

Red Light Method Accelerates National Expansion With 17th Studio Opening in Commack, Long Island

Franchise founded by Club Pilates creator Allison Beardsley expands its New York presence as more than 70 locations move through development nationwide

COMMACK, NY, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- [Red Light Method](#), the fast-growing wellness, fitness, and recovery franchise founded by Allison Beardsley, creator of the global fitness brand Club Pilates, announced the opening of its 17th studio in Commack, Long Island, last week marking another milestone in the company's nationwide expansion.

With more than 70 locations currently in development across the United States, Red Light Method is positioning itself at the intersection of several rapidly growing consumer categories: wellness, recovery, fitness and longevity.

“

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Commack Long Island Franchisee

monthly membership.”



Commack Long Island entry

At the center of the concept is a simple idea: advanced wellness and recovery services should not be reserved for professional athletes, celebrities or consumers willing to spend hundreds of dollars per treatment. “Our mission from the beginning has been to make powerful wellness and recovery modalities accessible to everyday people,” said Allison Beardsley, Founder of Red Light Method. “Services like these can cost hundreds or even thousands of dollars when purchased individually. We created Red Light Method so members can incorporate them into their lives consistently through an affordable

Bringing Fitness, Recovery and Cellular Wellness Under One Roof

The Red Light Method experience is built around a 25-minute medical-grade, FDA-cleared red light therapy session designed to support cellular health. The company has an exclusive agreement with Contour Light, a medical-grade red light system with FDA clearances for pain and inflammation relief and circumference reduction.

When combined with [Power Plate](#) vibration-based workouts the results are extraordinary. Depending on the studio, members may also have access to complementary modalities such as Pilates reformer workouts, pulsed electromagnetic field therapy (PEMF), exercise with oxygen therapy (EWOT) and infrared sauna.

The result is a membership model designed to bring multiple wellness, fitness and recovery experiences together in one convenient destination.

“We believe true wellness begins at the cellular level,” Beardsley said. “You can exercise, eat well and stay active, but recovery and cellular health are important pieces of the overall

wellness equation. Red light therapy changed the way I personally thought about health and recovery, and it ultimately became the foundation of Red Light Method.”

Comparable individual wellness treatments can frequently cost between \$150 and \$250 per session. Red Light Method was intentionally designed to provide members access to multiple modalities several times per week for approximately a couple hundred dollars per month.

From 17 Open Studios to More Than 70 in Development

The Commack opening represents more than another pin on the map for Red Light Method. For the company’s leadership team, the focus is on building a franchise system capable of supporting sustainable national growth.

“Opening our 17th studio is an exciting milestone, but our goal isn’t simply to open locations —



Commack Long Island Mural



Medical Grade Red Light Treatment

it's to help build successful businesses that serve a community," said Eric Tepper, CEO of Red Light Method. "Every franchisee is making a significant investment in our brand, and we take that responsibility seriously. Our job is to give them the systems, training, sales support, marketing resources and operational guidance they need to succeed."

Red Light Method supports franchise owners through site selection, lease negotiation, construction, sales training, local marketing, membership presale, studio opening and ongoing operational performance.

"Franchisee success is our number one priority," Tepper added. "We are strengthening the infrastructure behind this brand as aggressively as we are growing it. We want Red Light Method to be known not only for an exceptional consumer experience, but also for being an exceptional franchise system."

Long Island Welcomes Red Light Method

Located at 6157 Jericho Turnpike in Commack, the new studio brings the Red Light Method experience to one of Long Island's established residential communities.

For local franchisee Steve, opening the studio is also personal.

"Opening Red Light Method in Commack is incredibly meaningful to me because I'm proud to bring a new and innovative approach to wellness to Long Island," he said. "I've always believed there is an opportunity to help people feel better, move better and invest in their overall well-being. Seeing the excitement from the community since opening has been incredibly rewarding, and I'm excited to introduce even more people to the Red Light Method experience."

Building the Next Generation of Wellness Franchising

Beardsley founded Red Light Method after building Club Pilates, bringing lessons from one of boutique fitness franchising's most recognizable growth stories into a new category centered on wellness and recovery.

"With Red Light Method, we've applied everything I learned from building Club Pilates while creating an even more collaborative and supportive franchise system," Beardsley said. "We want our franchisees to feel that they're part of something bigger than their individual studio. Our leadership team operates like a family, and we want that culture to extend throughout the entire organization."

The Red Light Method franchise model offers several competitive characteristics, including:

- Estimated startup investment generally ranging from \$350,000 to \$450,000
- Negotiated vendor relationships designed to reduce equipment costs
- No franchisor kickbacks on equipment purchases
- Multiple wellness, fitness and recovery modalities within one membership
- A scalable operating model
- Comprehensive sales, marketing, training and operational support
- Participation in an expanding wellness, recovery and longevity marketplace

With its 17th studio now open and more than 70 locations in development, Red Light Method is focused on expanding into qualified markets throughout the United States while maintaining a

disciplined approach to franchisee selection and studio performance.

"We believe we are building something very special," Tepper said. "Consumers are increasingly prioritizing how they feel, how they recover and how they can stay active longer. Red Light Method brings those priorities together in an accessible membership model while creating what we believe is a compelling business opportunity for the right franchise owner."

Visit Red Light Method Commack and Get Lit.

Red Light Method – Commack, Long Island

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Commack, NY 11725

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About Red Light Method

Red Light Method is a rapidly growing wellness, fitness and recovery franchise founded by Allison Beardsley, creator of Club Pilates. The concept combines medical-grade red light therapy with complementary fitness and recovery modalities designed to help members look, feel and live better. Red Light Method was created to make advanced wellness and recovery services more accessible through a convenient membership-based model while providing franchise owners with comprehensive sales, marketing, training and operational support.

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