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## **The Bar Method Continues Rapid Expansion throughout North America**

San Francisco, CA, July --, 2010 – The Bar Method’s rapid expansion continues with the opening of a new studio in the Brentwood neighborhood of Los Angeles, Calif., on July 10, bringing the number of studios to 32, with six of them being in Los Angeles County and four more studios are slated to open this year. This studio opens on the heels of the April 24 launch of Manhattan’s first Bar Method studio.

The first Bar Method studio was opened in San Francisco in 2001, by Bar Method creator and founder Burr Leonard and her business partner Carl Diehl. Leonard is credited with being at the forefront of the bar-based exercise movement, bringing studios to many U.S. cities including Los Angeles, Miami, Manhattan, St. Louis, Seattle, San Francisco, Chicago, Portland and more, and creating DVDs that are watched by people throughout the world. Large cities such as Los Angeles, San Francisco and Chicago each have multiple studios within the metro area. The Bar Method studios will go international when the Vancouver studio opens this fall.

“Our classes fill up quickly,” says Leonard. “The Bar Method adds on to the many health benefits people get from exercise by sculpting their bodies and improving posture.”

The Bar Method has inspired a devoted following around the country and counts numerous celebrities among its clientele, including Drew Barrymore, Zoey Deschanel, Anna Paquin, Ginnifer Goodwin and Ricki Lake.

The hour-long Bar Method classes integrate many different forms of exercise, including dance conditioning, isometrics, physical therapy and interval training. Together they form an effective, non-impact strength workout that yields defined and sculpted parts that are distinctly noticeable. The Bar Method strengthens the back muscles and all the core muscles that stabilize the spine, which appeals to people with back problems. You can view brief videos of the core exercises that comprise the Bar Method workout at <http://www.youtube.com/TheBarMethod>.

With soon to be 40 studio locations in North America, franchising has proved to be a rewarding experience, as Leonard sees countless students improving their bodies, health and lives at Bar Method studios around the country. A full list of Bar Method locations is available at <http://www.barmethod.com/exercise-studios-contact.php>.

“When my business partner Carl Diehl and I opened the first Bar Method studio we hoped to bring this exciting and effective form of fitness to many people,” says Leonard. “As we continue to grow and expand to new markets we are able to reshape the bodies and improve the health of many new students.”

For those who can’t make it to a Bar Method studio, Bar Method fitness DVDs are available for purchase online. Featuring Leonard, the DVDs are challenging and yield the same results as in-studio classes. The DVDs, titled “Change Your Body” and “Accelerated Workout,” are \$20 each or \$30 for both DVDs. Four more DVDs are premiering this fall: two advanced, one basic, and one prenatal. The workout requires a sturdy chair or a ballet bar and is sure to help viewers burn calories and tone their bodies.

For more information on the DVDs, visit <http://www.barmethod.com/dvds/exercise-dvds.html>. To find a Bar Method studio, visit [www.barmethod.com](http://www.barmethod.com).

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