

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