

ACTIVITY CALENDAR

Fall 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 common stay costs. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi (open 7 A.M. - 11 P.M.)
- ~ Volleyball court
- ~ Pool table
- ~ Baby foot
- ~ Fatbikes
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application

MONDAY, DEC. 5

8:00 am to 9:00 am
Yoga*
if registrations,
with Andréanne
Meet us at the gym

TUESDAY, DEC. 6

8:00 am to 9:00 am
Yoga*
if registrations,
with Andréanne
Meet us at the gym

WEDNESDAY, DEC. 7

8:00 am to 9:00 am
Yoga*
if registrations,
with Andréanne
Meet us at the gym

THURSDAY, DEC. 8

8:00 am to 9:00 am
Yoga*
if registrations,
with Élie
Meet us at the gym

1:30 pm to 3:30 pm
Forest bathing*
with Sylvie,
naturalist
Meet us at the
front desk**

FRIDAY, DEC. 9

9:00 am to 10:00 am
Yoga*
if registrations,
with Élie
Meet us at the gym

1:30 pm to 3:30 pm
Forest bathing*
with Sylvie,
naturalist
Meet us at the
front desk**

SATURDAY, DEC. 10

9:30 am to 10:30 am
Yoga*
if registrations,
with Élie
Meet us at the gym

1:30 pm to 3:30 pm
Forest bathing*
with Sylvie,
naturalist
Meet us at the
front desk**

SUNDAY, DEC. 11

9:30 am to 10:30 am
Yoga*
if registrations,
with Véfonique
Meet us at the gym

MONDAY, DEC. 12

8:00 am to 9:00 am
Yoga*
if registrations,
with Andréanne
Meet us at the gym

TUESDAY, DEC. 13

8:00 am to 9:00 am
Yoga*
if registrations,
with Andréanne
Meet us at the gym

WEDNESDAY, DEC. 14

8:00 am to 9:00 am
Yoga*
if registrations,
with Andréanne
Meet us at the gym

THURSDAY, DEC. 15

8:00 am to 9:00 am
Yoga*
if registrations,
with Élie
Meet us at the gym

1:30 pm to 3:30 pm
Forest bathing*
with Sylvie,
naturalist
Meet us at the
front desk**

FRIDAY, DEC. 16

9:00 am to 10:00 am
Yoga*
if registrations,
with Élie
Meet us at the gym

1:30 pm to 3:30 pm
Forest bathing*
with Sylvie,
naturalist
Meet us at the
front desk**

SATURDAY, DEC. 17

9:30 am to 10:30 am
Yoga*
if registrations,
with Élie
Meet us at the gym

1:30 pm to 3:30 pm
Forest bathing*
with Sylvie,
naturalist
Meet us at the
front desk**

Activities description

- * **RESERVATION REQUIRED** please book before 21 pm the day before.
- ** Forest bathing: Prepare yourself to walk 5 km in the forest.

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

This calendar is subject to change.