

THE BAY CREEK INSIDER

Monthly Member Newsletter

Inside the Issue



HEALTH & FITNESS

Discover the benefits of Yoga. p. 03

FORE! GOLF TALK

Golf updates and news. p. 04

NATURALISTS' CORNER

Leave it to Fall! p. 06

WHAT'S COOKING

Find out about the great features the Coach House has in store for us this month. p. 08

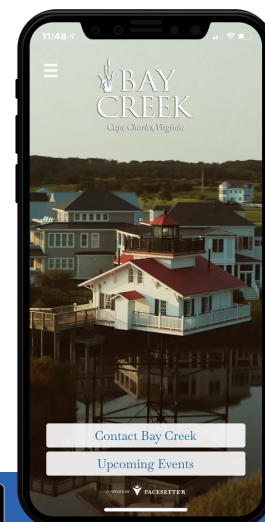
MEMBER EVENT CALENDAR



See what's happening this month. pg. 11

NEW ITEMS ON THE BAY CREEK APP!

Looking to golf at a fellow Troon Privé Course? Find information on rates and how to request tee times in Bay Creek's mobile app under the Golf section. Additionally, you can locate your Troon Privé Privileges under the Stay Connected section in Club Documents. Enjoy!



STAY UP TO DATE WITH EVERYTHING HAPPENING AT BAY CREEK. GET THE BAY CREEK APP TODAY. NOW AVAILABLE FOR DOWNLOAD ON





Dear Members,

Thank you for the terrific response that we have received for our Employee Holiday Fund! On behalf of our hourly employees – thank you for making a huge difference in their lives. We have received almost \$14,000 from our Members – and those funds are being distributed in the next payroll period. On average, the contribution averaged out to almost \$300 to each full-time employee. Thank you for your generosity!

We have received 395 survey responses for the Troon initial Member Survey. Besides the ratings for each department, over 2,800 written comments were also received in the surveys. We have already started to read and digest the feedback to better understand what is most important to the majority of our Members. Your responses will help us direct time and resources to improve our service and the quality of your experiences at the Club. It also helps Preserve Communities better plan for future amenities. Thank you for taking the time to fill out the survey – we will have scores and a summary for you in January.

The Dues Schedule for 2022 has been finalized ([Click Here to Review](#)). With Virginia's minimum wage going from \$7.25 a year ago to \$11.00/hour starting January 1, 2022, our projected labor cost increase for the club is substantial. We have also seen our costs to operate the Club increase dramatically as you have probably seen as well in your shopping. Our Dues Schedule at Bay Creek is still considerably lower than any club in our geographical competitive area. Preserve Communities is putting in over \$550,000 in capital improvements to the Bay Creek Club in 2022, and we are also expanding and renovating the Coach House in 2022. In addition – after reading the Members Survey comments – we are planning to deliver more and better service to you and your guests. The new dues will appear starting on the February 2022 statements.

Thank you so much for your ongoing support of Bay Creek. We wish you and your family a very happy and healthy 2022!

Rich Hohman
Bay Creek – Troon Interim General Manager

1 Clubhouse Way
Cape Charles, VA 23310
757-331-8620
Email: rich.hohman@troon.com



SOFT YOGA CLASS

NOW AVAILABLE AT THE LIFE CENTER

Have you always wanted to try yoga but were intimidated by the more advanced classes? Here is your chance to start from the beginning.

In the new year, we have a new Soft Yoga class starting.

Saturday, January 8, 2022 at 11:00 am

Mark it on your calendars!

THE BENEFITS OF YOGA:

Credit: American Osteopathic Association ([Click Here](#) for webpage)

Maintaining a regular yoga practice can provide physical and mental health benefits

Learn about the different types of yoga and how it can be used as a tool to help you stay healthy.

Like yoga, the osteopathic approach to wellness focuses on your body's natural tendency toward health and self-healing.

"The purpose of yoga is to build strength, awareness and harmony in both the mind and body," explains Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor in Hollywood, California.

While there are more than 100 different types, or schools, of yoga, most sessions typically include breathing exercises, meditation, and assuming postures (sometimes called asana or poses) that stretch and flex various muscle groups.

"As an osteopathic physician, I focus a lot of my efforts on preventive medicine and practices, and in the body's ability to heal itself," says Dr. Nevins. "Yoga is a great tool for staying healthy because it's based on similar principles."

Doctors of Osteopathic Medicine, or DOs, focus on prevention by examining how your lifestyle and environment impact your health, rather than just treating your symptoms.

Beginners welcome

Because there are so many different kinds of yoga practices, it is possible for anyone to start. "Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose and beginner classes in every style," says Dr. Nevins. "The idea is to explore your limits, not strive for some pretzel-like perfection. It is a great way to get in tune with your body and your inner self."

Physical benefits

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Nevins. "Yoga can also lower blood pressure and reduce insomnia."

Other physical benefits of yoga include:

- increased flexibility
- increased muscle strength and tone
- improved respiration, energy and vitality
- maintaining a balanced metabolism
- weight reduction
- cardio and circulatory health
- improved athletic performance
- protection from injury

Mental benefits

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. "Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate," says Dr. Nevins. "Yoga can be very effective in developing coping skills and reaching a more positive outlook on life."

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration," says Dr. Nevins. Body- and self-awareness are particularly beneficial, she adds, "because they can help with early detection of physical problems and allow for early preventive action."



Congratulations!

AUSTIN

ON EARNING YOUR COLLEGE DEGREE!

If you stop by the Life Center, be sure to congratulate Personal Trainer Austin Brady on earning his bachelor's degree in Industrial Technology from Old Dominion University, Saturday, December 18th, 2021. We are very proud of Austin and overjoyed with his dedication.



GREENS INFO

All the nines will be open daily for the month of January. This month, you may see some bunker work being done by the maintenance crew as they start to work on winter projects. Please play those bunkers as ground under repair. The maintenance crew is trying to free up and repair drainage within those bunkers.

The first tee time is 8:00am for the month of January as we are in our off-season shop hours. (7:00am to 5:00pm)

With COVID-19 restrictions lifted, we are asking everyone to pair in carts. If you still feel you need an individual cart, you may, but you must pay for both riders. (\$31 for 18 holes) The golf staff thanks you in advance for your cooperation.

With upcoming clubhouse renovations, we ask that any members storing golf bags and pushcarts at the club make the necessary arrangements to pick items up by February 1, 2022.

ANNUAL SNOWBALL TOURNAMENT

The Results Are In!

On Saturday December 4, 2021, we had our Annual Snowball Tournament and Balloon Sale.

We had 51 players sign up and participate in the Snowball Tournament. The tournament was a Shotgun start at 10:00am on the Palmer Course. The format was Captain's Choice with USGA Handicap Formula applied (A Player 20%, B Player 15%, C Player 10%, D Player 5%). The weather was close to 60 degrees with light winds making it a perfect day for golf in December. Below are the results from the tournament. Please congratulate our winners.

RESULTS

| | |
|--|---------|
| 1. Gary Williams, Harold Rasmussen, Rob Nicoll, Steve Grimes | 57(-15) |
| 2. Bill Stramm, Jamie Ibarra, Toryn Ibarra, Jake Savage | 58(-14) |
| 3. David Parham, Margaret Parham, Ron Wrucke, Sherry Wrucke | 58(-14) |
| 4. Claude Reid, Gary Hill, Kenny Fodill, Pat Sigmon | 59(-13) |
| 5. Erik Pierce, Mark Riddle, Rich Hahn, Rudy Martin | 61(-11) |
| 6. Rob Nelson, Seyi Adegoroye, Shawn Hobbs | 61(-11) |
| 7. Frank Hughlett, Mike Holvick, Stephanie Holvick, Ron Matthews | 62(-10) |
| 8. Gail Edwards, Steve Edwards, Lisa George, Kim Lenhardt | 63(-9) |
| 9. Brad Whitfield, Joe Renstein, Vance Phillips, Nick Lotuaco | 64(-8) |
| 10. Blaine Smith, Cameron Smith, Bob Kraly, Ty Kraly | 64(-8) |
| 11. Jim Liepman, Jim Turner, Norm Mitchell, Rob Harris | 64(-8) |
| 12. Charlie Jenks, Lou Neudorff, Hu Odom, Evie Odom | 64(-8) |
| 13. Jerry Berman, Bob Smith, Tim McLatchy, John Mancoll | 65(-7) |

*All ties were broken using the USGA Method (Last 9, 6, 3, 1 holes)

SCORE

CLOSEST TO THE PIN WINNERS

- Palmer #4 - Lou Neudorff
- Palmer #7 - Steve Grimes
- Palmer #12 - Erik Pierce
- Palmer #15 - John Mancoll

Congratulations to the winners!

17TH ANNUAL BALLOON SALE



The 17th Annual Balloon sale followed the Snowball Tournament. The way in which the sale worked is for each item you pick out for purchase you also picked out a balloon for that item. The balloons contained a ticket with the surprise discount. Discounts ranged from 35% off all the way to free. If you missed this event this year, please put it on your calendar for next year. This is definitely one event you don't want to miss as a Bay Creek Member.



Congratulations!

2021 GOLF TOURNAMENT WINNERS

Bay Creek Team would like to acknowledge all of the member tournament winners of 2021. Thank you all for playing in these exciting events, we hope to see you play this year!

PLAY EM ALL

Claude Reid & Gene Garrison

SPRING MEMBER MEMBER

Bob Kraly & Claude Reid

PAR 3

Bob Kraly & Mike Callaway

BIG HOLE

Joe Restein & Tripp Camden

ONE DAY MEMBER GUEST

Terry White & Billy Sterling

CLUB CHAMPIONSHIP

Froi Pinili (Men's Regular Division)

Frank Wood (Men's Senior Division)

Ron Wrucke (Men's Super Senior Division)

Payton Smith (Women's Regular Division)

Lisa George (Women's Senior Division)

CHEESEBURGER IN PARADISE

Tyler Gibson John Orlando, Mark Blachura & Brenden Blachura

Mike Holvick, Stephanie Holvick, Frank Hughlett & Norm Mitchell

LEGENDS MEMBER GUEST

Claude Reid & Gary Hill

FALL MEMBER MEMBER

Joe Restein & Nick Lotuaco

NICKLAUS CUP

Brad Whitfield

SNOWBALL

Gary Williams, Harold Rasmussen, Rob Nicoll & Steve Grimes

2021 MOST IMPROVED GOLFER

Zach Pflugst, Director of Golf, would like to personally acknowledge the most improved players of the year. The most improved players were determined based on the players percentage of improvement on the starting handicap index to ending handicap index of each player.

Congratulations to everyone who improved throughout the year!

Women's Most Improved Golfer

Marian Dipboye

Men's Most Improved Golfer

John Orlando



LEAVES

by Joe Fehrer

"Nature will bear the closest inspection, she invites us to lay our eye level with her smallest leaf, and take an insect view of its plain." H.D Thoreau

I've been spending more time in the Preserve uplands of late, the cold wind of the winter beach has chased me inland, to the shelter of forest and meadow. In reacquainting myself with the flora of the uplands and having been asked about various tree and shrub species while on the trails I thought a bit of basic, all-be-it sometimes confusing, botany might be in order.

We're blessed with an abundance of deciduous ("tending to fall off" or "falling off at maturity") trees here, on the southern tip of Delmarva, mostly natives to the area and most very well adapted to the climate and soils. In highlighting the following two tree species I'm focusing on the leaves as both have several leaf variations on the same plant and often time the same branch, making identification interesting. But first, what is a leaf...to a plant, leaves are quite simply the food-producing organs.

As we know, leaves absorb energy from the sun that strikes their surface, as well as taking in carbon dioxide from the air, this, in turn, helps run the metabolic process called photosynthesis. Chlorophyll is the pigment that colors (most) leaves green and as a chemical agent acts to capture the sunlight's energy needed for photosynthesis. The products of photosynthesis are sugars and polysaccharides, and, critically important for us is the by-product of photosynthesis, oxygen.

The shape of a tree's individual leaves can be a response to the tree's long-term evolutionary and ecological history. The particular ecosystem that a tree finds itself in also has limiting factors (nutrients, amount of sunlight, and location) which can also modify the form and shape of the tree's leaf shape. Trying to understand the "logic" of varied leaf forms helps if you understand the basic functions leaves must accomplish for the plant to thrive.

- Leaves capture sunlight and as they do some absorb a great deal of heat
- Carbon dioxide is taken in via pores called stomate; when the stomate are open, they take in carbon dioxide and water from inside the leaf is lost to the atmosphere in a process called transpiration.

Transpiration was first accurately measured by English botanist Stephen Hales in the early 1700's. He found that transpiration occurred from the leaves and during that process encouraged a continuous upward flow of water and dissolved nutrients from the roots. Modern research has shown that as much as 99% of the liquid water taken in by the roots is released back into the air as water vapor. Transpiration by trees is important for our local and global weather patterns, cloud formation being but one aspect of this process.

Leaves perform a delicate balancing act for the plant; taking in enough sunlight and carbon dioxide for photosynthesis to occur while trying to minimize water loss and over-heating.

Leaves high in the canopy receive the most sunlight and by association the most heat. To adapt to this rather extreme environment, the uppermost leaves tend to be smaller and have more complex edges and lobes, which help to disperse heat rapidly. The leaves positioned lower on the tree or shrub tend to be larger to absorb more sunlight and also have less complex edges and lobes. There are two basic arrangements of leaves on a tree, the mono-layer and the multi-layer. The mono-layer has leaves arrayed so that no leaf is above and therefore shading another, while the multi-layer arrangement has leaves above and below other leaves on the tree. Mono-layer trees are mostly our understory or shade dwelling species while the multi-layer array is most commonly seen in the larger canopy trees.

One of our interesting small trees or shrubs is the Shinning or Winged Sumac (*Rhus copallina*) seen in the open meadows of the Preserve. Since these plants grow [best] in full sun their leaves have evolved in an unique way to help dissipate heat. Each 12" to 24" long leaf is made up of "pinnately compound leaflets", that is to say, many small leaves [from 9 to 21 in total] make up the larger leaf. In this way the leaves can absorb sunlight but stay cool due to the heat dissipating effect of the small leaflets.

Prior to the leaves of deciduous trees falling (oaks tend to hold their leaves a little longer), we're oftentimes gifted a great burst of autumnal color, and this year was an exceptional one. As mentioned above, the purpose of leaves is to take in and produce food for the plant, done in the cells containing chlorophyll. Along with the green pigment are orange, yellow and red, but these are masked most of the year by the great amount of green, of chlorophyll.

Leaves look green to our eyes because of chemical reactions in special chlorophyll molecules (carotenoids and anthocyanins) that use only the red and blue end of the visible light spectrum, the unused green light is reflected away from the leaf and that's the color we see.



Sweet Gum; the many variations of leaf color

(Leaves...Continued from page 06)

As the length of day and available light changes and the temperature starts to drop, leaves stop their food-making process, the chlorophyll breaks down and the green coloration disappears which allows the other colors to shine through. Concurrently, other chemical changes are occurring in some plants which render the deep crimson reds and purplish colors found in the sumacs, sweet gums, and dogwoods.



Southern Red Oak (*Quercus falcata*) is the most prevalent oak species within the confines of the Preserve, preferring the dry and well-drained upland soils. Its rough but not furrowed bark varies from light grey on younger trees to a dark gray to almost black on older ones. Two of its common names are Spanish red oak or Turkey oak; these can be large trees, up to 80' in height with a diameter of 3', and are considered canopy trees.

In the book, *Delaware Trees*, authored by William S. Taber (State Forester) in 1937, he described the leaves of the Southern Red Oak in a way to cover all bases. "Alternate, 6" to 9" long, 4" to 5" wide, ovate or obovate in outline, with 3, 5, or 7 lobes, the terminal lobe usually linear-lanceolate and entire or further divided into short bristle pointed teeth. Very variable in shape and size, often characterized by a pronounced drooping from the slender, slightly flattened, petioles."

With such a wide variety of leaf shapes on the same tree, this can be a tricky one to identify, not to mention that oaks tend to hybridize within their respective families (Red Oaks or White Oaks). If you have oak flooring or kitchen cabinets in your home, it's most likely from this species. These trees are also disease resistant and rather handsome in form, lending themselves well to establishing in a large yard.



Sassafras (*Sassafras albidum*) is one of the few trees lacking a plethora of common names. Generally a small understory tree with thick reddish-brown and deeply furrowed bark found in open woods and fields with sandy loam nutrient-poor soils.

The leaves are often described as "mitten-shaped" but this is only partially correct; this tree has several distinct leaf shapes which can be confusing. They're described as obovate in general outline, 4" to 6" long, with or without lobes (entire) or with one, two, and rarely five lobes and fragrant when crushed. In the fall, these are one of the earlier trees to turn color, with the leaves ranging from yellow to orange and crimson.

Sassafras was used by the Indians and colonists alike, first medicinally as a cure-all (it was also imported to Europe for the same reasons) and later as a flavoring for beverages we know as root beer and sassafras tea. When I was younger, there were still a few people who collected Sassafras roots on the Lower Eastern Shore of MD, specifically in Wicomico County. The aromatic oil was expressed and used as a flavor for candy, soap perfume, and the aforementioned tea.

The fragrant oil was later found to contain safrole and has been banned for human use; it's been identified as a possible carcinogen in high amounts. In the book I mentioned previously, *Delaware Trees*, Sassafras leaves are mentioned as being ground into a fine powder and used to flavor soups and stews...I suppose similar to Bay leaves.

All native trees and plants are important for insects, much more so than any ornamental species, but I want to call out the oaks here. Research done by Douglas Tallamy et. al., Professor of Entomology at the University of Delaware has shown that Oaks, as a family, support as many as 557 species of lepidoptera (butterflies and moths), more than any other native tree or plant. Oaks are by far the most well-adapted and widespread tree family in North America and as such provide the most habitat for our gossamer-winged friends. Sassafras, restricted in its range to the Eastern U.S., supports less lepidoptera but is non-the-less of great importance for the 38 species that use the tree.

It's Cozy Nightcap Season!

The Coach House Tavern will be featuring a Hot Buttered Rum throughout the month. Join us and try one or more of these refreshing libations.

Hot Buttered Rum
\$10 each



HAPPY HOUR

Thursday - Saturday, 3PM - 6PM

\$5 House Wine and Draft Beers
\$8 Rail Cocktails

50% off appetizers

SEE YOU AT THE TAVERN!

WINTER BLOWOUT SALE

THURSDAY, JANUARY 27 | 10AM- 5PM

Stop by the Golf Club's Cart Barn next to the Coach House Tavern and shop through some items that the Coach House and Pro Shop will have for purchase at a very special blowout price. Items will include beer, wine, food and golf apparel and accessories. Come on out and take advantage of some great deals!

Wine of the Month

The Coach House Tavern wine feature for the month of January
Los Dos Cava Brut Rose— \$6 per glass or \$23 per bottle (on premise)

Like two dancers coming together to create the perfect routine, Los Dos celebrates the intricate steps in the dance of winemaking. It starts with the vine finding perfect partnership with the soil. With Los Dos Cava, the grapes are from family vineyards in the renowned D.O. Penedés. The rhythm of the dance changes when the winemaker steps in—carefully hand harvesting and aging the grapes on lees for 10 months resulting in a classic Cava that displays good acidity with some floral sweetness.

Tasting Notes: Rose pink in color. Red florals and ripe red berry aromas with cherry, strawberry, and raspberry flavors with a medium structure.

Wine will also be available for take out (off premise) at a discounted price. \$17 per bottle.

Pairing Information

Good balance between the acidity and the fruit concentration. Serve with a delicious paella or fideua.



January 2022

Recipes

FROM CHEF JASON

Smoked Venison Leg Roast

Ingredients:

- 3-5 lb. venison leg roast trimmed of sinew. I like to use a whole deboned leg myself.

Brine:

- 1 lemon, drained
- 2 dried bay leaves
- 5 tablespoons kosher salt
- 1 qt. water
- 16oz beef broth
- 1 onion chopped
- 2 large cloves garlic crushed
- 1 teaspoon black peppercorns
- 1 rib celery chopped
- 1 carrot chopped
- A few sprigs of fresh rosemary and thyme

Instructions:

Brine

1. Bring the brine ingredients to a boil then cool completely. Submerge the venison roast in the brine in a small pot or similar container (or a thick plastic bag set into a flat tray or Tupperware to prevent spills). Refrigerate the venison roast in the brine for at least 12 hours. I like to aim for a solid 24 hours.

Smoking

1. Preheat smoker to 350F. Smoke for 1 hour then reduce temperature to 225F
2. Remove roast from Brine and pat dry. At this point I like to put an additional BBQ rub on the roast. Totally optional.
3. Cook roast until an internal temperature of 130-135 F.
4. Remove the roast and let stand in a warm place for AT LEAST 15 minutes before slicing. After resting, this should give you about a medium-rare to medium doneness.

Valentine's Day

IS RIGHT AROUND THE CORNER
Keep Valentine's Day on your radar!

We (at the Coach House Tavern) are excited to announce that our Chef Michael has perfectly assembled some prime choices for our Valentine's Day special menu. Great opportunity for you to enjoy your special someone!

The V-Day menu will be available to view later this month.



BAY CREEK IS RECYCLING!

Bay Creek is excited to introduce a new recycling receptacle on premises! Residents, guests, and staff are encouraged to recycle their waste to do their part in creating a sustainable world. Proper recycling can prevent wildlife from scattering waste and injuring itself. It also limits the pollution of our agriculture and aquaculture. By following these easy guidelines we can prevent any items from ending up in a land fill, our watershed, or waterways.

WHAT ITEMS CAN BE RECYCLED?

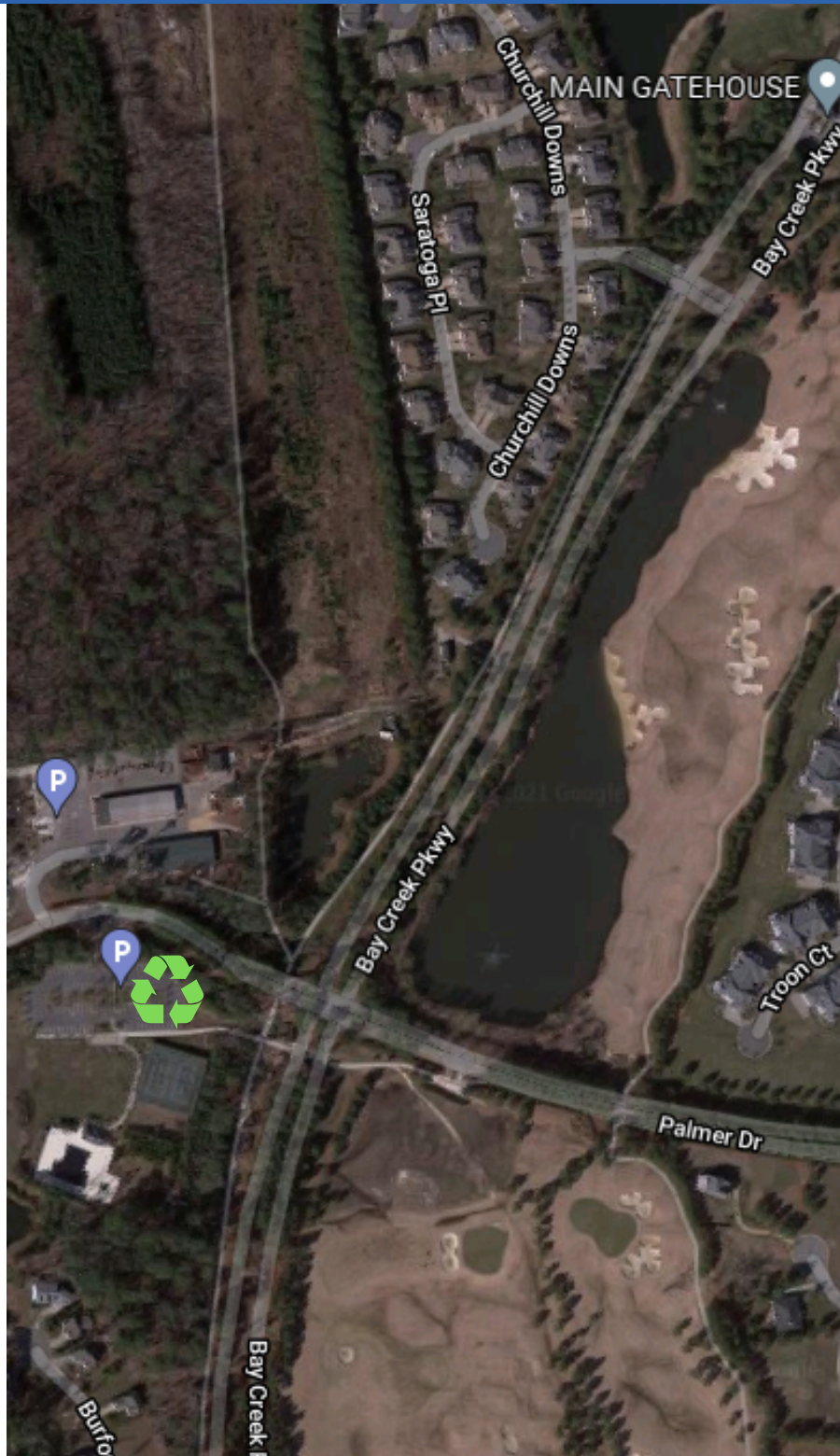
- Aluminum cans
- Plastic bottles #s 1-7
- Tin/steel cans and empty aerosol cans
- Cardboard (flattened)
- Newspapers, office paper
- Magazines, Phonebooks

WHAT ITEMS CANNOT BE RECYCLED?

- Absolutely no bagged recycling!
- garbage
- Plastic bags
- Glass bottles
- Food waste
- Plastic tubs
- Light bulbs
- Batteries

ADDITIONAL INFORMATION:

- Please break down and flatten cardboard boxes.
- Do not place waste outside of containers.
- Remove recycling from plastic bags before depositing in receptacle.



The recycling bins are located on property, in the parking lot area of the Community Pool and Tennis Courts. (Marked with a ♻️ on the map above.)



Actual photo of the recycling bin.



2021

HAPPY NEW YEAR!

TAKE A LOOK BACK AT BAY CREEK 2021

January 2022

Monthly Event & Activity Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|---|--|--------|---|
| | | | | | | 1 New Year's Day Hike, 10:00am |
| 2 Pinecone Gnome Workshop, 2:00pm | 3 | 4 Waterfowl Walk, meet at Base Camp 8:30am | 5 Walking Club Preserve Walk, 9:00am | 6 Beach Walk, meet at the beach entrance 1:30pm | 7 | 8 Themed Preserve Walk, meet at Base Camp, 1:30pm |
| 9 | 10 | 11 Preserve Walk, meet at Base Camp 9:30am | 12 Walking Club Preserve Walk, 9:00am | 13 Waterfowl and Birding Walk, meet at Base Camp 8:30am | 14 | 15 |
| 16 | 17 | 18 Waterfowl and Birding Walk, meet at Beach Entrance 8:30am Full Moon Walk, meet at Base Camp 5:30pm | 19 Walking Club Preserve Walk, 9:00am | 20 Preserve Walk, meet at Base Camp 9:30am | 21 | 22 Themed Preserve Walk, meet at Base Camp, 1:30pm |
| 23 | 24 | 25 Preserve Walk, meet at Base Camp 1:30pm | 26 Walking Club Preserve Walk, 9:00am | 27 Winter Blowout Sale 10:00am-5:00pm Waterfowl and Birding Walk, meet at Base Camp 8:30am | 28 | 29 |
| 30 | 31 | | | | | |

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 - Sat 7am-7pm
Sun - 7am-4pm

Coach House Tavern
757-331-8630

Mon - Wed 9am-3pm,
(Bar Open Until 5pm)
Thurs - 9am-8pm
Prime Rib Night
Fri - Sat 8am-8pm
Sun (Brunch) - 8am-3pm
(Bar Open Until 5pm)

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm



January 2022

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, Tabata and TRX classes due to equipment availability and COVID-19 spacing precautions.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|--|---|
| | | | | | | 1 Tabata w/Austin - 10am General TRX - 11am |
| 2 | 3 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm | 4 Spin w/Ashley - 7am Yoga w/Debra - 7:30am PN TRX - 9am | 5 General TRX - 10am Spin w/Ashley - 5pm | 6 Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm | 7 PN TRX - 9am Full Body Stretch w/Austin - 9am | 8 Tabata w/Austin - 10am General TRX - 11am Soft Yoga - 11:30am |
| 9 | 10 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm | 11 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am | 12 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm | 13 Spin w/Ashley - 7am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm | 14 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am PN TRX - 9am Basic Mat Pilates w/Jill - 10am | 15 Tabata w/Austin - 10am General TRX - 11am Soft Yoga - 11:30am |
| 16 | 17 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm | 18 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am | 19 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm | 20 Spin w/Ashley - 7am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm | 21 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am PN TRX - 9am Basic Mat Pilates w/Jill - 10am | 22 Tabata w/Austin - 10am General TRX - 11am Soft Yoga - 11:30am |
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Fri - Sat 8am-8pm
Sun (Brunch) - 8am-3pm
(Bar Open Until 5pm)

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm

