



DUBLINERS' DIARY

WITH MELANIE FINN, LAURA BUTLER & ALEXANDRA RYAN
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FIT: Emma Newman (right) with models Nadia Forde and Karena Graham



FITNESS guru to the stars **Emma Newman** brought a taste of Hollywood to Dublin this week. The famous trainer has brought the latest celebrity fitness trend Barre Concept, to Ireland. The popular Pilates and yoga instructor is beginning to teach the same fitness regime in Dublin, which stars like **Drew Barrymore, Madonna** and **Dita Von Teese** swear by. And it's not just Hollywood A-listers who love the new trend which combines fitness training, Pilates, yoga and ballet to create a low impact, total body workout, which aims to lift butts, tone thighs, flatten abs and sculpt arms. Glamorous WAG **Gillian Quinn** has already fallen in love with the new technique and fitness guru Emma (41) says she is training the wife of footballer **Niall Quinn**, to teach the method to other women. "This is the first time Barre Concept has been brought here. I've been training Gillian Quinn for a while, I met her through Niall, I trained with him when he played for Sunderland and had a back injury. "Once she is fully trained she will be able to teach the Barre Concept in Ireland. I think it's going to be huge here."