

The Bar Method Tucks Into Virginia

The Bar Method® continues its rapid growth by opening its 80th studio today in Tysons Corner. This will be the first studio in Virginia for the company, and just one of many new exercise studios that the company will be opening this year.

San Francisco, CA & Washington, DC ([PRWEB](#)) August 12, 2014 -- The Bar Method® continues its rapid growth by opening its 80th studio today in Tysons Corner. This will be the first studio in Virginia for the company, and just one of many new exercise studios that the company will be opening 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.

Shelley Keyes, the owner of the Tysons Corner studio began her love affair with The Bar Method four years ago in 2010 when she by took her first class at the Seattle-Eastside studio in Washington. Two years later and after a long career in sales, management and recruiting with companies like Microsoft, Shelley set her goals on becoming a Bar Method studio owner so she could wake up every day loving her work.

The Bar Method Tysons Corner studio is opening with three fully certified teacher, including Shelley, who will be leading the classes. When asked about her motivation to open a Bar Method studio which requires becoming a certified teacher, Shelley stated, “I am so excited to introduce Northern Virginia to a workout that no only reshapes bodies, but creates a community, builds confidence and transforms lives. The Bar Method is way more than just a workout!”

Located on the main floor at 2070 Chain Bridge Road, the new studio space is designed with the brand's attention to high spa-like standards and accented with Tiffany Blue. The location includes one exercise studio (soon to be two), a bright spa-like locker room with showers, and retail area with Bar Method branded merchandise in addition to other well-known fitness apparel brands. The studio will be open Monday through Saturday with an initial weekly schedule of 29 classes offered throughout the day at convenient times that will fit most schedules.

Visit the studio, go online at <http://tysonscorner.barmethod.com> or call 703-854-1379 to learn more about the Tysons Corner 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://barmethod.com>.

The Bar Method Tysons Corner



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Online Web 2.0 Version

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