



## Dragon Conditioning Registration Form Winter 2010-11

December 6<sup>th</sup> - March 11<sup>th</sup> (Closed December 24<sup>th</sup> - January 2<sup>nd</sup>;  
February 21<sup>st</sup> - 25<sup>th</sup>)

[www.dragonconditioning.com](http://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:

1<sup>st</sup> Choice: \_\_\_\_\_ 2<sup>nd</sup> Choice: \_\_\_\_\_

Program Selection: \_\_\_\_\_

Parent/Guardian Signature (If under 18): \_\_\_\_\_

Please return completed form and program tuition (Payable to Dragon Conditioning) by November 30<sup>th</sup> 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 **November 30<sup>th</sup>**