

## **The Bar Method Expands in Massachusetts**

*The Bar Method® is opening its third Massachusetts studio in Wellesley today. This is 79th 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 & Wellesley, MA ([PRWEB](#)) June 12, 2014 -- The Bar Method® is opening its third Massachusetts studio in Wellesley today. This is 79th 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, 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.

Sarah Bauman and Jen Winger met while training to be Bar Method instructors in 2011 and share ownership of the new studio. They couldn't be more excited to bring The Bar Method to downtown Wellesley—a destination for high-end boutique shops and dining establishments like Ming Tsai's award-winning Blue Ginger. As a part of Greater Boston, Wellesley is best known for being the home of many institutions of academic excellence.

Sarah, an attorney and mother to three young children, stated, "The Bar Method is life-changing and anyone who has taken class consistently knows that's not hyperbole. If you can give one hard-working hour a day during class, that effort will be rewarded in spades, including a stronger mind, slimmer body and a more buoyant spirit. When you find that you are passionate about something, you want to share it with everyone you meet, and that's how I feel about The Bar Method."

Jen, who previously worked as a magazine editor, added, "Wellesley residents are both highly educated and extremely health-conscious—the perfect match for The Bar Method which is a workout based on intelligently designed exercises to engage both mind and body. Wellesley is also a tight-knit community that embraces small businesses, as it has ours. We are thrilled to return the favor and share our enthusiasm for The Bar Method with Wellesley residents."

Located in central Wellesley on the 2nd floor of 66 Central Street, the new 3,000 sq. ft. studio space is designed with the brand's attention to high standards and highlighted with a classic New England color story of pure whites layered with coastal blues evoking the serenity of a summer on the Cape. The location includes two exercise studios, a bright spa-like locker room, 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 27 classes offered at the most sought-after times throughout the day.

Visit the studio, go online at <http://wellesley.barmethod.com> or call 781-772-2110 to learn more about the



Wellesley 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 Wellesley

66 Central Street, Suite 16

Wellesley, MA 02482

781-772-2110

<http://wellesley.barmethod.com>

<http://facebook.com/barmethodwellesley>

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

**Sarah Bauman & Jennifer Winger**

The Bar Method Wellesley

<http://wellesely.barmethod.com>

781-772-2110

**Online Web 2.0 Version**

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