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:

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MOVEMENT

CALENDAR OF

KNITTING CLUB

SAND SCULPTING

FAMILY FUN IN THE

SUN WITH DJ KEVIN

BOOK CLUB

CLASSES

EVENTS

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

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!



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 THESES 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

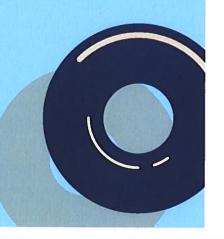
COME JOIN US!

FAMILY FUNING IN THE SUN!

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

GRILLED COOKOUT FOODS AVAILABLE STARTING 01/19/19 TIME: 12:00 PM - 4:00 PM DATES:

SATURDAY - JANUARY 5TH SATURDAY - JANUARY 19TH SATURDAY - FEBUARY 2ND SATURDAY - FEBUARY 16TH SATURDAY - MARCH 2ND SATURDAY - MARCH 16TH



GRILLIN' ON THE POOL

DECK



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