

The Bar Method Boroughs into Brooklyn

The Bar Method® continues its quick expansion growth by opening its 82nd studio today in the historic Cobble Hill neighborhood of Brooklyn. This will be the fifth studio in the State of New York for the company, and just one of many new exercise studios that the company will be opening in the next year.

San Francisco, CA & Brooklyn, NY ([PRWEB](#)) December 01, 2014 -- The Bar Method® continues its quick expansion growth by opening its 82nd studio today in the historic Cobble Hill neighborhood of Brooklyn. This will be the fifth studio in the State of New York for the company, and just one of many new exercise studios that the company will be opening in the coming months.

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.

Katie Muehlenkamp the owner of the new Brooklyn studio, immediately became passionate about The Bar Method four years ago when she was hired and trained by the founder, Burr Leonard to teach at the flagship studio in San Francisco. Katie then went on to work at the company's San Francisco headquarters office overseeing franchise development and operations. Her unique depth of experience and knowledge about the Bar Method brand and teaching will foster a welcoming, supportive and inspiring community at The Bar Method Brooklyn.

The Bar Method Brooklyn studio is opening with six fully certified teachers, including Katie, who will be leading the classes. When asked about her motivation to open a Bar Method studio Katie explained, "Every day Brooklyn is attracting more and more people who are committed to a healthy, fit lifestyle and the Bar Method is a perfect workout for them. Furthermore, people living in big cities often crave being part of a smaller community, and the Bar Method Brooklyn will provide that for many of them."

Located at 267 Pacific Street, the new studio space is designed with the brand's attention to high standards and with an industrial feel accented with custom-made furniture constructed from reclaimed wood. The restrooms feature one-of-a-kind wallpaper made by Brooklyn-based Flavor Paper. The location includes a spacious lobby, two light-filled studio rooms, a bright spa-like locker room (eventually with showers), and retail area with Bar Method branded merchandise in addition to other popular fitness apparel brands. The studio is open Monday through Saturday with an initial weekly schedule of 28 classes offered throughout the day at convenient times. Sunday classes will be offered soon. Child care is available by reservation for weekday and Saturday morning classes.

Visit the studio, go online at <http://brooklyn.barmethod.com> or call 718-522.3350 to learn more about the



Brooklyn location, find class times and purchase class packages.

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

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