

Pure Barre Launches Pre-Sales of New DVD Workouts

Carrie Rezabek announces the launch of pre-sales for two new Pure Barre DVD workouts which can be done with no equipment at home

June 2, 2009 - [PRLog](#) -- Los Angeles, CA -- Fitness Guru and founder of The Pure Barre Technique, Carrie Rezabek announces the launch of pre-sales for her two new Pure Barre DVD workouts which can be done with no equipment at home or while traveling for work or vacation. The 45 minute total body workouts are the fastest, most effective, yet safest way to change your body and they will lift your seat, tone your thighs and burn fat in only 10 workouts.

“Health and fitness should always be a priority regardless of budget, so I wanted to create a way for everyone to have access to an effective workout,” said Rezabek. “In a struggling economy, you can now transform your body for only \$19.95 per DVD, an excellent value.”

Lift, tone and burn with Carrie and her team in Pershing Square downtown Los Angeles. Titled Pershing Square 1 and Pershing Square 2, guests to www.purebarre.com can purchase the coveted workout now with a 15% discount available until June 15th. DVDs are planned to begin shipping June 15th. Enter "preorder" when you check out to receive the discount. The workouts offer options for variation for the beginner to intermediate to the Pure Barre enthusiast who share a common desire for a workout that really works.

Rezabek is an experienced dancer and choreographer as well as an entrepreneur with a law and business degree. She opened the original Pure Barre Studio in 2001 and began a licensing program two years ago and has since licensed 11 studios. Studios are located in Los Angeles, Newport Beach, La Costa, San Diego, Solana Beach, and La Jolla, California; Nashville, Tennessee; Lexington, Kentucky; and Ann Arbor, Midland, and Saginaw, Michigan. Now, everyone can experience the workout creating a buzz around the nation.

For more information about The Pure Barre Technique or to order your copies of the new DVDs, please visit www.purebarre.com.

About Carrie Rezabek

Carrie Rezabek is the creator and CEO of Pure Barre. Carrie grew up dancing, performing and choreographing events all over the U.S. She has extensive training in dance, pilates, and fitness as well as the Lotte Berk Method, NYC. After earning a Business degree from Michigan State and a Law Degree from Wayne State, Carrie opened her first studio in Birmingham, MI where she developed the Pure Barre Technique. With her gift for creative choreography and music and her passion for challenging workouts that produce results, Carrie is constantly evolving Pure Barre to the next level. Besides the physical benefits of Pure Barre, Carrie is passionate about the mental and emotional strength Pure Barre brings and seeks to share that by empowering girls and young women via Pure Barre's charitable foundation Pure Give.

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