

ACTIVITY CALENDAR

Spring 2022

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 resort fee. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi, open 7 A.M. - 22 P.M.
- ~ Fatbikes
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application

THURSDAY, MARCH 31

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, APRIL 1ST

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, APRIL 2

9:30 - 10:30
Yoga*
with Élie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, APRIL 3

9:30 - 10:30
Yoga*
with Andréanne
Meet us at the gym

THURSDAY, APRIL 7

7:30 - 8:15
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, APRIL 8

8:00 - 9:00
Yoga*
with Élie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, APRIL 9

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

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, APRIL 10

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

Activities description

* **RESERVATION REQUIRED** please book before 21 pm the day before.

** Forest bathing: Prepare yourself to walk 5 km in the forest. Pick up a pair of snowshoes at the front desk.

The **FUN CLUB** will be supervised on Fridays from 17 p.m. to 20 p.m., as well as on Saturdays between 10 a.m. and 18 p.m. No supervision on Sunday.

This calendar is subject to change.

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

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THURSDAY, APRIL 14

9:30 - 10:30
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, APRIL 15

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, APRIL 16

9:30 - 10:30
Yoga* with Élie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

**13:30 - 14:30 /
15:00 - 16:00**
Parent-children
painting workshop
with Claudine
Meet us at
Legendary Corridor

SUNDAY, APRIL 17

9 h - 13 h
Make-up, near
the l'îlot Repère
Gourmand

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

**13:30 - 14:30 /
15:00 - 16:00**
Parent-children
painting workshop
with Claudine
Meet us at
Legendary Corridor

THURSDAY, APRIL 21

9:30 - 10:30
Spinning
with Julie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, APRIL 22

8:00 - 9:00
Yoga*
with Andréanne
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, APRIL 23

9:30 - 10:30
Yoga*
with Élie
Meet us at the gym

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, APRIL 24

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

Activities description

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** Forest bathing: Prepare yourself to walk 5 km in the forest. Pick up a pair of snowshoes at the front desk.

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