

March 2023

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Field Work, meet at Base Camp, 2:00pm Prime Rib Night, 5:00pm Town Hall, Life Center, 5:30pm	3 Kid's Night Out, Life Center, 6:00pm	4
5	6	7 Trivia Night, 5:30pm Full Moon Walk, meet at Base Camp, 6:30pm	8 Nature Talk Campfire, 6:00pm	9 Prime Rib Night, 5:00pm	10 Bluebird House Building Workshop, Base Camp, 4:30pm DIY St. Patty Wreath Workshop, Life Center, 6:00pm	11 Natural & Cultural History Walk, meet at Base Camp, 10:00am Escape Room, Life Center, 6:00pm
12	13 Lunch & Learn (<i>Shore Birds</i>), Coach House, 12:00pm	14	15	16 Waterfowl & Wading Birds, meet at Base Camp, 9:00am Prime Rib Night, 5:00pm	17 St. Patrick's Day 	18 Family Game Night, Life Center, 6:00pm
19 St. Patrick's Day Scramble, 3:00pm	20	21	22 Nature Talk Campfire, Base Camp, 7:00pm	23 Prime Rib Night, 5:00pm	24 Yappy Hour, 5:30pm Bingo, Life Center, 6:00pm	25 Big Hole Tournament, 9:00am Natural & Cultural History Walk, meet at Base Camp, 10:00am Bicycle Beer Flight, Coach House, 1:00pm Rosenwald School Event, Life Center, 4:00pm
26	27	28	29	30 Field Work, meet at Bay Creek Trail (Outside of Gate), 9:30am Prime Rib Night, 5:00pm	31 DIY Loop Yarn Workshop, Life Center, 6:00pm	

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 - 7:30am-5pm



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

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

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