



February 2024

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Prime Rib Night, 5:00pm VDay Floral Wreath Workshop, 6:00pm	2	3 Kid's Craft: Valentine Cone Heart Trees, 2:00pm
4	5	6 Trivia Night, 5:30pm	7 Native Demo Gardening Stewardship Meet-up, 4:30pm	8 Prime Rib Night, 5:00pm Canvas Hearts Workshop, 6:00pm	9	10 Kid's Craft: Doily Candy Pouches, 2:00pm
11 Superbowl Sunday	12	13 Mardi Gras 	14 Valentine's Day 	15 Birding and Nesting Boxes Stewardship Meet-up, 4:30pm Prime Rib Night, 5:00pm Winter Checker Board Workshop, 6:00pm	16	17 Titleist Fitting Day, 10:00am - 2:00pm Kid's Craft: Snow Dough, 2:00pm
18	19	20	21 Trail Maintenance Stewardship Meet-up, 4:30pm	22 Prime Rib Night, 5:00pm Decorative Card Stand Workshop, 6:00pm	23	24 Kid's Craft: Snowman Winter Keepsake, 2:00pm
25	26	27	28 Photography Stewardship Meet-up, 4:30pm	29 Callaway Fitting, 2:00pm - 6:00pm Prime Rib Night, 5:00pm Painted Coaster Workshop, 6:00pm		
<p>Nature Cache Hunt (February - June) Bundle up and grab your orienteering gear for this property-wide adventure. Six Caches are hidden around the property for you to seek out. Use your orienteering gear, phone, or GPS to navigate to the coordinates below. At each Cache, you'll have to solve an earth-centric riddle and sign the log before moving on to the next. Once you've solved all the riddles and signed all the logbooks, you will receive a unique commemorative prize! Please observe all traffic and parking rules on your journey. Need some help getting started? Email Ranger Stan at sosmolenski@baycreeklife.com for helpful hints.</p> <p>Bamboo: 37.25684 // -76.01530 Beach: 37.24932 // -76.02220 Entrance Tr. 37.26087 // -76.00245 Plantation Pt. 37.25771 // -75.99753 Big Preserve Loop 37.24071 // -76.00653</p>						

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



February 2024

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 Spin & Strengthen: Ride, Tone, and Restore - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	3 Step Aerobics - 9am Tabata- 10am
4	5 Spin & Strengthen: Ride, Tone, and Restore - 7:30am Full Body Stretch - 9am Tabata - 10am	6 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	7 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	8	9 Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	10 Step Aerobics - 9am Tabata- 10am
11	12 Full Body Stretch - 9am Tabata - 10am	13 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	14 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	15 Tabata- 7am Step Aerobics- 10:30am	16 Spin & Strengthen: Ride, Tone, and Restore - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	17
18	19 Full Body Stretch - 9am Tabata - 10am	20 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	21 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	22 Tabata- 7am Step Aerobics- 8am	23 Spin & Strengthen: Ride, Tone, and Restore - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	24 Step Aerobics - 9am Tabata- 10am
25	26 Spin & Strengthen: Ride, Tone, and Restore - 7:30am Full Body Stretch - 9am Tabata - 10am	27 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	28 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	29 Tabata- 7am Step Aerobics- 8am		

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