

B O D Y SCULPTING PROGRAMME

Now available
in your area

Training with weights and using the unique Tony Quinn Body Sculpting System has enabled us to produce more success stories and more winners of physique and figure contests than any other gym in Ireland. Now we continue to bring this unique system to your area.

FIGURE it out for yourselves Ladies! Getting into the best shape of your life is easy - All you have to do is put yourself in our hands.

Here's why: Simply because we have the know-how. This has enabled us to win over 30 figure contests to date - contests such as Miss Ireland no fewer than 10 times. An example of which is Patricia Halligan - a former Miss Ireland who is the supervisor of our Body Sculpting team.

Out of this experience grew the Body Sculpting programme which enables us to take anyone of any age and get them into their own personal best shape. It's never been easier for you. All you have to do is supply the body and the enthusiasm, we do the rest.....



Your Body Sculpting Programme Team Leader, Patricia Halligan.

The Tony Quinn 4 Stage Body Sculpting System

1. POSTURAL ASSESSMENT:

Correct the posture and you change the whole shape and look of the body and where the weight falls. This we do with specialised yoga exercises.

2. DIET FOR HEALTH AND SHAPE:

For the desired shape it may be necessary to gain or lose weight. We will show how to balance your diet regarding proteins, fats, carbohydrates, minerals etc. and

monitor it continually for you.

3. RESHAPING THE MUSCLE STRUCTURE:

Here we use resistance exercises to sculpt the overall look we want. Naturally this will depend on each person's ideal.

4. MENTAL ATTITUDE:

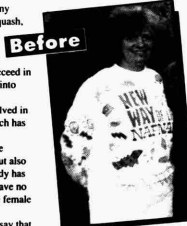
Here you will learn to apply yourself to your programme with the same mental attitude that produces our winners.

Imelda Farrell's Story

I put pen to paper because I feel so strongly about the Tony Quinn Gym Programme. For quite a few years now I would have been aware of being somewhat overweight. While being incredibly active in so many areas of sport including squash, running and tennis, I recall many times wondering why, being so active, that I could not succeed in losing weight and getting into better shape. However, since I got involved in the Tony Quinn Gym, much has changed. Not only have I succeeded in achieving the desired weight decrease but also the whole shape of my body has changed. While I would have no great desire to become the female equivalent of Arnold Schwarzenegger, I have to say that I have never experienced anything like the Tony Quinn workout programme to bring my body to what I feel is its correct shape. I really wish to stress that it is not

simply a weight loss programme but, as importantly, a body shaping one. The atmosphere in the gym I found to be really good. Once you step through the door you cannot but be moved forward by the whole feel of the place. The staff there really take a genuine interest in you, helping you with your personal diet and giving you a carefully structured workout programme, where your progress is carefully monitored.

that I am proud of what I have achieved for myself. I have lost 3 stone since I began the programme. My waist is now down to 25 inches and my clothes size has dropped from 14/16 to a size 10. I feel that I have much more self-control and am now aware of my body in a more positive sense. I have acquired a new sense of self-confidence and I am so much happier in myself.



As a direct result of my programme at the Tony Quinn Gym my body is now in its best ever shape. I have not just lost weight but also I have achieved a really good shape and I must say



Imelda Farrell, Cork

Team Leader

Our Body Sculpting team leader is Patricia Halligan. She practises what she preaches - one look at the accompanying photographs should be enough to convince you of that. Patricia has represented Ireland in the Miss Universe contest. She also practises yoga and has worked as a healing therapist. In addition she is a member of the Irish Health Culture Association and holds a diploma in dietetics.

Out Of The Gym

Last year Tony Quinn and Patricia Halligan worked together on the idea of developing a new programme of stretching and resistance exercises that would be simple, easy and effective for getting

into shape. In our gym we use weights and some free-style resistance training to get our results. Now the idea was to take our four-stage body sculpting programme, which has been proven so effective in our gym, and adapt it to a class situation so it could be practised without weights. The first body sculpting class started in January 1991 and it was an instant success. Since then Patricia

Halligan has trained her Body Sculpting Team in all aspects of the programme. They all have considerable experience of exercise, fitness and health culture and have qualifications ranging from yoga to dietetics to Ki Massage.

The body sculpting course is run over a period of 8 weeks and costs £40 (payable on enrolment). For further information telephone 01-304998.

Body Sculpting Classes VENUES & TIMES

Anghrim St. Sports Centre Thurs 17th Sept 6.30pm - 8.00pm	Blanchardstown St. Brigid's Hall Wed 23rd Sept 7.30pm - 9.00pm	Don Laughaire Boylan Centre Susan St (off George's St.) Wed 23rd Sept 7.30pm - 9.00pm	Howth Presbyterian Church Hall Mon 21st Sept 7.30pm - 9.00pm	Opp Howth Lodge Hotel Thurs 24th Sept 10.30am - 12 noon	Lacan Spa Hotel Wed 23rd Sept 7.30pm - 9.00pm	Rathmines St. Louis High School Charleville Rd Mon 21st Sept 7.30pm - 9.00pm	Sutton St. Finian's Parish Hall Church Rd Wed 23rd Sept 7.30pm - 9.00pm	18 Jocelyn St Thurs 24th Sept 7.30pm - 9.00pm
Galway St. Nicholas' Parochial School Hall Woodway Thurs 24th Sept 7.30pm - 9.00pm	Bray St. Thomas's Sports Complex Nowena Rd Mon 21st Sept 7.30pm - 9.00pm	Cork Connelly Hall Mon 20th Sept 7.30pm - 9.00pm	Dundalk Tony Quinn Centre Wed 23rd Sept 7.30pm - 9.00pm	Galway St. Nicholas' Parochial School Hall Woodway Thurs 24th Sept 7.30pm - 9.00pm	Clontarf St. Thomas's Sports Complex Nowena Rd Mon 21st Sept 7.30pm - 9.00pm	Waterford Bridge Hotel Wed 23rd Sept 7.30pm - 9.00pm	St. Nicholas' Parochial School Hall Woodway Thurs 24th Sept 7.30pm - 9.00pm	Newbridge Parish Centre Station Road Thurs 24th Sept 7.30pm - 9.00pm