

# Tony Quinn Gym, the gym with University Validated Results

In a recent ground-breaking University Research Study, carried out by Dr Tony Quinn, 30 men and women transformed their physiques by losing an average of 8 pounds of fat and gaining 4 pounds of muscle over just 12 days.

For the average person, this 12-pound change on the body is enough to totally transform them. Now we are making available to you the same programme exactly as used by Dr Tony Quinn in this study. The personalised exercise programme, unique nutritional programme and the mental training which enabled participants in the study to achieve this result in just 12 days.

We feel it is our responsibility to inspire and motivate you to get the results you want - hence our commitment to giving our customers personal attention. Once attained, we will show you how you can maintain your shape in as little as an hour per week.

This truly unique programme based on cutting edge university research can benefit not only your body, but also your mind and your life.

Research was undertaken by Dr. Tony Quinn (Dr. in Counselling and Clinical Hypnotherapy) under controlled conditions in conjunction with a London University.

Call today for appointment

Ladies, talk to our gym instructor Lucia Byrne (pictured far right) and get started on your personalised program today. You can call Lucia @ 086.8208627.



Madeline Page.. Lost 20 lbs, firmed and toned muscle tissue



Marie Henry. Lost 45 lbs and 9 inches from waist in 5 months



Maureen MacCarthy.. Lost 2 stone and 7 inches from waist in just 5 months



Bernice O'Connell.. Lost 3 stone, dropped 3 sizes in clothes



Lynda Kennedy.. Lost 30 lbs, dropped 3 sizes in clothes in just 4 months

## Tony Quinn Gym

67 Eccles Street, Dublin 7. Tel: 01.8304998. LADIES call Lucia @ 086.8208627.  
(opposite Mater Private Hospital) Large car park opposite gym.