



**FOR IMMEDIATE RELEASE:**

SAN FRANCISCO, CA -- 05/26/10 -- Most people stop exercising when they travel away from home, only to put on pounds and feel sluggish when they return. Now business travelers and vacationers can maintain their fitness with The Bar Method workout, which is offered in many cities across the country including New York, Chicago, Los Angeles, San Francisco and San Diego.

With 35 locations throughout the U.S., people can often find a Bar Method exercise studio at [www.barmethod.com/exercise-studios-contact.php](http://www.barmethod.com/exercise-studios-contact.php) to visit. This highly effective, no-impact hour-long strength class combines the body-elongating practice of dance conditioning, principles of isometrics, the science of physical therapy, and intense interval training. The workout results in a Bar Method body, including the famous "Bar Butt" which can be seen on many celebs, including Drew Barrymore, Ginnifer Goodwin, Zoey Deschanel and Ricki Lake, who have all sculpted their bodies with The Bar Method.

The Bar Method team also teaches its famous classes on selected weeks at Rancho La Puerta Fitness Resort and Spa, <http://rancholapuerta.com/index.html>, named "Favorite Spa" in North America by SpaFinder.com. These total immersion fitness weeks are for the vacationers seeking serious fitness results. On Saturday, your first night at the resort, you will meet other Bar Method practitioners and get advice on The Ranch's most popular classes, treatments and evening programs. Each day you can work out with one of The Bar Method's most experienced teachers, complete with a spotter to keep you in perfect form.

"Even while you are traveling it is important to maintain your fitness routine. We are very happy that we can provide so many exercise studios for Bar Method lovers while they are away from home," says Bar Method founder and popular fitness blogger (<http://blog.barmethod.com>) and expert Burr Leonard.

For those that can't get to an exercise studio on their travels, The Bar Method Exercise DVDs, also designed to create the lean, highly defined body of a dancer without the use of any exercise equipment, are the perfect workout for a hotel room.

For more information on The Bar Method's summer intensive at Rancho La Puerta, please visit <http://www.barmethod.com/rancholapuerta/index.html>. For more information on The Bar Method, visit [www.barmethod.com](http://www.barmethod.com).

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