

# Tony Quinn Gym, the gym with University Validated Results



**Madeleine Page..** Lost 20 lbs, firmed and toned muscle tissue



**Marie Henry..** Lost 45 lbs and 9 inches from waist in 6 months

**Bernie O'Donnell..** Lost 3 stone, dropped 3 sizes in clothes

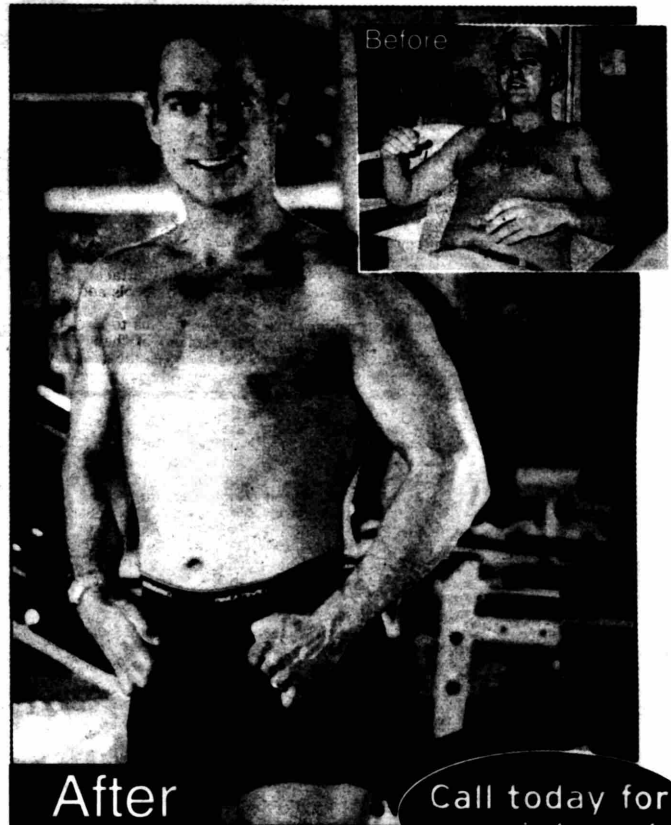
**Sinead McCabe..** reduced waist by 4 1/2 inches. Lost 18lbs all in just 6 weeks



**James Costello..** Developed upper-body muscle mass and strength.

**Wilson Lefegh..** Gained 15lbs of muscle, lost 7lbs of fat

**Ger Harris..** Lost 54 lbs and 11 inches from waist in 6 months



**Niall Wogan..** Lost 21lbs and 4" from waist, increased fitness & energy

Call today for appointment

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 train-

ing 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.

## Tony Quinn Gym

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

67 Eccles Street, Dublin 7. Tel: 01.8304998. LADIES call Lucia @ 086.8208627. GENTS call Conor @ 086.8557179 (opposite Mater Private Hospital) Large car park opposite gym.