



Secrets of Life-Long Fitness

Two video tapes that will make a vital difference to the rest of your life



Bob Delmonteque with American Gladiator Shorilyn Godreau and Ms. Galaxy Brandi Carrier

£34.50

- For older people a new lease of life.
- For younger people the best insurance against old age as we know it.



Dr. Tony Quinn.
M.Sc., Doctor of Clinical Hypnotherapy

by Bob Delmonteque Co-presented by Dr. Tony Quinn

If ever a picture is worth a thousand words then these two on the cover of Dr. Bob Delmonteque's tapes have got to be the case. How many twenty year olds do you know that are in the kind of shape Bob is in at 77? Now for the first time ever he reveals his "SECRETS" on video.

What you see and hear will inspire you at any age to go for it. When you learn the "SECRETS", with just a few short hours weekly, you will quickly get into the best shape of your life and stay there. Bob has been personally using his system for over sixty years. He has used it with some of the biggest names in Hollywood, the Apollo 13 astronauts and millions of people through over five hundred health clubs.

He is no paper tiger either having recently entered a "Senior Olympics" and won every event. He can run marathons, bench press 300lbs and just wait till you see how flexible he is. Bob has been studied by Longevity Researchers to discover his "SECRETS". Now he offers them to you.

This priceless information suitable for all ages is contained on two video tapes. Everything you will need to know about exercise, nutrition, mental attitude, slowing aging, aerobics and flexibility. He will guide you through exercise programmes

step by step from beginners to advanced. The first exercise programme is a routine you can do right in the privacy of your own home or when travelling. It does not require any expensive equipment. Follow his instructions exactly and you will get into your best shape ever. Learn Bob's unique secret as to how to get the most out of this type of exercise. He also presents routines for those who want to work out with weights whether at home or in the gym.

Dr. Delmonteque will reveal that the secret to being in great shape at any age is at least 80% nutritional. Including how certain food supplements can slow the aging process. These and many more health "SECRETS" are revealed. He will give you the very same advice for which top Hollywood stars pay him mega bucks.

Co-presenter on these videos is Dr. Tony Quinn. "I went to interview Bob for a newspaper article and I was so impressed and inspired by him that it resulted in these videos. The man is legendary in America and deservedly so. I sincerely believe that Bob is the greatest living authority on how to be in great shape at any age. He redefines our view of aging."

Bob Delmonteque holds a Doctorate in Naturopathy. Copyright H.P.R. 1996

Shape up for summer

with a 6 week Tony Quinn course in...



Body Sculpting

A unique approach to getting into the best shape of your life that once you learn you can continue to use at home

- Lose weight
- Shape up
- Waist, Hips, Thighs
- Firm up bust
- Balance diet
- Boost energy level

This course is a unique approach to weight loss, shaping up and achieving firmness. Our unique combination of stretching, posture improvement and muscle-toning exercises will re-shape problem areas - waist, hips, thighs, bust etc. The workout while highly effective is not exhausting and is suitable for all ages. Combined with our nutritional plan you will be shown how to lose fat, firm up and look great without hunger.

LEARN WHY 98% OF ALL DIETS FAIL AND WHY ONLY A BALANCED DIET ACHIEVES PERMANENT RESULTS

Please bring a towel or mat. Fee £38 payable on enrolment

Body Sculpting Classes April 1997

DUBLIN CITY

CITY CENTRE
Tony Quinn Centre
10/11 Grafton St
Tuesday 8th April
1pm - 1.50pm
Wednesday 9th April
6.15pm - 7.45pm
Tony Quinn Centre
66 Eccles St, Dublin 7
Monday 14th April
7pm - 8.30pm
Thursday 17th April
7pm - 8.30pm
DONNYBROOK
BALLSBRIDGE
Sachs Hotel
Wednesday 9th April
7pm - 8.30pm
DRUMCONDRA
Dominican Convent
Griffith Ave
Thursday 10th April
7pm - 8.30pm

LUCAN

Spa Hotel
Monday 7th April
8.00pm - 9.30pm

MALAHIDE

Grand Hotel
Tuesday 15th April
7.30pm - 9pm

SUTTON/HOWTH

Presbyterian Church
Hall
(opp Howth Lodge Hotel)
Monday 14th April
7.30pm - 9pm

RAHENY/CLONTARF

St. Paul's College
Sybil Hill
Wednesday 9th April
7.30pm - 9.00pm

TEMPLEOGUE/

KNOCKLYON

Knocklyon Youth & Community Centre
Thursday 10th April
9pm - 10.30pm

BALLINTEER/

DUNDRUM

Family Recreation Centre
Thursday 10th April
8.00pm - 9.30pm

DUN LAOGHAIRE

Tony Quinn Centre
96 Lr. George's St.
Wednesday 9th April
10.30am - 12.00noon

COUNTRY

MEATH

Ashbourne
Gaelscoil na Cille
(behind Texaco Garage)
Wednesday 9th April
8.15pm - 9.45pm

Dunboyne

The Old School
Thursday 10th April
8.15pm - 9.45pm

WICKLOW

Bray
Villas Pacis
Queen of Peace
Church, Putland Rd.

Wednesday 9th April
8.00pm - 9.30pm

CORK

Middleton
Mary O'Farrell Holistic
Centre, Tuesday 15th
April 7.30pm - 9pm

Ballinlough

Appearance's Matter
Marie O'Brien Beauty
Salon, Tuesday 15th
April 7.30pm - 9.00pm

CORK CITY

Connolly Hall,
Lapp's Quay
Wednesday 16th April
7.30pm - 9.00pm
021 276364

Tony Quinn Centre

20 Academy St
Thursday 17th April
10.30am - 12.00noon
021 276364

Leaside Leisure Centre,

Metropole Hotel
Patrick's Quay
Wednesday 16th April
10.30am - 12.00noon
021 276364/551444

FOR FURTHER INFORMATION ON CLASSES TELEPHONE 01-671 2788 OR 01-830 4998