

Looking for high impact fitness results?

A new concept in toning, fitness and cellulite reduction was launched just over a month ago in Carrick-on-Shannon with very happy clients enjoying high impact results already!

The VacuFit Toning Zone business opportunity was spotted as a time-saving, low-cost fitness solution by Fiona Egan. With a seven-year track record in Europe and its very successful launch in the last year in the US, Fiona secured the exclusive franchise rights to sell the VacuFit system in Ireland. Carrick-on-Shannon is the first outlet with other sites planned for launch in the coming months.

So why is VacuFit so successful? It uses the principle of a treadmill, but a treadmill within vacuum chamber and the vacuum speeds results. You complete a 30-minute walk in the chamber and achieve the benefits of exercise four times faster than conventional exercise methods.

Fiona explains, "We have been absolutely delighted with the results achieved by our first clients in Carrick-on-Shannon. Dress sizes have been dropped in a few short weeks as we recommend using the system three times per week over five weeks. VacuFit equipment uses vacuum pressure to achieve concentrated fat burning on the lower half of the body improving blood and lymph circulation from the waist down resulting in the breakdown of those stubborn fat in areas where larger amounts of fat are naturally deposited resulting in reduced cellulite appearance and the loss of inches in the stomach, hips, thighs, and buttocks. We'd encourage people to contact us to arrange a free trial, only then can you see the impact of what this system can achieve."

VacuFit, Carrick on Shannon is based at Library Court (opposite the Library) on Park Lane and is opened

six days per week. Contact (071) 96 16200 to arrange a free trial. A special introductory offer of 50 percent off the price of the recommended course of 15 VacuFit sessions is available until July 5th.

Also available

A vibroplate is also now available. Vibroplate machines give the body's muscles a high-speed workout by using vibrations to stimulate them to contract and relax. By just standing on the Vibroplate its vibrations cause an involuntary reflex muscle contraction many times a second. Book five sessions and get one free.

VacuFit would also love to hear from owners of gyms, fitness or beauty businesses or start up entrepreneurs who feel they have the drive and ambition to be part of the VacuFit success in Ireland. Contact Fiona on (087) 2688130 to discuss the opportunities.



Rory stars as Irish finish fourth

■ Ashling Flanagan

The Irish angling team came fourth place in the World Coarse Fishing Championships, held recently in Merida, Spain. This is a huge achievement for the team, and a massive improvement on last year, when they came 33rd. The competition took place over two days, from the 26th to the 27th of June, with each competitor fishing for three hours.

A member of the team was Roscommon man Rory Dunne (25), from Hawthorne Drive. Rory (pictured above) had already beaten fishermen from all

onto the Irish team, and contributed towards the team's success, catching fish weighing 19.88 g, and earning 13 points for the team.

The Irish team had further success in the individual section of the competition,

where Rory's team-mate Cathal Hughes from Moycullen, Galway, won a silver medal, his fish weighing 24.68 g.

The team will be returning to Ireland this Thursday. Rory is expected back in Roscommon on Friday.

NOW OPEN IN CARRICK ON SHANNON

BOOK A FREE TRIAL TODAY
15 SESSIONS (30 MINS EACH)
NORMALLY €300
NOW €150

vacuFit
TONING ZONE



THIS NEW SYSTEM OFFERS AMAZING BENEFITS

Benefits for WOMEN

- ✓ Drop a dress size in 5 weeks! (3 x 30 minute sessions per week x 5 weeks)
- ✓ Reduces appearance of cellulite
- ✓ Tones & smoothes skin

Benefits for MEN

- ✓ Innovative new fitness service which burns fat faster
- ✓ Increases metabolism
- ✓ Improves body profile

½ PRICE OFFER ENDS 5TH JULY 071 96 16200



COMHAIRLE CONTAE ROS COMÁIN
ROSCOMMON COUNTY COUNCIL

ANY IDEAS FOR THE NEW LOCAL AREA PLANS

Roscommon County Council are in the process of preparing Local Area Plans for the following areas in the County:

- Roscommon Town
- Castlerea

We would like to have your input in the formulation of these plans so that they will reflect your views and concerns.

The broad range of issues which will be covered in the plans include:

- Infrastructure and Services
- Economic Development and Employment
- Built and Natural Heritage
- Social and Community Facilities
- Recreation, Leisure and Tourism
- Urban Development
- Development management guidelines and standards

Any pre-draft submissions which you wish to make on any of these plans should be made in writing to the Forward Planning Section, Roscommon County Council, Golf Links Road, Roscommon on or before 4.30 p.m. on 1st October 2010.

More details on the preparation of the Local Area Plans and some of the strategic issues which face the areas in question is also available on our website: www.roscommoncoco.ie.

This is an opportunity to have your say about the issues that affect your future.

John Cunningham
Director of Services
Planning & Water Services
2nd July 2010

Pharmacy break-in

Gardaí in Castlerea are this week investigating a break-in to a pharmacy in the town in which a considerable amount of property was stolen.

The break-in occurred between closing time on Wednesday 23rd and opening time on Thursday 24th. A large number of cosmetic items were stolen, including aftershave, perfume, Clarins and Clinique products and other assorted items. Anyone with any information is asked to contact the Gardaí in Castlerea on (094) 96 20019.

Man arrested

A man in his 40s was arrested on suspicion of drunken driving at Castleplunkett on Monday last. The arrest was made at midnight.