

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.)
- ~ Pool table
- ~ Ping-pong
- ~ Hybrid bikes
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application

May 2023

FRIDAY, MAY 5

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

FRIDAY, MAY 12

8:00 am to 9:00 am
Yoga* with Véronique
Meet us at the gym

FRIDAY, MAY 19

8:00 am to 9:00 am
Yoga* with Véronique
Meet us at the gym

FRIDAY, MAY 26

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

SATURDAY, MAY 6

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

SATURDAY, MAY 13

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

SATURDAY, MAY 20

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

SATURDAY, MAY 27

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

SUNDAY, MAY 7

9:30 am to 10:30 am
Yoga* with Véronique
Meet us at the gym

SUNDAY, MAY 14

9:30 am to 10:30 am
Yoga* with Véronique
Meet us at the gym

Happy
Mother's Day!

SUNDAY, MAY 21

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

SUNDAY, MAY 28

9:30 am to 10:30 am
Yoga* with Véronique
Meet us at the gym

Activities description

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

This calendar is subject to change.

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

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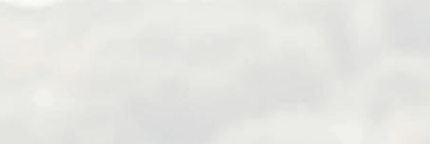
June 2023

FRIDAY, JUNE 2



SATURDAY, JUNE 3

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



SUNDAY, JUNE 4

9:30 am to 10:30 am
Yoga* with Véronique
Meet us at the gym



FRIDAY, JUNE 9

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



SATURDAY, JUNE 10

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



SUNDAY, JUNE 11

9:30 am to 10:30 am
Yoga* with Véronique
Meet us at the gym



FRIDAY, JUNE 16

8:00 am to 9:00 am
Yoga* with Véronique
Meet us at the gym



SATURDAY, JUNE 17

10:30 am to 11:30 am
Yoga* with Véronique
Meet us at the gym



SUNDAY, JUNE 18

9:30 am to 10:30 am
Yoga* with Véronique
Meet us at the gym



Activities description

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