

BEST OF NY

The Best Weight Loss Programs In NYC

December 30, 2010 3:11 PM

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FOODTRAINERS™



BLOG

Bar Method SoHo

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Self-billed as "The Most Targeted Body Sculpting Workout Anywhere", this workout program has many fans. It combines the fat burning of interval training, the muscle shaping of isometrics, "elongating" dance principles, and the science of physical therapy to culminate in a thorough workout. The beautiful studios are welcoming; the staff is known for being helpful and attentive; and (most importantly) fans claim to have dropped several sizes.

