

## **Edmonton SHRED™ Bootcamp Alert!!**

Join Tommy Europe on **Saturday, November 16th, 2013**, to help celebrate the **NEW Edmonton Health Show**, at The *Edmonton EXPO Centre at Northlands*. Your Bootcamp ticket will also get you a free ticket to the show, where Tommy will also be speaking on Sunday!

Tommy's **SHRED™ BOOTCAMP** is a **FUN** filled, **Fitness** class that incorporates Body Weight Resistance Exercises, Core Training, Metabolic and Full-Body conditioning. **YOU** will leave **SHRED™ BOOTCAMP** armed with practical steps to effectively **lose weight**, get toned, **burn fat** + calories, or break through any plateau!

Tommy Europe's **SHRED™ BOOTCAMP** is guaranteed to jump start your metabolism, and is ideal for **ALL fitness levels** from beginner to advanced. You will not be left behind in class, and You will not be waiting, the workouts are designed for you to work at your own pace.

**SHRED™ BOOTCAMP** classes tend to sell out quickly, so **REGISTER NOW**, and get ready for a SHREDtastic time!!

### **EVENT DETAILS:**

**Saturday, November 16th, 2013**

@ The Edmonton EXPO Centre at Northlands, Hall A, 7300 – 116th Ave., Edmonton

**11:30am Registration Opens for SHRED™ Bootcamp**

**12:00 pm SHRED™ Bootcamp STARTS**

**1:00pm Pictures, Q & A, Final words**

### **Your Tommy Europe SHRED™ BOOTCAMP experience includes:**

- Tips & Tools to use immediately to fast-track your results upgrade your health and fitness.
- Ticket to the Edmonton Health Show
- New exercise ideas and combinations to use in your own workouts, or whenever you teach your own bootcamp class.
- 21-Day Free trial in Tommy's VIP Platinum SHRED, this is Tommy's top level online training package. You will get a customized Online Training Program, designed by Tommy! (\$30.value)
- Everyone who pre-registers will be entered into a draw to win a prize from Reebok (\$40. - \$120. Value)
- And finally, you get to spend a fun, entertaining and challenging Kick Ass SHREDbootcamp training with Tommy!! (Priceless)

**You receive a \$110 VALUE, for just \$37!!**

**Click here to register!!**