



Dragon Conditioning Registration Form Spring 2011

March 21st - June 17th (Closed April 18th-22nd)

www.dragonconditioning.com

Langston Cawthorne: Owner, Director (857) 472 – 3636

General Information:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (____) ____ - ____ Email: _____

Date of Birth: __/__/____ Sport(s): _____

Location: Arlington Gold's Gym 30 Park Avenue, Arlington Heights

Time Selection:

1st Choice: _____ 2nd Choice: _____

Program Selection: _____

Parent/Guardian Signature (If under 18): _____

Please return completed form and program tuition (Payable to Dragon Conditioning) by March 1st to:

Dragon Conditioning
PO Box 354
Medford, MA 02155

Schedule:

Arlington Gold's Gym, 30 Park Avenue, Arlington Heights

Adult Schedule: Monday, Wednesday, Friday 5:30am-7:00am, 8:30am-10:00am

Monday, Tuesday, Thursday, Friday 3:30pm-5:30pm, 6:30pm-8:30pm

Cost: 8 Weeks (\$675), 12 weeks (\$925)

Does not include Gold's Gym Membership (if you just want a membership for the duration of the session the cost is \$150). You can call or stop by Gold's Gym and speak to a sales representative to get other membership rates.

Waiver: By accepting the terms of this agreement, on behalf of yourself, your heirs, assigned insurance companies, executors, and administrators, you are acknowledging that you do hereby waive, release, and forever discharge Langston Cawthorne, Dragon Conditioning, and their respective heirs, owners, directors, officers, agents, employees, representatives, successors, and all others from any and all responsibility or liability from injuries or damages resulting from, or connected with, your participation in any of the Dragon Conditioning exercise programs.

Popular time slots fill quickly and class space is very limited. Registration and payment must be received by **March 1st**