

The Bar Method Blossoms In Studio City

The Bar Method® is opening its 28th California studio and 10th Los Angeles area location in Studio City today. This is 81st Bar Method studio and just one of many new exercise studios that the company will be opening in multiple locations this year.

San Francisco, CA & Los Angeles, CA ([PRWEB](#)) September 26, 2014 -- The Bar Method® is opening its 28th California studio and 10th Los Angeles area location in Studio City today. This is 81st Bar Method studio and just one of many new exercise studios that the company will be opening in multiple locations this year.

The Bar Method exercise system merges the principles of isometrics, interval training and dance conditioning while emphasizing sculpting more than other bar-based 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, Cobie Smulders 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 owners, Kat Adkins and Alysia Moskolis have a combined seven years of Bar Method teaching experience between them. Both had an immediate passion for the workout after just one class and knew very early on that they ultimately wanted to open a Bar Method studio. Kat & Alysia couldn't be more excited to bring The Bar Method to Studio City -- a hip and healthy neighborhood in Los Angeles with a Hollywood spirit and share their enthusiasm for the workout, teaching and inspiring students.

Kat, has worked at multiple Bar Method studios since graduating from college in various roles and is fully equipped with the knowledge to open her own studio. She also lives just minutes from the new studio and can't wait to turn all of Studio City into Bar Method addicts.

Alysia, who previously worked in leadership roles in the fashion industry since moving to the Los Angeles area 10 years ago said, "Studio City has an amazing spirit and we are committed to building a supportive community within our studio that is supportive and motivating for our students and is one where everyone cheers each other on."

Located in the heart of Studio City at 11239 Ventura Boulevard, the new studio space is designed with the brand's attention to high standards and highlighted with a calming neutral décor with pops of peacock blue. The location includes an exercise studio, a bright spa-like locker room with showers, and retail area with Bar Method branded merchandise in addition to other well-known active brands. The studio will be open every day with an initial weekly schedule of 29 classes offered at the most sought-after times throughout the day.

Visit the studio, go online at studiocity.barmethod.com or call 818-985-5438 to learn more about the Studio City location, find class times and purchase class packages.

For more information about The Bar Method, find a studio, try Bar Online, and purchase DVDs, apparel and



equipment, please visit <http://barmethod.com>

The Bar Method Studio City

11239 Ventura Boulevard
Studio City, CA 91604
818-985-5438

<http://studiocity.barmethod.com>

<http://facebook.com/barmethodstudiocity>

The Bar Method HQ Contact:

Lisa Donohue
Director of Marketing, Sales & Operations
415-624-3631

<http://barmethod.com>

<http://facebook.com/thebarmethodhq>



Contact Information

Lisa Donohue

The Bar Method

<http://barmethod.com>

+1 415-624-3631

Kat Adkins & Alysia Moskolis

The Bar Method Studio City

<http://studiocity.barmethod.com>

818-985-5438

Online Web 2.0 Version

You can read the online version of this press release [here](#).