

## 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 am- 11 pm)
- ~ Hybrid bikes or fatbikes
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic

### Activities description

\* Reservation required please book before 9 pm the day before.

*This calendar is subject to change.*

**FRIDAY, APRIL 5**

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

**SATURDAY, APRIL 6**

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

**SUNDAY, APRIL 7**

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

**FRIDAY, APRIL 12**

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

**SATURDAY, APRIL 13**

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

**SUNDAY, APRIL 14**

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

**FRIDAY, APRIL 19**

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

**SATURDAY, APRIL 20**

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

**SUNDAY, APRIL 21**

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

**FRIDAY, APRIL 26**

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

**SATURDAY, APRIL 27**

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

**SUNDAY, APRIL 28**

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

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