

May 2023

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Trivia Night, 5:30pm	3 Workshop Wednesday, Loop Yarn Pillow, Life Center, 6:00pm Nature Talk Campfire, Base Camp, 7:30pm	4 Ladies League Play Day, 8:00am Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm Full Moon Walk, meet at Base Camp, 8:15pm	5 Bicycle Beer Flight, 4:00pm Kid's Night Out, Life Center, 6:00pm	6 Titleist Fitting Day, 8:00am Natural & Cultural History Walk, meet at Base Camp, 10:00am Family Game Night, Life Center, 6:00pm
7 Cinco De Mayo Sunday Scramble, 3:00pm	8 Lunch & Learn (<i>Native Plants</i>), Coach House, 12:00pm	9 Preserve Walk, meet at Base Camp, 9:30am Kayak Experience with Ranger Stan, 10:00am	10 Workshop Wednesday, Macrame Plant Holders, Life Center, 6:00pm Preserve Owl Prowl, 7:30pm	11 Ladies League Clinic & League Play, 8:00am Prime Rib Night, 5:00pm	12 Sunset Jams, meet on Beach, 5:30pm Kid's Night Out, Life Center, 6:00pm	13 Escape Room, Sessions starting at 4:00pm
14	15	16 Golf Outing (<i>Shankers Group</i>), 9:00am	17 Nature Talk Campfire, Base Camp, 7:30pm	18 Ladies League Guest Play Day, 8:00am Beach Walk, meet at Beach Entrance, 2:00pm Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	19 Tree of Life, 5:30am Member Clinic (<i>Iron Play</i>), 5:00pm Kid's Night Out, Life Center, 6:00pm	20 Spring Member Member (<i>Bingo, Bango, Bongo</i>), 8:00am Natural & Cultural History Walk, meet at Base Camp, 10:00am
21 Member Mixer Scramble, 3:00pm	22 Plein Air Painting in the Preserve, 4:00pm	23 Preserve Walk, meet at Base Camp, 9:30am	24 Workshop Wednesday, DIY Beachy Decor, Life Center, 6:00pm Preserve Owl Prowl, 8:00pm	25 Ladies League Play Day, 8:00am Prime Rib Night, 5:00pm	26 Sunset Jams, meet on Beach, 5:30pm Kid's Night Out, Life Center, 6:00pm	27 Callaway Demo Day, 8:00am
28	29 Kayak Experience with Ranger Stan, 3:00pm	30 Nicklaus Cup (Round 1), 8:00am	31 Workshop Wednesday, DIY Cleaning Supplies, Life Center, 6:00pm Nature Talk Campfire, Base Camp, 7:30pm	1	2	3 Clean the Bay Day, Bay Creek Beach and Base Camp, 9:00am

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-8pm
Sat - Sun - 7am - 8pm

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 - 7am-6pm



May 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 Full Body Stretch - 9am Tabata - 10am	2 Total Body Workout - 10:30 am	3 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	4 Full Body Workout (30 min)- 3pm	5 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	6
7	8 Full Body Stretch - 9am Tabata - 10am	9 Total Body Workout - 10:30 am	10 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	11 Tai-Chi - 8:30 am Full Body Workout (30 min)- 3pm	12 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	13 Tabata- 10am
14	15 Full Body Stretch - 9am Tabata - 10am	16 Tabata- 7:00am Tai-Chi - 8:30 am Total Body Workout - 10:30 am	17 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	18 Tai-Chi - 8:30 am Full Body Workout (30 min)- 3pm	19 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	20 Tabata- 10am
21	22 Full Body Stretch - 9am Tabata - 10am	23 Tabata- 7:00am Tai-Chi - 8:30 am Total Body Workout - 10:30 am	24 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	25 Tai-Chi - 8:30 am Full Body Workout (30 min)- 3pm	26 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	27 Tabata- 10am
28	29 Full Body Stretch - 9am Tabata - 10am	30 Tabata- 7:00am Tai-Chi - 8:30 am Total Body Workout - 10:30 am	31 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am			
<p>Wellbeats Classes are available at any time during facility hours. Ask a Life Center Attendant for assistance.</p>						

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