

September 2022

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Field Work, meet at Beach Entrance, 8:00am Ladies' League Play, 9am	2 Fishin' in the Pond, 4pm	3 Themed Preserve Walk, meet at Beach, 10am
4 Netting on the Beach, 11am Sunday Member Mixer, 3pm	5	6 Beach Walk, meet at Beach Entrance, 10am Trivia Night, 5:30pm	7	8 Ladies' League Play, 9am Field Work, meet at Base Camp, 4:00pm	9 Nature Preserve Stewardship Campfire, 7pm Full Moon Walk, meet at Beach, 7:15pm - 8:45pm	10
11 Sunday Member Mixer, 3pm	12 Plein Air Painting on the beach, 6pm	13 Beach Walk, meet at Beach Entrance, 3:00pm	14 Owl Prowl in the Preserve, 7pm	15 Field Work, meet at Beach Entrance, 8:00am Ladies' League Play, 9am	16 Fishin' in the Pond, 4pm	17 Themed Preserve Walk, meet at Beach, 10am
18 Sunday Member Mixer, 3pm	19	20 Beach Walk, meet at Beach Entrance, 10am	21	22 Sheriff Outing, 9am Ladies' League Clinic, 9am Field Work, meet at Base Camp, 4:00pm	23	24 Bicycle Beer Flight, 1pm
25 Sunday Member Mixer, 3pm	26 Nicklaus Cup Round 4, 8am	27 Beach Walk, meet at Beach Entrance, 3:00pm	28 Owl Prowl in the Preserve, 7pm	29 Legends Member Guest Tournament Field Work, meet at Beach Entrance, 8:00am Ladies' League Play, 9am	30 Legends Member Guest Tournament	1 Legends Member Guest Tournament

All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app, as well as sent out via email.

Hours of Operation

Life Center
757-331-8730

Mon - Sun
6:30am-8pm

Pool Hours
Mon-Sun
6:30am-8pm

Coach House Tavern
757-331-8630

Mon - Closed
Tues - 10am-5pm
Wed - 10am-7pm
Thurs - 10am-8pm, *Prime Rib Night*
Fri - Sat 9am-9pm
Sun (Brunch) - 9am-5pm

Pro Shop
757-331-8620

Mon - Sun - 6:30am-6pm



September 2022

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, and HIIT classes due to equipment availability and spacing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	2 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am (<i>Final Class of Season</i>)	3
4	5 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	6 Tai-Chi - 8:30 am Total Body Workout - 10:30am	7 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	8 Tai-Chi - 8:30 am Running Club, 6pm	9 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	10
11	12 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	13 Tai-Chi - 8:30 am Total Body Workout - 10:30am	14 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	15 Tai-Chi - 8:30 am Running Club, 6pm	16 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	17
18	19 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	20 Tai-Chi - 8:30 am Total Body Workout - 10:30am	21 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	22 Tai-Chi - 8:30 am Running Club, 6pm	23 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	24
25	26	27 Tai-Chi - 8:30 am Total Body Workout - 10:30am	28 Walking Club Preserve Walk, 9am Basic Mat Pilates - 11am	29 Tai-Chi - 8:30 am Running Club, 6pm	30 Basic Mat Pilates - 10am	

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