

## **The Bar Method Arrives in Indiana**

*The newest Bar Method® studio is opening today in Carmel, IN a thriving suburb Indianapolis. This is the first Bar Method studio in Indiana and just one of many new exercise studios that the company has opened recently and has plans to open in the US and Canada in the coming year.*

San Francisco, CA and Indianapolis, IN ([PRWEB](#)) February 19, 2014 -- The Bar Method exercise system merges the principles of isometrics, interval training and dance conditioning while emphasizing sculpting more than other barre workouts by targeting the muscles that play the largest role in changing the shape of the body. Clients around the country appreciate how the method quickly and safely reshapes, burns fat and elongates muscles. The fitness sensation draws a celebrity clientele including Drew Barrymore, Jennifer Aniston and Kristen Bell.

The Bar Method instructors receive extensive training in healthy patterns of movement and are able to assist with modifications to accommodate all types of client needs including variations for pregnant women. Clients receive personalized instruction and hands-on adjustment to ensure safety and create strong, flexible, aligned bodies.

The owner of the new studio Kelly Masterson, a resident of neighboring Zionsville, is excited to finally have the studio officially opening today. Kelly stated, “the Carmel community has been so supportive and excited about The Bar Method coming to the area, and I am so thankful to be able to do something I love and allow others to experience it as well.”

Kelly, a former physician recruiter and most recently stay-at-home, started taking Bar Method classes a year ago and was instantly hooked and knew she wanted to open her own studio. She is looking forward to welcoming people and into her studio building relationships with each and every one of her clients.

Located in West Carmel at 10425 Commerce Drive 85 the new studio space is designed with the brand's high standards highlighted with a chic neutral color palette with Cobalt Blue accents to pay homage to the NFL's Indianapolis Colts. The location includes an exercise studio, a spa-like locker room, a retail area with branded merchandise and childcare.

Visit the studio, go online at <http://indianapolis-carmel.barmethod.com> or call 317-672-7799 to learn more about the Carmel location, find class times and purchase class packages.

For more information about The Bar Method, find a studio and purchase DVDs, apparel and equipment, please visit <http://barmethod.com>

The Bar Method Indianapolis-Carmel

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<http://indianapolis-carmel.barmethod.com>

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**Online Web 2.0 Version**

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