

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 \$140 VALUE, for just \$37!!

[Click here to register!!](#)