

## **The Bar Method Set to Lift and Sculpt in Westfield**

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San Francisco, CA and Westfield, NJ ([PRWEB](#)) March 15, 2014 -- Yet another Bar Method® studio is opening today in historic Westfield, NJ. This is the ninth Bar Method studio in New Jersey 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.

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.

Emily King and Lori Terry are the dynamic co-owners of the new studio and long-time residents of neighboring towns and couldn't be more thrilled to be bringing The Bar Method to Westfield due to its centralized location and appeal for many as a destination for go to establishments. A prior winner of The Great American Main Street Award, Westfield has the great distinction of having a significant portion of its retailers and restaurants in existence for 25 years or more.

Emily, a former interior designer stated, "I took my first Bar Method class in 2009 at the Summit, NJ studio and was instantly hooked, so much so that I became a certified teacher in 2011 and now I'm realizing my dream of becoming a studio owner. I can't wait to welcome everyone into the studio and have each student be just as inspired as I was in my first class."

Lori, who previously worked in pharmaceutical sales and as a lobbyist, took her first Bar Method class at the same studio as Emily in 2011 and completed her teacher certification last summer. "I'm so proud of the studio that we've created in Westfield, and couldn't be more excited to start teaching classes and create a warm and welcoming community for our students."

Located in central Westfield on the 2nd floor of 105 Elm Street, the new studio space is designed with the brand's attention to high standards and highlighted with a chic neutral color palette with Spring Purple accents. The location includes two exercise studios, a spa-like locker room, a retail area with branded merchandise in addition to other well-known active brands, and childcare offered during morning classes. The studio will be open every day with an initial weekly schedule of 40 classes designed to accommodate varying schedules.

Visit the studio, go online at <http://westfield.barmethod.com> or call 908-232-0746 to learn more about the Westfield 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 Westfield

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**Online Web 2.0 Version**

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