

Tony Quinn's

Body Sculpting Classes

6 Week body shaping programme suitable for all age groups ..Nationwide

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. We have distilled the knowledge and skills developed over 20 years of shaping up and fitness training to bring you the essential Body Sculpting Programme. Let it work for you. 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.

This course is truly a unique approach to weight loss, shaping up and achieving fitness. Our classes will feature:

EXERCISE

A unique combination of stretching, posture improvements 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.

NUTRITION

Our nutrition plan will show you how to lose fat, firm up and look great but without starving or feeling deprived. **MOTIVATIONAL** You can rely on our instructresses to give you every encouragement you need and as we include relaxation and learning to use your mind positively the motivation will come on strong like never before.

ENJOYMENT

A key ingredient in any successful class is the



enjoyment factor. The Body Sculpting classes are very enjoyable from day one and even more so when the results become apparent very quickly. The Body Sculpting course is run over a period of 6 weeks and costs £30.00 (payable on enrolment) For further information telephone Dublin: 01-304098, Cork: 021-278364, Dundalk: 042-38097.

Body Sculpting Class Venues

- DUBLIN**
TONY QUINN CENTRE
66 Eccles St.
Mon. Sept. 13th (1) 6.00-7.30pm (2) 7.30-9.00pm
- RAHENY**
St. Paul's College Sghil Hill
Wed. Sept. 22nd 7.30-9.00pm
- DUN LACHAIRE**
Tony Quinn Centre 96 Lr. George's St. Thurs. Sept. 23rd (1) 6.00-7.30pm (2) 7.30-9.00pm
- Morning Class**
Tues. Sept. 21st 10.30-12noon
Lunchtime 1.00-1.50pm
- DUNDURUM**
4 Ashgrove Terrace Main St. opp. Dundrum Gym) Mon. Sept. 13th 7.00-8.30pm
- HOWTH**
Presbyterian Church Hall (opp. Howth Lodge Hotel) Thurs. Sept. 30th 10.30am-12.00 noon
- RATHMINES**
St. Louis' High School
- CHARLEVILLE ROAD**
Mon. Sept. 13th (1) 6.00-7.30pm (2) 7.30-9.00pm
- BALLINLOUGH**
Final Touch Beauty Clinic 6 Cogan's Cottages Ballinlough Road (1) Mon. Sept. 20th 7.30-9.00pm (2) Fri. Morning Sept. 24th 10.30-12.00noon
- DUNDALK**
Tony Quinn Health Centre 18 Jocelyn St. Tues. Sept. 14th 7.30-9.00pm
- FERMOY**
Holy Family Centre Pres. Entrance College Road Mon. Sept. 13th 8.00-9.30pm
- GALWAY**
Rowing Club Wood Quay (1) Tues. Sept. 21st 8.00-9.30pm (2) Wed. Morning Sept. 22nd 10.30-12.00noon
- WATERFORD**
Bridge Hotel Thurs. Sept. 16th 8.00-9.30pm
- SLIFTON**
St. Fintan's Parish Hall Church Road Wed. Sept. 29th 7.30-9.00pm
- TEMPLEOGUE**
Knocklyon Youth & Comm. Centre Idrome Avenue Thurs. Sept. 16th 9.00-10.30pm
- NATIONWIDE**
- BRAY**
Tony Quinn Centre 9 Quinaboro Road Wed. Sept. 22nd (1) 6.00-7.30pm (2) 7.45-9.15pm
- COBK CITY**
Connolly Hall Wed. September 22nd 7.30-9.00pm



Ki Exercises

HOLISTIC MEDITATIONAL ART

Imagine an exercise programme that was always enjoyable to do, that gave you great energy and zest, that dissolved tension and stress bringing mental clarity and awareness. An exercise programme where you experience body, mind and self in a completely new way restoring harmony and flow to your whole system. Sounds too good to be true? - well that is what Ki

- * Movements become light and effortless and instantly enjoyable, energising the whole body.
- * Mind becomes clear as stress and tension dissolve.
- * Awareness increases as new states of mind are tapped.

Exercises can do for you. The word 'Ki' means energy - the vital energy that keeps the body alive. Amplify that energy and learn to feel and move from it and a new awareness of body / mind

connectedness develops. The Ki Exercises literally charge up the body with this life energy bringing about many remarkable results. You may have seen films or documentaries set in the Orient showing large numbers of people out in the parks in the early morning performing an unusual type of slow moving exercise. It looks intriguing but the actual reason for such movements apart from their obvious grace and style is to tap into this very life force or Ki. It is often experienced firstly as heat or tingling in the hands but with practice it builds up until it is experienced as a force or energy like a current through the body - the effect is

exhilarating. This is the legendary energy of the yogis and martial arts. So this is what Ki means and is the essence and starting point of Ki Exercises.

HOLISTIC APPROACH

Developed by Tony Quinn and combining all the benefits of exercise, meditation and focused attention the system is unique. It is a quantum leap forward, a truly holistic approach to health and fitness.

Above all the Ki Exercises are suitable for everyone, young and old, male and female, even those who do not normally take exercise.

It is used by dancers and sportspeople as an energising warm-up to their training routines.

The Ki Exercises can be performed to your favourite music and the graceful rhythms of the slow flowing movements soon cast their spell as the body becomes light and free and you are filled with a positive sense of wellbeing.

Robotic movement, boring routines, effort and sweat are out - effortless, natural rhythm, instinctive movement, exhilaration are in with the Ki Exercises.

CLASSES

The actual Ki Exercise's form resembles slow motion Karate or Tai Chi or a type of moving Yoga. The classes will teach you this form together with relaxation and energising techniques and the underlying philosophy of working with that vital Ki energy. Benefits result from as little as 15 minutes per day practice. Ideal for people with a busy schedule. They require no special clothing and only a small space to practice. Once learned can be used for the rest of your life.

HOW LONG DOES IT TAKE TO LEARN?

The Ki Exercise System can be learned over a period of 12 hours either by a 2 hour class once a week over 6 weeks or over a shorter time by taking the concentrated 2 Saturday option. As space is limited on these classes pre-booking is essential to secure a place. Cost is £50.00 per course.

CLASSES NATIONWIDE

- DUBLIN CENTRAL**
Tony Quinn Health Centre 67 Kesh St. Dublin 7 Wed 22nd Sept. 7.30-9.30pm 6 week course. Tel: 01-303717
- DUN LACHAIRE**
Boylan's Community Centre Susses St. (near Penneya) Tues 21st Sept. 7.30-9.30pm 6 week course. Tel: 01-290-9891
- RATHMINES**
St. Louis' High School, Charleville Rd. Tues 21st Sept. 7.30-9.30 6 week course. Tel: 01-974234
- ARMAGH**
Tony Quinn Health Centre 41 English St. Sat 9th Oct & 16th Oct. 10am-5pm Weekend course. Tel: 0661-525742
- BRAY**
Little Flower Hall, Main St. Sat 9th Oct & 16th Oct. 10am-5pm Weekend course. Tel: 01-286-8311
- COBK**
Tony Quinn Health Centre 20 Academy St. Sun 2nd Oct & 16th Oct. 10.30-5.30pm Weekend course. Tel: 021-278364
- DUNDALK**
Tony Quinn Health Centre 18 Jocelyn St. Sat 2nd Oct & 9th Oct. 10am-5pm Weekend course. Tel: 042-38097
- GALWAY**
Merry School, Newtownsmith. Sat 6th Nov & 13th Nov. 10am-5pm Weekend course. Tel: 091-753114

