

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
- ~ Outdoor pool (open 8 am - 10 pm) (adults only after 8 pm)
- ~ Jacuzzi and Sauna (open 7 am- 11 pm)
- ~ Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Preferred tee times at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family - departure from the library near the reception
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

* Open water swimming:
Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards. Swimming buoy required, can be borrowed from reception.

This schedule is subject to change.

FRIDAY, JUNE 5

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

SATURDAY, JUNE 6

9 am to 10 am
Morning Yoga with Élie
Meet us at the gym

SUNDAY, JUNE 7

9:30 am to 10:30 am
Morning Yoga with Sabrina
Meet us at the gym

FRIDAY, JUNE 12

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

SATURDAY, JUNE 13

9 am to 10 am
Morning Yoga with Élie
Meet us at the gym

SUNDAY, JUNE 14

9:30 am to 10:30 am
Morning Yoga with Véro
Meet us at the gym

FRIDAY, JUNE 19

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

SATURDAY, JUNE 20

9 am to 10 am
Morning Yoga with Élie
Meet us at the gym

SUNDAY, JUNE 21

9:30 am to 10:30 am
Morning Yoga with Sabrina
Meet us at the gym *Happy Father's Day!*

OPEN WATER SWIMMING* WITH OPUS TRIATHLON



Monday evenings	from 6 pm to 7 pm	starting June 15
Tuesday evenings	from 6 pm to 7 pm	starting June 2
Wednesday evenings	from 6:30 pm to 7:30 pm	starting June 10
Saturday mornings	from 7 am to 9 am	starting June 6

Meet us at the left of the beach.

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