

Business News

Feel the Byrnes method for personal training

Justin Byrnes fell into the same rut of many white collar workers spending much of his time traveling.

Time spent in meetings and sitting on a plane can lead to lack of exercise, poor eating habits and ultimately weight gain.

Before long even a triathlete ends up with a wide midsection, wondering how it happened.

But Byrnes is back from the corporate world, helping others find their balance with health and work.

And now this former collegiate swimmer and professional triathlete is offering a unique approach that utilizes the mental side of fitness and eating right.

Byrnes recently launched ProSystems Personal Training and Wellness.

As president of ProSystems, he offers a unique and comprehensive approach to the world of personal fitness training and supervised exercise.

While his experience in the corporate world led to

weight gain, it was part of his experience working in behavioral sciences that is now helping with personal training clients.

Byrnes says there's not just the physical side to successfully working out, but also a whole psychological side.

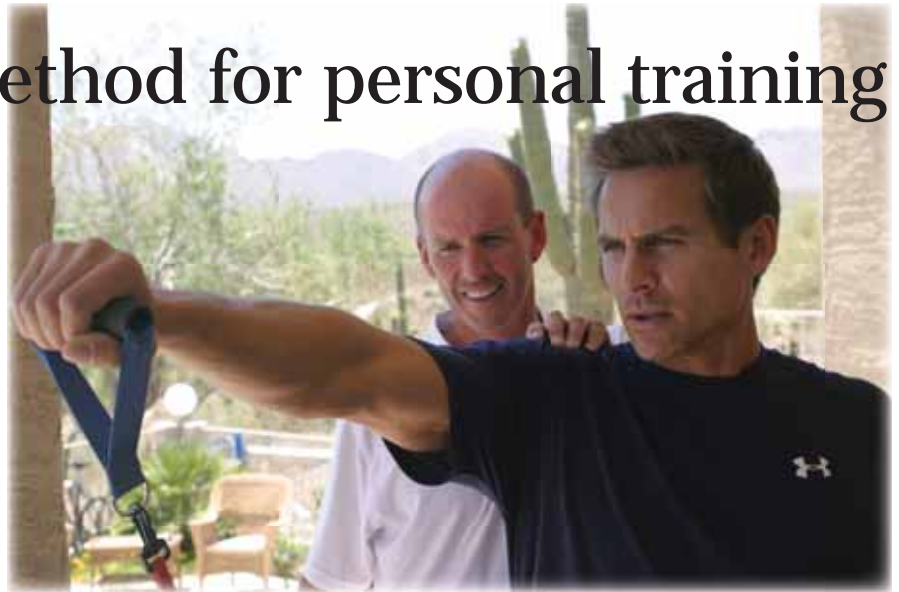
Byrnes provides guidance, motivation, knowledge and safety to help people achieve fitness, weight management, rehabilitation or train for a specific sport, career or event.

ProSystems offers in-home personal training, a private studio alternative in Fountain Hills and a public facility in northern Scottsdale.

ProSystems will work around a client's schedule, keep routines fresh and teach safe ways to perform each movement.

Byrnes also knows the best programs and newest techniques. In addition, he keeps a log of all his clients' workouts to better manage their goals.

Byrnes is NASM & CPR



President of ProSystems Personal Training and Wellness, Justin Byrnes, helps Scott Modzelewski of Fountain Hills with his workout

certified, licensed and insured. He features his very own, "TIMES 4 SUCCESS SYSTEM" approach, consisting of a customized cardiovascular, strength training, food plan and a six-week change up series allowing clients to move

more rapidly towards their fitness goals.

Byrnes's client consultation, consisting of a questionnaire and physical assessment, is one of the most comprehensive programs available.

Every effort is detailed to

ensure a positive and safe client experience.

For more info on ProSystems Personal Training and Wellness, call (480) 836-9975 or email byrnespt@cox.net.

Bruno's Bar celebrates one year anniversary

Big bash set for Aug. 9

How much does the letter 'B' factor into turning a long-standing Fountain Hills night spot into a friendly, fun place?

Just ask Owners Bruno and Jen Schmitt, the Bears patrons and the lady who couldn't find her car that was parked at the Fountain owl.

While Bruno's started as the local bowling alley bar, things changed when the final lanes closed.

But Bruno's has a good following of usual customers and offers its own competition for patrons - minus the shoe rentals and big balls.

They have pool tournaments and Texas Hold'em poker games several nights a week.

Bruno's also carries all the professional sports television packages meeting the needs of the diehard fans including the local Bears contingency.

It's those Bears fans who had some fun and made one lady ask people during an arts fair where the Fountain



From left, Owners Bruno and Jen Schmitt celebrate a year in business with long-time bartenders Chrissy Ellis and Cody Boltz.

owl was so she could find her car.

Seems the Bears fans just had to have the big B.

While some may not know of the Fountain owl, Bruno's is making a name for itself.

And now Bruno's is celebrating its first anniversary Aug. 9 with a party for patrons. There will be prizes, happy hour specials and the Jagermeister Girls.

Bruno's offers daily lunch specials and happy hour

from 2-6 p.m. with \$2 drafts, \$2.25 well drinks and \$2.25 domestic bottles.

They have two pool tables with free pool each Wednesday and tournaments on Saturday and Sunday. Tournaments are \$10 to enter with a 100 percent payout. Bruno's can also help cater events at the adjacent Starlight room.

Bruno's is at 16737 E. Parkview Ave. at Fountain Bowl. They can be reached at (480) 836-0770.

Harness wealth building power of real estate with Aug. 8 seminar in Fountain Hills

Suzanne Nann will help people "Harness the Wealth Building Power of Real Estate" Aug. 8 at the Holiday Inn in Fountain Hills

Nann with Property Performers Group Realty says this seminar explains why real estate should be a key component of any investment portfolio and how the average investor can get into real estate investing without having to become a landlord

Property Performers Group Realty is a real estate brokerage firm specializing in investment real estate in emerging markets nationwide.

This unique real estate company is focused on educating the public on ways to have their hard earned money work for them by regularly holding free, two hour seminars throughout the Valley.

The public and licensed real estate agents are invited to attend this presentation at 10:30 a.m., 2 or 6 p.m.

Reservations are required since seating is limited. To request your preferred time or for additional information contact Suzanne Nann, director of sales, at (480) 586-5333.



ANITA "kat" BAKEY

**Voice Teacher
 Vocal Coach**

Ages 8 to 80

(480) 816-1851

KatKall1@cox.net