

# Sports cours for women

(and their daughters from 14 years on)

## course start: 18.08.2023

### Costs?

0,00 €

Sport  
with  
Ines

### Where?

Emmauskirche  
Kopernikusstr. 2  
Lülsdorf

### When?

Friday (not during school holidays)

11:30 – 12:30 Uhr Sport

12:30 -13:00 Uhr Time to talk  
and council

### Registration:

Ines Gurzinski

0151 41487668 (SMS or Whatsapp)

For example:

„Ich komme zum Sport am 18.08.

- your name“

or „🏃👍 18.8.“

### What to bring?

- Sports mat/Yoga mat
- Sports shoes
- comfortable cloth
- enough to drink