

### 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)
- ~ Fatbikes – available at reception on a first come, first served basis
- ~ 3 km natural ice rink
- ~ Snowshoes, snow scooters, hockey sticks and pucks available at the cabin near the lake on a first come, first served basis
- ~ Centre de ski de fond, fatbike et sentiers de raquettes à 4 km de l'hôtel\*\* [sentiersdumoulin.com](http://sentiersdumoulin.com)
- ~ Le Relais alpine ski center 1 km from the hotel\*\* – [skirelais.com](http://skirelais.com)
- ~ Pool table
- ~ High-speed Internet
- ~ Enomatic (\$)

#### Activities description

**Reservation required** please book before 9 pm the day before on our LoungeUp app.

\*\* Ask at the hotel reception.

*This calendar is subject to change.*

#### FRIDAY, FEBRUARY 7

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

#### SATURDAY, FEBRUARY 8

**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, FEBRUARY 9

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

#### FRIDAY, FEBRUARY 14

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

#### SATURDAY, FEBRUARY 15

**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, FEBRUARY 16

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

#### FRIDAY, FEBRUARY 21

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

#### SATURDAY, FEBRUARY 22

**9:30 am to 10:30 am**  
Introduction to meditation  
with Édith mÉDITH  
Meet us at the gym

#### SUNDAY, FEBRUARY 23

**9:30 am to 10:30 am**  
Introduction to meditation  
with Édith mÉDITH  
Meet us at the gym

#### FRIDAY, FEBRUARY 28

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

#### SATURDAY, MARCH 1<sup>st</sup>

**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, MARCH 2

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

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