

PHOTO: Dec. 5: Celebrity Trainer Rebecca Kordecki's Booty Slide Hits the West Coast

Recession Proof - Butt Lifting Workout Launches in West Hollywood This December 2009

Media Advisory

LOS ANGELES/EWORLDWIRE/Nov. 20, 2009 --- After a successful two years in the Hamptons with Booty Slide(R), Rebecca Kordecki - most recently named Dan's Paper "Best of the Best" Personal Trainer for 2009 - slides into Los Angeles with her butt-lifting workout. Booty Slide is a fusion of slide training, cardio and core strengthening with an emphasis on lifting, shaping and firming the hips, buns and thighs.

On the east coast, Booty Slide classes can be found at NYC Crunch gym locations for the remainder of Fall 2009.

A natural expansion to Hollywood, Kordecki's 45-minute workout is being offered at a special intro rate of \$10 at Soma Studio in West Hollywood on Saturday, Dec. 5, 2009, at 9:00 a.m.

Kordecki, who has been called "The Booty Guru," created the recession-proof workout as a budget conscious way to stay fit during the economic downturn. "I wanted to create a 'smart' and efficient way to train your entire body, that could be done anywhere/anytime with only a pair of booties on your feet," announced Kordecki.

This December, Kordecki's "Get Bootylicious" DVD and a pair of booties weighing in at less than 4 ounces will be the ticket to Get Lifted. For more information on this upcoming introductory Booty Slide class and all other services offered by Rebecca Kordecki, visit RebeccaKordecki.com ('http://www.rebeccakordecki.com') or call (917) 628-7258.

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SOURCE: Booty Slide LLC

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