

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 and Sauna (open 7 am- 11 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ 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

This schedule is subject to change.

ACTIVITY CALENDAR

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OCTOBER 2026

FRIDAY, OCTOBER 2	SATURDAY, OCTOBER 3	SUNDAY, OCTOBER 4	
8 am to 9 am Morning yoga with Élie Meet us at the gym	9 am to 10 am Yoga with Élie Meet us at the gym	9 am to 10 am Yoga with Véro Meet us at the gym	
FRIDAY, OCTOBER 9	SATURDAY, OCTOBER 10	SUNDAY, OCTOBER 11	MONDAY, OCTOBER 12
8 am to 9 am Morning yoga with Élie Meet us at the gym	9 am to 10 am Yoga with Mélanie Meet us in St. James Room 1 pm to 3 pm Halloween crafts with Claudine Meet us in St. James Room	9 am to 10 am Pilates with Véro Meet us in St. James Room 10:15 am to 11:15 am Yoga with Véro Meet us in St. James Room 1 pm to 3 pm Pumpkin painting with Claudine Meet us in St. James Room	8:30 am to 9:15 am Meditation with Edith mEDITHe Meet us in St. James Room
FRIDAY, OCTOBER 16	SATURDAY, OCTOBER 17	SUNDAY, OCTOBER 18	
8 am to 9 am Morning yoga with Mélanie Meet us at the gym	9 am to 10 am Yoga with Mélanie Meet us at the gym	9 am to 10 am Yoga with Sabrina Meet us at the gym	
FRIDAY, OCTOBER 23	SATURDAY, OCTOBER 24	SUNDAY, OCTOBER 25	
8 am to 9 am Morning yoga with Élie Meet us at the gym	9 am to 10 am Yoga with Élie Meet us at the gym	9 am to 9:45 am Méditation with Edith mEDITHe Meet us at the gym	
FRIDAY, OCTOBER 30	SATURDAY, OCTOBER 31	SUNDAY, NOVEMBER 1	
8 am to 9 am Morning yoga with Élie Meet us at the gym	SURPRISES AWAIT AT RECEPTION! 9 am to 10 am Yoga with Élie Meet us at the gym	9 am to 10 am Yoga with Véro Meet us at the gym	

