

# The Bar Method

## Franchise Summary

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**Category:** Health & Wellness, Sports/Fitness

**Subcategory:** Group Fitness, Gym, Wellness, Women Fitness

**Corporate Office:** MN 55125

**Contact:** Morris Shamouni

**Phone:** 310-901-5611



**Website:** <https://americasgreatestfranchises.com>



**Franchise Fee:** \$42,500

**Royalties:** 6%

**Cash Investment:** \$150,000

**Total Investment:** \$304,304 - \$511,232

**NetWorth:** \$350,000

**VetFran:** Yes

**Veterans/Minorities/First Responders Discount:** Yes for Veterans

**Home-based:** No

**SBA approved:** Yes

**Master Franchise / Area Developer Opportunity:** No

**Founded:** 2001

**Franchised:** 2008

## Additional Details

For two decades, The Bar Method, sister company of Anytime Fitness, Waxing the City and Orange Theory, has been building stronger bodies with challenging barre workouts that infuse power into every movement. Each exercise is meticulously designed to transform your body through high-repetition, low-impact resistance training. With elements of Pilates, yoga and other strength training workouts fused into a ballet-inspired barre workout, you will experience unthinkable flexibility, total-body definition, and metabolism-boosting endurance that lasts long after class.

### WHY The Bar Method?

Recession Resistant - The Fitness Industry is stronger than ever and there will always be a need to stay healthy  
5 different class formats (soon to be 6) and the variety ensures things never get stale  
Physical Therapist on staff at corporate - helps write the workouts to ensure everything we do is good for long-term health

### OUR IDEAL FRANCHISEE

Passionate about fitness - bonus points if they are passionate about yoga, pilates, dance, etc  
Female - while there's not reason males can't be franchisee, this typically appeals much more to females  
Motivated by empowering and helping community

### AVAILABLE MARKETS

US markets available: All except listed below  
HOT Regions/Desirable: We have options in all markets, but this brand does best in highly populated, affluent areas  
NOT available: None  
Canadian Referrals: Yes  
International Referrals: No

### BACKGROUND

Year founded: 2001  
Year Franchised: 2008  
Number of franchises currently operating: 80  
Number of International franchises currently operating: 2  
Number of corporate owned franchises: 0

### FINANCIAL DETAILS

Franchise Fee: Single: \$42,500  
Providing earnings guidance in Item 19 in FDD: Yes  
Total investment range: **Single Unit:** \$304,304 - \$511,232  
Net worth requirement: \$350,000  
Royalty: 6%  
Additional fees: 2% Ad fund, \$429 / mo tech fee  
Financial assistance available: No  
VetFran program: Yes  
Veterans/Minorities/First Responders Discount? Yes, we offer a discount off initial franchise license for veterans (approximately 10% discount)

### SUPPORT & TRAINING PROVIDED

Training and support program details:

Currently our NFT and teacher training are virtual. Full details: Before the opening of your Studio we provide an initial training program we refer to as our "New Franchisee Training" to the person you designate as the "Principal Operator" of your Studio. (Franchise Agreement Section 4.A). You may also select one additional person to participate in the New Franchisee Training program at no additional charge but that person must attend all of the same sessions as you, we will not duplicate sessions for an additional attendee. The New Franchisee Training program currently includes self-paced homework, instructor guided and self-study online training, classroom

Home Based: No  
Absentee ownership available: No  
Semi-Absentee ownership available: Yes  
Accepting Master Franchisor and Area Developer  
Referrals: No  
Average number of employees required: 5  
E2 Visa Friendly: Yes

training and/or remote training, in-person studio training, and post-training consultations, all of which may be provided in-person or in a virtual format at our discretion. The Operations Manual and the Teacher Training Manual serve as our instructional materials. New Franchisee Training is conducted on an as-needed basis in a virtual format, at our corporate headquarters in Woodbury, Minnesota, or at another location we designate

Cost for Training: \$0

Lodging and airfare included: No  
Site Selection Assistance: Yes  
Lease Negotiation Assistance: Yes

Mentor following training: Yes  
Length of mentoring Franchisee: Ongoing

*Last updated: 12/15/2025*