLEASE BRING YOUR
OWN SUPPLIES.

PLEASE CONTACT EITHER

JEAN MUELLER AT
989-798-2161

OR

DORENE MORIN AT
239-322-2386



BOOK CLUB

NEIGHBORHOOD EVENT
MEETS MONTHLY
COME JOIN US
JANUARY 19, 2019
EVERYONE IS WELCOME!
PLEASE CONTACT SHERI
239-292-1831



SMALCOM918@AOL.COM

SAND SCULPTING CLASSES AT THE PLACE!

DESCRIPTION OF CLASS:

HAVE YOU EVER WONDERED HOW COME YOUR SAND CASTLES JUST DON'T STAND UP LIKE THE PROS?

TAKE A LESSON FROM A SAND SCULPTOR WITH OVER 12 YEARS OF EXPERIENCE! THIS SAND SCULPTING WORKSHOP IS DESIGNED TO INTRODUCE CHILDREN AND ADULTS TO LEARN AND DEVELOP BASIC SAND SCULPTING SKILLS PROVEN TO IMPRESS EVERYONE ON THE BEACH. IN MOMENTS, LEARN THE SECRETS TO BUILDING AN IMPRESSIVE SAND CASTLE THAT ONLY MASTER SAND SCULPTORS HAVE TAKEN DECADES TO FORM AND PERFECT. THIS LESSON WILL PROVIDE A DEMONSTRATION AND STEP-BY-STEP GUIDE TO BUILDING BASIC STRUCTURES. AFTER WHICH, STUDENTS ARE ENCOURAGED TO PUT THESE SKILLS TO USE, UNLOCK THEIR CREATIVITY IN THE SAND AND BRING THEIR OWN IDEAS TO LIFE.

COST: \$5.00 / PERSON

AGE: 6 YEARS AND UP

LENGTH: 1 HOUR SESSION

CLASS SIZE: UP TO 20

CLASS TIME/DATES:

SATURDAY - JANUARY 12TH - 11:00 AM

SUNDAY - JANUARY 27TH - 2:00 PM

SATURDAY - FEBRUARY 9TH - 11:00 AM

SUNDAY - FEBRUARY 24TH - 2:00 PM

SATURDAY - MARCH 9TH - 11:00 AM

SUNDAY - MARCH 24TH - 2:00 PM

TO RESERVE A SPOT PLEASE EMAIL JENNIFER:

JNAKATA@THEICONTEAM.COM



COME JOIN US!

**FAMILY FUN
IN THE SUN!**

**DJ KEVIN OR DJ NATE POOLSIDE
FOR AN AFTERNOON OF SUN, FUN
AND MUSIC!**



TIME: 12:00 PM - 4:00 PM

DATES:

SATURDAY - JANUARY 5TH

SATURDAY - JANUARY 19TH

SATURDAY - FEBRUARY 2ND

SATURDAY - FEBRUARY 16TH

SATURDAY - MARCH 2ND

SATURDAY - MARCH 16TH



**GRILLED
COOKOUT
FOODS
AVAILABLE
STARTING
01/19/19**

GRILLIN' ON THE POOL

DECK



CHEESEBURGER \$6.99

Angus beef patty, Boars Head cheddar cheese, lettuce, tomato, onion, served on a toasted brioche bun

1/4 LB HOT DOG \$4

1/4 lb. Nathan's beef frank

GRILLED CHICKEN SANDWICH \$6.99

Grilled chicken breast, lettuce, tomato, onion, served on a toasted brioche bun

BEYOND BURGER \$6.99

Vegetarian beet patty, lettuce, tomato, onion, served on a toasted brioche bun

ALL GRILL ITEMS COME WITH A BAG OF
CHIPS, A BAG OF PRETZELS OR AN APPLE