

January 2023

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 
1	2 Trivia Night, 5:30pm	3	4	5 Field Work, meet at Beach Entrance, 2:00pm Prime Rib Night, 5:00pm	6 Full Moon Walk, meet at Base Camp, 4:30pm	7
8	9	10 Waterfowl & Wading Birds, meet at Base Camp, 9:30am	11 Nature Talk Campfire, 5:00pm	12 Prime Rib Night, 5:00pm	13	14 Natural & Cultural History Walk, meet at Base Camp, 10:00am
15	16	17	18 Wine Glass Painting, 6:00pm	19 Field Work, meet at Beach Entrance, 2:00pm Prime Rib Night, 5:00pm	20	21
22	23	24 Field Work, meet at Base Camp, 9:30am	25 Nature Talk Campfire, 5:00pm	26 Prime Rib Night, 5:00pm	27	28 Natural & Cultural History Walk, meet at Base Camp, 10:00am
29	30	31				

Winter Scavenger Hunt (Self-Guided) - January 1, 2023 - February 28th - See the App full for details.

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-5pm

Pro Shop
757-331-8620

Mon - Sun - 8am-4pm



January 2023

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	2 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	3 Tai-Chi - 8:30 am Total Body Workout - 10:30 am	4 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	5 Tai-Chi - 8:30 am Running Club, 5pm	6 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	7 High Intensity Interval Training (HIIT)- 10am
8	9 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	10 Tai-Chi - 8:30 am Total Body Workout - 10:30 am	11 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	12 Tai-Chi - 8:30 am Running Club, 5pm	13 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	14 High Intensity Interval Training (HIIT)- 10am
15	16 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	17 Tai-Chi - 8:30 am Total Body Workout - 10:30 am	18 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	19 Tai-Chi - 8:30 am Running Club, 5pm	20 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	21 High Intensity Interval Training (HIIT)- 10am
22	23 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	24 Tai-Chi - 8:30 am Total Body Workout - 10:30 am	25 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	26 Tai-Chi - 8:30 am Running Club, 5pm	27 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	28 High Intensity Interval Training (HIIT)- 10am
29	30 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	31 Tai-Chi - 8:30 am Total Body Workout - 10:30 am				

Wellbeats Classes are available at any time during facility hours. Ask a Life Center Attendant for assistance.

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