



**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!

- ~ Défi-Évasion® riddle trail for the whole family
- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Outdoor pool (open 8 am - 10 pm) (adults only after 8 pm) and Jacuzzi (open 7 am- 11 pm)
- ~ Water activities such as Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic (\$)
- ~ Privileged departure at Golf La Tempête

**Activities description**

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

**In case of rain:** activities will take place at the gym

\* **Collaboration with the 6AM Club running club.** Meet us every Friday at Entourage (6 am). 6 km journey: speed of 6-6h30 km/h and coffee at the end of the activity at the restaurant. **Open to everyone!**

*This calendar is subject to change.*

**FRIDAY SEPTEMBER 6**

**6 am to 6:45 am**  
 6AM Club de course  
 Meet us at the parking in front of the hotel with Frédéric or Karel  
 6 km road journey\*

**SATURDAY SEPTEMBER 7**

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

**SUNDAY SEPTEMBER 8**

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

**FRIDAY SEPTEMBER 13**

**6 am to 6:45 am**  
 6AM Club de course  
 Meet us at the parking in front of the hotel with Frédéric or Karel  
 6 km road journey\*

**SATURDAY SEPTEMBER 14**

**9:30 am to 10:30 am**  
 Yoga with Josiane  
 Meet us at the beach

**SUNDAY SEPTEMBER 15**

**9:30 am to 10:30 am**  
 Yoga with Josiane  
 Meet us at the beach

**FRIDAY SEPTEMBER 20**

**6 am to 6:45 am**  
 6AM Club de course  
 Meet us at the parking in front of the hotel with Frédéric or Karel  
 6 km road journey\*

**SATURDAY SEPTEMBER 21**

**8:30 am to 9:15 am**  
 HIIT with Élie  
 Meet us at the gym  
**9:30 am to 10:30 am**  
 Yoga with Élie  
 Meet us at the beach

**SUNDAY SEPTEMBER 22**

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

**FRIDAY SEPTEMBER 27**

**6 am to 6:45 am**  
 6AM Club de course  
 Meet us at the parking in front of the hotel with Frédéric or Karel  
 6 km road journey\*

**SATURDAY SEPTEMBER 28**

**8:30 am to 9:15 am**  
 HIIT with Élie  
 Meet us at the gym  
**9:30 am to 10:30 am**  
 Yoga with Élie  
 Meet us at the beach

**SUNDAY SEPTEMBER 29**

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

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