



RESORT

ENTOURAGE

SUR-LE-LAC

# ACTIVITIES CALENDAR

## October 2024

### 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
- ~ Jacuzzi (open 7 am-11 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.

\* **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 OCTOBER 4

**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\*

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

#### SATURDAY OCTOBER 5

**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 gym

#### SUNDAY OCTOBER 6

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

#### FRIDAY OCTOBER 11

**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\*

**8 am to 9 am**  
Yoga with Élie  
Meet us at Salle Simons

#### SATURDAY OCTOBER 12

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

**9:30 am to 10:15 am**  
Parent-children Yoga with Élie  
Meet us at Salle Simons

**10:30 am to 11:30 am**  
Adult Yoga with Élie  
Meet us at Salle Simons

**8 pm**  
Astronomy Evening with Éric Gagnon  
Meet us at Salle Simons

#### SUNDAY OCTOBER 13

**9:30 am to 9:45 am**  
Parent-children Yoga with Véronique  
Meet us at Salle Simons

**10 am to 11 am**  
Pilates with Véronique.  
Meet us at Salle Simons

**1:30 pm to 2:30 pm**  
Pumpkin creation with Claudine  
Meet us at Salle Simons

**3 pm to 4 pm**  
Pumpkin painting with Claudine  
Meet us at Salle Simons

#### MONDAY OCTOBER 14

**9 am to 10 am**  
Adult Yoga with Véronique  
Meet us at Salle Simons

**10:15 am to 11 am**  
Parent-children Yoga with Véronique  
Meet us at Salle Simons

#### FRIDAY OCTOBER 18

**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\*

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

#### SATURDAY OCTOBER 19



#### SUNDAY OCTOBER 20



#### FRIDAY OCTOBER 25

**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\*

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

#### SATURDAY OCTOBER 26

**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 gym

#### SUNDAY OCTOBER 27

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

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