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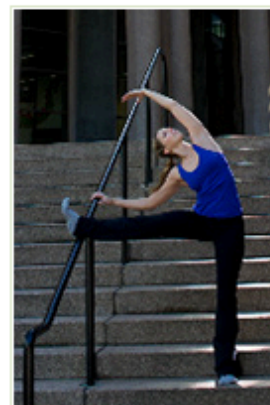
FORWARD TO A FRIEND PRINT



Raising the Bar

The Bar Method

Efficiency is not something we thought we would aspire to before kids, but now accomplishing more than one thing at a time is a dream come true. So when we discovered the first Canadian franchise of the über-popular **Bar Method Fitness Program** was opening in Vancouver, and was going to be right above Jump! Gymnastics children's programs, we knew our weekly to-do list was going to get much easier.



The Bar Method has been getting rave reviews in the United States ever since its first studio opened 10 years ago. There are now 32 locations across the US, with an avid following (even the celebs are doing it). It's a ballet-barre based fitness program which combines yoga, pilates, ballet and interval training into one workout. There are elements of dance conditioning (cardio) and strength-training (fat burning) involved, allowing participants to shape, tone and strengthen their muscles while burning calories and losing weight. There really isn't anything more efficient than that when it comes to a workout class. And it works for moms-to-be too, with some simple program modifications and a doctor's note.

Carolyn Williams (the Vancouver franchise owner), a native of California who moved to Vancouver several years ago as a buyer/merchant for Lululemon, has honed her skill by working and training alongside the founder of the Bar Method, Burr Leonard. Pre-registration for classes at the brand new, 3000 square foot Vancouver studio opens Tuesday, August 24 [online](#), with the official studio opening in early fall. The first month of unlimited monthly membership is only \$100 for all new clients (regularly \$230).

As a bonus for moms whose kids are registered in [Jump! Gymnastics](#), Carolyn is offering a 10% discount off the Bar Method monthly membership fee and class passes. You can make special arrangements at Jump! Gymnastics for early drop-off, giving moms an extra half-hour to attend the one-hour Bar Method Classes.

So, start your fall off on the right foot, and as the saying goes, plant two trees with one seed.

[How to Find The Bar Method Vancouver](#)
www.vancouver.barmethod.com

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Tested by Michelle T., Vancouver