

THE BAY CREEK INSIDER

Monthly Member Newsletter

Inside the Issue



HEALTH & FITNESS

Strong Core Essentials p. 03



FORE! GOLF TALK

Golf updates and news. p. 04



NATURALISTS' CORNER

Life on the Wing... p. 07

WHAT'S COOKING

Find out about the great features the Coach House has in store for us this month. p. 8



TROON PRIVE/PRIVILEGES

Learn more about your Prive privileges. p. 9

MEMBER EVENT CALENDAR

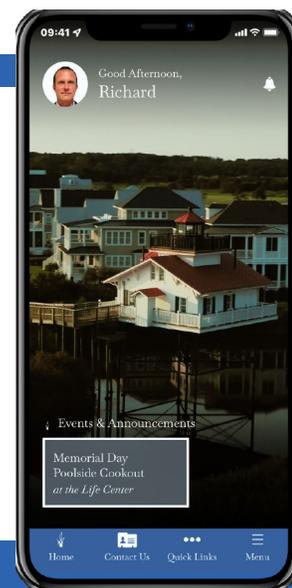


See what's happening this month. p. 12

Bay Creek is taking applications for the Advisory Committee

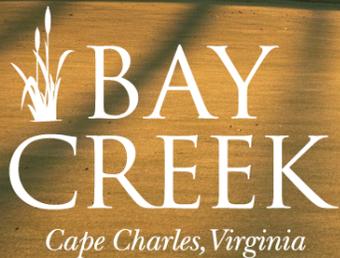
Advisory Committee members are vital to our operation here at Bay Creek. Members will be critical in 2023 and the years to follow.

If you are interested in serving on the 2023 Board, please apply by January 15, 2023. The application is available on the app under the Communicate section. You will be able to submit your supporting documents (resumes/recommendations letters, etc.) there or you can email them to club@baycreeklife.com.



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BAY CREEK

Cape Charles, Virginia

Message from Club GM, Bob Ewing...

As we ring in the New Year, I am filled with excitement to get my second season going. It goes without saying we will hit the ground running with a busy first month of the year. In January, we will begin to assemble our Bay Creek Advisory Board; this board will consist of up to 9 members and include folks with interests spanning across all our amenities here at Bay Creek. We will use this Board to advise and discuss things to improve Bay Creek.

We will also be moving the Golf Shop to its new location and beginning construction of our secondary kitchen. This process has already begun, and you should see significant progress through the first quarter of 2023. Additionally, in January, I will send out my "State of the Club" letter and set up our first Town Hall meeting of the year. We will discuss Membership and Dues for 2023, our business model for 2023 and where we see ourselves at year-end. We will also set the table for the year's first half and let everyone know the exciting things we have planned in all areas of the club.

Although the weather may be cold outside, we are already very involved in getting the season ready. In my second year as your GM, I am so thrilled with where we finished 2022 and even more excited about what 2023 will hold for everyone.

I wish everyone the very very best in 2023 and cannot wait to get going! C'mon Spring!

Bob Ewing, GM
Bay Creek Resort & Club

DON'T FORGET TO CHECK OUT

SATURDAY BAY CREEK BUZZ

with Bob Ewing

First Saturday of the month at 9:00am on Facebook LIVE
Tune in to Facebook LIVE with Club General Manager Bob Ewing where he will discuss topics such as upcoming events and club news.

Scan to visit
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CLICK HERE



A social space for just our members!

JOIN OUR FACEBOOK GROUP

Club Updates • Club News • Member Photos • and more!

This group is monitored and moderated by the Bay Creek Team. If you have any questions regarding the page, please email club@baycreeklife.com



FOR A STRONG CORE, UNDERSTAND YOUR PELVIC FLOOR

The Science of Health Magazine

Most people are familiar with the term “core muscles” and associate a strong core with physical fitness, increased stamina and an enhanced ability to perform a wide range of physical activities, including sports. And these associations are accurate – a strong core forms the foundation for all movement, balance, stability and flexibility and can reduce the risk of injuries while exercising, running or competing in athletic events.

But what exactly is the core?

More than Meets the Eye.

Many think that the visible abdominal muscles are the core. Called the rectus abdominus, these muscles can be impressive to look at in very fit individuals (think washboard abs) but they are just surface muscles and not part of the core at all. The true functional core is actually made up of several muscles and muscle groups that lay deep beneath the surface. And, it may surprise you to know that the pelvic floor is one of those muscle groups – a pretty important one, in fact.

Pelvic Floor 101

The pelvic floor is a group of muscles, ligaments, and fascia that are positioned in the shape of a bowl to hold all the pelvic organs in place, including the uterus, bladder, vagina and bowel. Male and female pelvic floors are essentially the same - the main difference being there are three openings in a female pelvis (the urethra, vagina, and rectum) and only 2 in the male pelvis (urethra and rectum).

Whether male or female, almost every physical activity you do involves the pelvic floor muscles. A strong pelvic floor supports and improves your physical performance whereas a weak pelvic floor can lower your stamina and hinder your ability to react properly to mishaps, like falls – potentially leading to significant pain and injury.

What Can Go Wrong?

Over time, like any other muscle group, the pelvic floor can weaken and lose its tone and strength. Other than the simple passage of time, there are several causes, activities and events that are known to substantially affect the pelvic floor and potentially lead to injury and dysfunction such as pregnancy, high impact sports, chronic cough, constipation, poor lifting mechanics, menopause and any type of pelvic surgery, including prostate surgery in men.

Signs that your pelvic floor may be in trouble:

The most common symptom of pelvic floor dysfunction is urinary incontinence or loss of bladder control. This can vary from slight leakage when sneezing, coughing or laughing to a complete inability to control urination.

Other symptoms may include:

- Pelvic, lower back, tailbone, hip, or groin pain
- Constipation and/or rectal pain
- Fecal and/or gas incontinence
- Urinary urgency/frequency
- Urinary tract infection symptoms
- Pain in the testicles or penis

People with one or more of these symptoms should talk to their doctor. There's no one machine at the gym specifically designed to exercise your pelvic floor muscles. And certain exercises, like Kegels, can be difficult to do correctly and are not always enough to rehabilitate the muscles and/or make them stronger. Two great

alternatives to kegel exercises are the clamshell and side step. These two exercises cause hip abduction which has been shown in studies to strengthen the pelvic floor quite effectively. For clamshells, lie on your side preferably on a yoga mat or soft surface with your legs bent at the knee, stacked on top of each other. Rest your head on your lower arm and bend the other arm so your hand is touching the floor, with your elbow up. Pull in your belly button to tighten your abdominal muscles and then raise the knee that's on top—and only your knee—while keeping your feet together, then bring your knee back down. Do not move your lower leg. Perform 20 reps on each side. For the side step, stand with your feet shoulder width apart and go into a squat. Step to the side with your right foot before bringing it back to the starting position, then repeat using your left foot. Perform 20 side step repetitions on each leg.

A strong pelvic floor is important but the ability to fully relax those muscles is equally important. A tight pelvic floor does not equal a strong pelvic floor. In fact, tight muscles are usually weak ones and can become difficult to relax, leading to pain, spasms, constipation and a stronger urge to urinate.

There is no single age when you should start pelvic exercises and even if you're not experiencing acute symptoms, keeping your pelvic floor strong is important and can lead to a greater and more satisfying quality of life.

Thirsty? Try Nuun

In need of a pre-workout and post-workout drink? Come to the Life Center and try the Nuun Powder Supplement Tablets. It's a great addition to any workout.



WHAT IS NUUN?

Nuun + Water = Hydration Bliss

Nuun is a company dedicated to keeping you as hydrated as humanly possible. Our drink tablets are fizzy, tasty and loaded with electrolytes that keep you healthy and hydrated!

GREENS INFO

The first tee time is 8:30am for the month of January. The golf shop will be open from 8:00am-4:00pm this month.

Monday through Thursday this month, we will close a nine to do extra maintenance to those holes. This is the time of year when the maintenance staff gets to target bigger projects. Friday through Sunday, we will have all 27 holes available for play.

Monday the 2nd through Thursday the 5th the Palmer Front will be closed for play.
 Monday the 9th through Thursday the 12th the Palmer Back will be closed for play.
 Monday the 16th through Thursday the 19th the Nicklaus Front will be closed for play.
 Monday the 23rd through Thursday the 26th the Palmer Front will be closed for play.
 Monday the 30th through Thursday the 2nd the Palmer Back will be closed for play.



2022 GOLF RECAP



57th Four-Ball Championship, Pictured Adam Houck & Blake Carter



Spring Member/Member, Pictured Ron Matthews & Frank Hughlett



Captain's Choice Scramble, Pictured Steve Ehmann & Peter Ehmann



(Play 'Em All, Gross Winners: Bill Stramm & Jamie Ibarra)



BAY CREEK MEMBER/GUEST 2022 CHAMPIONS



Fall Member/Member, (Gross Division Winners: Jamie Ibarra & Bill Stramm)



Fall Member/Member, (Net Division Winners: Nick Lotuaco & Jon Thornbrugh)



BAY CREEK MEMBER/GUEST 2022 CHAMPIONSHIP SHOOTOUT





Hooded Merganser (photo credit Marina Pierce)



Ring-Necked Duck

They breed from British Columbia eastward to Wisconsin and winter as far south as Central America, and like most waterfowl, they're ground nesters, usually in freshwater marsh settings. These birds are generally not seen in large flocks and very seldom on the bay's open waters. They've been described as "swimming buoyantly, given to raising their head with a swan-like movement of its neck and erecting the feathers on the back of its head." They feed in relatively shallow water, with the bulk of their diet consisting of aquatic plants and seeds mostly, and some insects, minnows and small mollusks.

The Lesser Scaup (*Aythya affinis*) is often confused with the Ring-Necked Duck and they can sometimes be seen together. The Long Pond to the south of Base Camp Road is a good place to see both species. The difference between the two is the pale ring on the bill of the Ring-Neck and its uniform black back, gray sides and flanks (the Lesser Scaup has a gray back, sides and flanks). Also, the Lesser Scaup frequent a saltier-water environment, but again, they can occasionally be seen on the larger ponds.

These small ducks are nervous and alert birds, and much like the Scaup they're good divers and have been known to dive up to 40 feet to feed. They seem to rise from the water with greater ease than most of the diving ducks and, if close enough, you'll hear the unmistakable whistling of their wings.



Gadwall

Gadwall (*Anas strepera*) are a medium-sized (19" to 23") dabbling and like the Ring-Necked Duck it's a distinctly fresh-water fowl. That said, during extreme freeze-ups, they and the other dabbling ducks will move into saltwater estuaries and the open water found there. Also known as the "gray duck," the drakes plumage is brownish-gray above with gray sides and flanks becoming black on the rump and tail; the hen is an overall mottled brown color. The female has a bit of yellow on its bill and both sexes have yellow feet. Good field marks for the drake are their mottled brown-gray head and overall gray body color, a chestnut colored wing-patch, and a white speculum (a brightly colored area on the secondary wing feathers, often showing a metallic iridescence).

LIFE ON THE WING... OUR WINTER WATERFOWL

by Joe Fehrer

*"There is a Power whose care Teaches thy way along that pathless coast,
The desert and illimitable air,
Lone wandering, but not lost.
All day thy wings have fanned,
At that far height, the cold thin atmosphere,
Yet stoop not, weary, to the welcome land,
Though the dark of night is near."
(To a Waterfowl: William Cullen Bryant, 1821)*

January...often the coldest month in the Northern Hemisphere and the warmest in the Southern. It also coincides with the greatest numbers and species of waterfowl in our region; some will continue to pass through while others stay, that is, until the last vestiges of open water become ice. The ponds scattered across the property provide a great opportunity to observe and identify these winter visitors. We have many species that utilize these water bodies throughout the winter months, but I want to highlight two: a "diver" and a "dabbling," the Ring-Necked Duck and the Gadwall. Both of these birds are often seen in close association with one another.

Diving ducks as the name implies dive to feed; they completely submerge, and when getting airborne they run, or patter, across the water surface for a short distance before gaining altitude. Dabbling ducks, on the other hand, are often seen "tipping-up" to feed, with only their rumps and tails above the water, and, when taking to the wing these ducks spring directly up from the water.

Ring-Necked Ducks (*Aythya collaris*) are medium-sized (15" to 18") divers and unlike most of their kin, they prefer fresh to brackish water ponds and lakes. Also known as the "ringbill," their plumage is basically a two-toned black and white on the drake (male) and brown and white on the hen (female). The drake has a faint chestnut brown ring around the neck, hence its name, but this is a hard field mark to distinguish unless the light is near perfect. Their bill, however, presents a better field mark, an overall blue-gray with a black tip and a distinctive pale ring across the upper bill directly behind the black tip. In good lighting the black feathering on the head and neck of the drake shimmers with an iridescent purple, trailing off to the black back and breast feathers. The feathers on top of the male's head (or crown) are long and slightly elevated, giving it a crested or "puffy appearance." The hen displays a light patch on both sides of its face between the eyes and bill, which blends into the overall umber-brown color of its head and continues to its back and breast feathers. The hen, unlike the drake, has a white eye ring which provides a good field mark. Their call is an oft-repeated "purring" and when startled a loud discordant "scaup."

The hen shows yellow on the bill and its head, and breast feathers are generally lighter than its body. Also, like the male, the white speculum may present itself. The drake Gadwall is a very vocal bird with a shrill whistle or a reed-like note, while the hen issues a loud quack, but higher in pitch than the female Mallard.

Like the Ring-Neck, these ducks are not found in large groups and are most often seen in twos and threes and often in the company of other species. The Gadwall is a swift flier and also one of the few dabbling ducks that can and will dive for food, but only when necessary; it usually feeds like the other dabblers, by tipping up.

They breed in the same swath of North America as the Ring-Neck, from British Columbia eastward to Wisconsin and winter as far south as Mexico but prefer a dry site for nesting, never too close to water and often well inland. Their diet is almost entirely vegetable and they've been known to wander far from water in search of food, including into grain fields and even woods, looking for nuts and acorns.

From a distance, they can sometimes resemble a small Black Duck; the Black Duck (*Anas rubripes*), however, is larger and with an overall darker body color. The Gadwall can also be seen feeding with American Widgeon and the Northern Pintail but sits lower and flatter on the water while the other two, aside from some obvious differences in size and/or feathering, rest more "buoyantly and alert."

A few of the older field guides that I use go to some length describing the table quality of game birds, something you'll never find in a modern guide. The diving ducks are almost always ranked against the Canvasback or Redhead, supposedly the best-tasting of the divers. The dabbling ducks are ranked against the Mallard or Black Duck. So where does that leave our Ring-Necked Duck and Gadwall? The Gadwall "is in the judgment of some, considered the equal of the Mallard, and the Ring-Neck is "a first-class table bird but not ranking as high as the Redhead or Canvasback."

The following are a few of the more common and most likely to be observed waterfowl species that we'll see in the ponds, creeks or nearshore waters of the bay; however, this is not an all-inclusive list .



American Widgeon

Dabbling Ducks

- Common Mallard: a large duck (20"-28") with a glossy green head, yellow bill and white neck-ring, a chestnut colored breast and a white tail; female is a mottled brown, orange bill patched with dark spots. (*found in the ponds and sometimes the creeks*)
- American Black Duck: a large duck (21"-25") sooty brown overall with a paler head, a yellowish bill and distinctive white wing linings (the under-wing) when viewed in the air, sexes similar, female has a green to olive-yellow bill (*observed in the creeks, ponds and open bay*).

- American Widgeon or Baldpate: (18"-23") with a large white patch on the fore-wing, overall gray head with a deep green patch behind the eyes and a prominent white crown, female is an overall brown with a grayish head and neck (*found in the ponds and occasionally the creeks*).
- Green-Winged Teal: a small duck (14") overall gray, a cinnamon colored head with a prominent green face patch, a vertical white bar between the breast and wing with a green speculum, female is an overall brown with a white breast and green speculum (*observed in the ponds and occasionally the creeks*).
- Northern Pintail: (26"-30") a slender-looking duck with a dark cinnamon head and a long slim neck, an overall gray body with a black wing patch, a conspicuous white throat and breast with a long "pin" tail; female is a mottled brown, long-necked with a gray bill. (*found in the larger ponds*).

Diving Ducks

- Bufflehead: a small duck (13"-15") overall white with a black back, a dark puffy head with a large bonnet-like white patch; the dark head color can show as iridescent green to purple depending on the light, the female is overall dark brown with a white cheek-spot (*found in the ponds, creeks, and open bay*).
- Ruddy Duck: (15"-16") a small chunky duck with a white cheek patch, overall gray with a dull blue-gray bill, female is similar but with a dark line across the cheek patch, both sexes easily identified by the upright fan-shaped tail [due to their legs being placed well to the rear of their body Ruddy Ducks are virtually helpless on land] (*can be found in all the ponds on the property*).
- Lesser Scaup: (15"-18") a black breast and tail and white to gray across the back and sides, head is a glossy to dull purple with a blue bill, female is a dark brown with a clean white mask near the bill (*seen in the larger ponds, creek and bay*).
- Surf Scoter: (19") overall black with one or two white patches on the crown of its head and nape of the neck, bill patterned with orange, black and white, female is a dusky brown with two light patches on the side of the head (*always in the open bay but sometimes observed just offshore of the beach*).
- Redhead: (18"-23") overall gray with a black chest and round red or rufous head, bill bluish with a black tip, female is brownish with a faint light patch near the bill (*this is an unusual visitor and only when the weather turns cold, seen in the larger ponds on the property or on the bay*).

Merganser

- Hooded Merganser: (16"-19") in the sub-family Merginae, they have a fan-shaped white crest on the head, may be raised or lowered, the breast is white with two black bars on each side, black back with brown flanks, female is overall dusky brown with a loose tawny brown crest, a local name for this bird is "hairy-head", due to the females' crest (*found in the ponds and creeks*).

Loons

- Common Loon: (28"-36") in the family Gaviidae, are large low-bodied low swimming birds, dark above and whitish below with a whitish throat and a stout, straight dagger-like bill, sexes similar--at a distance Cormorants are sometimes mistaken for Common Loons, they're about the same size and present the same low swimming profile but have a distinct "hooked bill" whereas the Loons do not (*observed on the open bay and occasionally the larger ponds*).

Grebes

- Pied-Billed Grebe: (13") a "duck-like diver", overall brown with a puffy white rump, sometimes with a light chin and throat patch, the bill is described as "chicken-like", sexes similar [Grebes, are in the family Podicipedidae, their feet aren't webbed like ducks but rather are lobed] (*found in the ponds*).

And for you trivia players out there...

Waterfowl can be long-lived, and it generally breaks down this way: swans live up to 40 years, geese to 30 and ducks up to 20 years. These numbers are generalizations based on individual birds. Our Ring-Necked Ducks have been known to live for 20 years and the Gadwall up to 19.

As for their flight speed, most waterfowl fly somewhere between 40 to 60 mph with the Canvasback being among the fastest at 70 mph. The record to beat, however, is that of the Red-Breasted Mergansers, which have been recorded at 100 mph in short-distance flights.

Some of the waterfowl are also high-fliers during migration, and achieving heights of up to 4,000 feet is not uncommon. The (modern) record stands at 21,000 feet by an individual Mallard as measured from a plane. And last but not least, in 1954, a climbing expedition to Mount Everest found a bird skeleton that was later identified as a Pintail at an elevation of 16,400 feet, a high flier indeed! Of course, these are all individual birds but are reflective of their families.

And completely unrelated to our local waterfowl, the oldest known wild bird in the world is a Laysan Albatross, now 71 years old that recently returned to her home island, Midway Atoll.

So, bundle up and get outside to observe our winter waterfowl on the ponds, creek and beach. They're as ephemeral as the colors of fall leaves, only to be enjoyed a short while before they wing their way north again, as they've done for millennia.



American Blackducks (note the metallic blue/green speculum on the wing) (photo credit: Marina Pierce)



© 2018 M.J. Adams

Surf Scooter



Northern Pintail



American Widgeon



Lesser Scaup



Green-wing teal



MEMBER CHILI COOK-OFF

Got what it takes?

January 2023 | Date TBD

Bragging rights and a prize are on the table for the winner.

More details will be updated in the app soon!

Wine of the Month

The Coach House Tavern Wine Feature for the Month of January

Hahn 2020 Chardonnay – \$6 per glass or \$21 per bottle

The grapes for this wine were grown primarily in Ste. Nicolaus Vineyard in the Arroyo Seco appellation. The growing season began with half the average rainfall and growers were able to compensate with irrigation to fill soil profiles before bud break. Warm spring temperatures, combined with added irrigations, aided vine growth as fruit began to develop. The weather leading into harvest was relatively cool, which allowed grapes to be harvested in a leisurely manner.

Aromas of apple, citrus and tropical fruit with hints of vanilla and honey. Bright acidity welcomes the palate leading to a perfect flavor combination of peach, lemon and pineapple, culminating in a lingering, clean finish.



Pairing Information

perfect match for barbequed meat or strongly flavored Mediterranean dishes.



Let it Snow Snow Cream Recipe

This recipe for Snow Ice Cream is a super simple treat to make when you get a fresh snowfall during the winter season. Only 3 ingredients.

8 cups | Fresh snow (more may be needed)
14 ounce | Can sweetened condensed milk
1 teaspoon | vanilla extract

Instructions

- In a large bowl, stir together snow with sweetened condensed milk and vanilla extract.
- Stir until well combined. Add more snow if necessary until desired consistency is reached.
- Serve immediately. Top with sprinkles!

JANUARY BEER FEATURE

STELLA
ARTOIS

\$3
PER CAN

JANUARY 2 - 31

REQUEST FROM YOUR SERVER
OR BARTENDER





EXCLUSIVE TROON MEMBER OFFER

The Westin Savannah Harbor Golf Resort & Spa



\$139 per night

Sunday - Thursday for the month of January

+ enjoy exclusive Troon rates at the legendary Club at Savannah Harbor course!

THE WESTIN
SAVANNAH HARBOR
GOLF RESORT & SPA

BOOK NOW WITH PROMO CODE G1J

ROOM RATE ONLY. DOES NOT INCLUDE GOLF. VISIT THECLUBATSAVANNAHHARBOR.COM FOR TEE TIMES.

2022

Methodists





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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Sun - 7am - 4pm

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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

