

Shape & Fitness

# Body Sculpting Classes

**LOSE WEIGHT**  
**TONE UP** (Tummy, hips, thighs)  
**FIRM UP BUST**  
**BALANCE DIET**  
*(for body shaping and fat reduction)*  
**BOOST ENERGY LEVELS**

**6 Week programme suitable for all age groups**

*This course is a unique approach to weight loss, shaping up and achieving fitness. Our unique combination of stretching, posture improvement and muscle-toning exercises will reshape problem areas - tummy, hips, thighs, bust etc.. The workout, while thorough is not exhausting and is suitable for all age groups. Our nutrition plan will show you how to lose fat, firm up and look great. Successful dieting has never been easier. You will find the course gets you the results you are looking for.*

## Our 4 Stage Programme

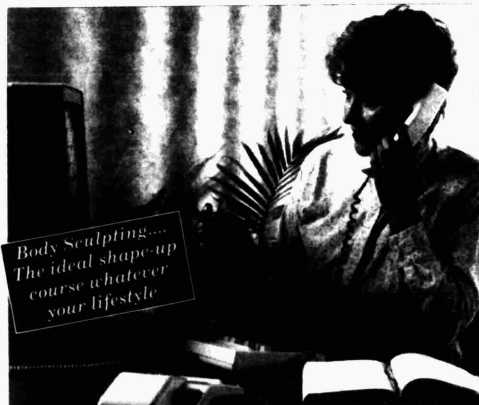
### STAGE 1 POSTURE ASSESSMENT

We begin with a posture assessment. This is a vital part of the programme, for

when we change the posture we change the whole shape of your figure and where the weight falls. Often so-called problem areas such as sagging bust, protuberant stomach, excess weight on the front of the thighs or

too thick waistline, can be dramatically altered by specialised Yoga posture exercises. Too often people with these problems take up jogging / aerobics / weight training / diet, etc. and are disappointed simply

because these are really postural problems and must be dealt with as such. This then is our foundation. Properly carried out, a realignment of posture can make even a fairly heavy person look like they have a good figure.



### STAGE 2 RESHAPING THE MUSCLE STRUCTURE

Here we use resistance exercises to sculpt the overall look we want. Naturally this will depend on the individual's ideal, but generally:

"A Sleek Well-Toned Figure" Most women want well-shaped shoulders, a firm uplifted bustline and a small trim waistline. Again, most prefer, when viewed from front or back, a gentle sweep from waist to knee. That is, no bulges on hips or thighs. The hips

## Body Sculpting Class Venues

**DUBLIN**  
 Tony Quinn Centre  
 67 Eccles St. Dublin 7  
 Mon 26th April  
 (1) 6.00pm - 7.30pm  
 (2) 7.30pm - 9.00pm

**TEMPLEOGUE**  
 Knocklyon Youth & Community Centre  
 Thurs 29th April  
 9.00pm - 10.30pm

**DÚN LAOGHAIRE**  
 Tony Quinn Centre  
 96 Lr. George's St.  
 Thurs 29th April  
 (1) 7.00pm - 8.30pm  
 (2) 8.30pm - 10.00pm  
 Tues 27th April  
 10.30am - 12noon

**HOWTH**  
 Presbyterian Church Hall  
 Opp. Howth Lodge Hotel  
 Howth Road  
 Thurs 29th April  
 10.30am - 12noon

**RATHMINES**  
 St. Louis' High School  
 Charleville Road  
 Mon 26th April  
 (1) 6.00pm - 7.30pm  
 (2) 7.30pm - 9.00pm

**SUTTON**  
 St. Fintan's Parish Hall  
 Church Road  
 Wed 28th April  
 7.30pm - 9.00pm

### NATIONWIDE BRAY

Tony Quinn Centre  
 9 Quinsboro Road  
 Wed 5th May  
 (1) 6.00pm - 7.30pm  
 (2) 7.30pm - 9.00pm

**WATERFORD**  
 The Bridge Hotel  
 Wed 21st April  
 8.00pm - 9.30pm

**CORK**  
 Connolly Hall  
 Mon 3rd May  
 7.30pm - 9.00pm

**GALWAY**  
 The Rowing Club  
 Wood Quay  
 Wed 28th April  
 8.00pm - 9.30pm

**FERMOY**  
 Holy Family Centre  
 Pres. Entrance  
 College Rd.  
 Mon 10th May  
 8.00pm - 9.30pm

**DUNDALK**  
 Tony Quinn Centre  
 18 Jocelyn St.  
 Tues 4th May  
 7.30pm - 9.00pm



themselves to be uplifted rather than sag. Most will want their thighs firmed and the shape changed, also well-shaped calves.

### STAGE 3 DIET FOR SHAPE AND HEALTH

For the desired shape it may be necessary either to lose or gain weight. This is done by changing the balance of the diet regarding protein, fat and carbohydrates. We will show you how to do this with your diet and we will monitor it continuously for you. Soon the shape you

want will emerge.

### STAGE 4 MENTAL ATTITUDE

Here you will learn how to apply yourself to your programme with the same mental attitude that produces our winners. When you can do this you can apply it to any area of your life with equal success. Ultimately it is your mind that shapes not only your figure but your life. The importance of this part of our programme becomes obvious when you realise that most people fail because of a lack of willpower, i.e. "flabby" minds.