

November 2022

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beach Walk, meet at Beach Entrance, 9:30am Trivia Night, 5:30pm	2	3 Prime Rib Night, 5:00pm	4	5 King & Bear Tournament 8:00am
6 King & Bear Tournament 8:00am	7 Plein Air Painting in the Preserve, 3:30pm Full Moon Walk, meet at Base Camp, 5:00pm	8	9 Kayak Experience, 9:00am	10 Prime Rib Night, 5:00pm	11	12
13	14	15 Field Work, meet at Base Camp, 9:30am	16 Nature Talk Campfire, 5:00pm	17 Prime Rib Night, 5:00pm	18 Kayak Experience, 4:00pm	19 Natural & Cultural Walk, meet at Base Camp, 10am
20	21 Kayak Experience, 9:00am Plein Air Painting in the Preserve, 3:30pm	22 Beach Walk, meet at Beach Entrance, 2:00pm	23	24 Happy Thanksgiving	25	26
27	28	29 Field Work, meet at Base Camp, 9:30am	30 Kayak Experience, 1:30pm			

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 - Fri - 6:30am-7:00pm
Sat - 7am - 6pm
Sun - 7am - 4pm

Coach House Tavern
757-331-8630

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

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm



November 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 Wellbeats Spin Class - 6:45 am Upper Body Workout - 10 am	2 Wellbeats Spin Class - 6:45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	3 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Running Club, 5pm	4 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	5 High Intensity Interval Training (HIIT)- 10am
6	7 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	8 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	9 Wellbeats Spin Class - 6:45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	10 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Running Club, 5pm	11 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	12 High Intensity Interval Training (HIIT)- 10am
13	14 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	15 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	16 Wellbeats Spin Class - 6:45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	17 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Running Club, 5pm	18 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	19 High Intensity Interval Training (HIIT)- 10am
20	21 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	22 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	23 Wellbeats Spin Class - 6:45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	24 NO CLASSES TODAY Happy Thanksgiving!	25 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	26 High Intensity Interval Training (HIIT)- 10am
27	28 Wellbeats Spin Class - 6:45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	29 Wellbeats Spin Class - 6:45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	30 Wellbeats Spin Class - 6:45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am			

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