

ACTIVITY CALENDAR

Spring 2022

WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the resort fee. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi, open 7 A.M. - 22 P.M.
- ~ Hybrid bikes
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application

THURSDAY, APRIL 28

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, APRIL 29

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, APRIL 30

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, MAY 1ST

9:00 - 10:00
Yoga*
with Élie
Meet us at the gym

THURSDAY, MAY 5

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, MAY 6

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, MAY 7

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, MAY 8

9:00 - 10:00
Yoga*
with Élie
Meet us at the gym

Happy
Mother's
Day!

Activities description

* **RESERVATION REQUIRED** please book before 21 pm the day before.

** Forest bathing:
Prepare yourself to walk 5 km in the forest.

This calendar is subject to change.

**SLEEP WELL.
MOVE WELL.
EAT WELL.
DRINK WELL.**

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THURSDAY, MAY 12

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

FRIDAY, MAY 13

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

SATURDAY, MAY 14

9:00 - 10:00
Yoga* with Karine
Meet us at the gym
10:15 - 11:15
Walk around the lake
with Julie
Meet us at the front desk
13:30 - 14:30
Painting workshop
with Claudine
Meet us at
Legendary Corridor

SUNDAY, MAY 15

9:00 - 10:00
Yoga*
with Élie
Meet us at the gym

THURSDAY, MAY 19

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

FRIDAY, MAY 20

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

SATURDAY, MAY 21

9:30 - 10:30
Yoga*
with Élie
Meet us at the gym

SUNDAY, MAY 22

9:00 - 10:00
Yoga*
with Élie
Meet us at the gym

THURSDAY, MAY 26

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, MAY 27

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, MAY 28

9:30 - 10:30
Yoga*
with Élie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, MAY 29

9:00 - 10:00
Yoga*
with Élie
Meet us at the gym

Activities description

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