ACTIVITY CALENDAR
Winter 2022

RESORT ENTOURAGE SUR·LE·LAC

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 17	FRIDAY, MARCH 18	SATURDAY, MARCH 19	SUNDAY, MARCH 20
7:30 - 8:15 **Spinning** with Julie Meet us at the gym	**8:00 - 9:00** **Yoga*** with Andréanne Meet us at the gym	**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 - 15:30** **Forest bathing**** with Sylvie, naturalist Meet us at the front desk	**13:30 - 15:30** **Forest bathing**** with Sylvie, naturalist Meet us at the front desk	

THURSDAY, MARCH 24	FRIDAY, MARCH 25	SATURDAY, MARCH 26	SUNDAY, MARCH 27
7:30 - 8:15 **Spinning** with Julie Meet us at the gym	**8:00 - 9:00** **Yoga*** with Élie Meet us at the gym	**9:00 - 10:00** **Yoga*** with Véronique Meet us at the gym	**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	**13:30 - 15:30** **Forest bathing**** with Sylvie, naturalist Meet us at the front desk	**13:30 - 15:30** **Forest bathing**** with Sylvie, naturalist Meet us at the front desk	

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.

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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.