

Tampa Welcomes Its First Bar Method™ Studio

<http://tampa-westshore.barmethod.com/>

San Francisco, CA and Tampa, FL (January 16, 2013) – Tampa's vibrant Westshore Business District is the newest location to welcome fitness sensation *The Bar Method*™. *The Bar Method* quickly and safely reshapes, burns fat and elongates muscles by merging the principles of isometrics, interval training, dance conditioning, and the science of physical therapy. Known for its premier business location, Westshore is home to upscale shopping, world-class restaurants and entertainment.

“It’s no secret that women everywhere have come to know and covet the Bar Method Body – characterized by sculpted arms, flat abs, a lifted seat, and long, lean thighs,” says Jeanette DePuy, owner of The Bar Method Tampa. “The Bar Method emphasizes sculpting more than other bar workouts by targeting the muscles that play the largest role in changing the shape of the body.”

Bar Method instructors receive extensive training in healthy patterns of movement that create strong, flexible, aligned bodies. The Bar Method is appropriate for all fitness levels, instructors are able to assist with modifications to accommodate client needs including pregnant women. Bar Method studios are known for their chic, spa-like decor distinctive to each location and the warm, friendly communities created within them. The quality, support and connection of the instructors and staff with the clients has created a devoted following of Bar Method students across the country.

An integral part of the Bar Method’s continued success is the dedication of its studio owners, like Jeanette DePuy of Bar Method Tampa. Jeanette explains how she fell in love with the workout: “I discovered the Bar Method while visiting a friend in Miami. I became hooked immediately, and gave up all other forms of exercise; it changed my body in a way that no other workout had.”

Jeanette trained at the Bar Method’s flagship studio in San Francisco with The Bar Method founder Burr Leonard. “I knew that I wanted to open my own studio and chose Tampa because of the community, the wonderful energy and vibrancy of the city; and because Florida is a fairly new market for the Bar Method. It was the best decision I ever made.”

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