



## BFFA MEMBERSHIP AGREEMENT

*(Brave Functional Fitness Association)*

This agreement is made between **Brave Functional Fitness Association (BFFA)**—a private, non-profit organisation based in Macau—and the individual whose details are registered via the **TeamUp Gym Management Platform** or through a signed membership form.

BFFA operates two private fitness facilities:

- **Warrior Fitness Macau**  
✉ info@warrior-macau.com | 🌐 [www.warrior-macau.com](http://www.warrior-macau.com)
- **Warrior Golf Fit**  
✉ info@warriorgolffit.com | 🌐 [www.warriorgolffit.com](http://www.warriorgolffit.com)

This agreement, along with the terms and conditions herein, the Informed Consent Form, Emergency Contact Form, and any membership-specific terms, constitutes the full agreement between the member and BFFA. Updates to this agreement may occur at any time and will be posted online and/or at facility reception.

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### 1. About BFFA

**Brave Functional Fitness Association (BFFA)** is a registered, non-profit organisation that exists to promote fitness, athletic performance, and sports culture in Macau. Through Warrior Fitness Macau and Warrior Golf Fit, BFFA offers structured training programs, seminars, events, and access to specialised equipment and coaching in a private, members-only environment.

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## 2. Membership Requirements

- Both **Warrior Fitness Macau** and **Warrior Golf Fit** are private clubs.
- Membership in BFFA is **mandatory** for participation in all regular classes, training, simulator sessions, or open facility use.
- All memberships are **non-transferable** and linked to the individual registered through TeamUp.
- Guests may access the facility **only through approved Guest Memberships** or Facility Hire (see Section 11).

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## 3. Membership Categories

### Adult Memberships (Ages 16+)

Grants access to:

- Warrior Fitness group classes, open gym, open mat
  - Warrior Golf Fit simulator sessions (when included or purchased separately)
  - Golf or general fitness personal training (booked separately)
- Members aged 16–17 require parent/guardian registration.

### Junior Memberships (Ages 6–15)

Grants access to:

- Warrior Kids Club programs (via 10- or 20-session packs)
- Parent/guardian consent and documentation required

### Drop-In / Walk-In (Guest Memberships)

Available for one-off access to:

# BFFA

## Brave Functional Fitness Association



- Group classes (adult or junior)
  - Golf simulator sessions
  - Introductory personal training sessions
- Guests must register in advance and agree to all BFFA terms.

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#### 4. Warrior Golf Fit – Simulator Memberships

Simulator training is available through the following packages:

- **Walk-In (MOP 200)** – 1-hour session, valid 2 weeks
- **10-Pack (MOP 1,800)** – 10 x 1-hour sessions, valid 2 months
- **20-Pack (MOP 3,000)** – 20 x 1-hour sessions, valid 3 months
- **40-Pack (MOP 4,400)** – 40 x 1-hour sessions, valid 3 months

#### Simulator Usage Rules:

- Sessions are **strictly 1 hour** (fixed start and finish)
- Max **4 people per session** (1 member + 3 pre-registered guests)
- **Right-handed use only** (LH not currently supported)
- Members must bring **own golf clubs**; balls are provided
- **Simulator memberships are not eligible for general holds**

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#### 5. Private Coaching – Warrior Fitness & Warrior Golf Fit

BFFA offers private coaching services:

- **Warrior Fitness:** 1-on-1 and 2-on-1 training (all fitness goals)
  - **Warrior Golf Fit:** Golf-specific strength, conditioning, and mobility
- These must be booked separately through TeamUp and are not included in standard class or simulator packages unless otherwise specified.
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## 6. Booking and Payment

All classes, simulator sessions, and personal training must be booked via the **TeamUp platform**.

**Payment must be made in full** prior to the first session.

☒ Credit card, bank transfer, cash, or mPay accepted

⚠ Credit card payments are subject to a **2.5% processing fee**

### Cancellation Policy:

- Fitness classes: Cancel  $\geq 2$  hours before session
- Simulator bookings: Cancel  $\geq 24$  hours before session
- Late cancellations or no-shows may result in **credit/session forfeiture**

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## 7. Membership Holds

- Standard fitness memberships may be paused for up to **14 days per year**, by written request.
- **Golf simulator packages cannot be placed on hold.**
- Holds are not available for trial, walk-in, or guest memberships.

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## 8. Conduct, Safety & Liability

- All members and guests must follow instructor guidance and club rules.
  - Inappropriate conduct may result in immediate termination of membership without refund.
  - Participation is at your own risk. BFFA accepts no liability for injuries or damages incurred on-site.
  - Members should consult a physician before starting a fitness program.
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## 9. Training Attire

- **Warrior Fitness Macau:**
  - No street shoes allowed on mats
  - Combat training must be done barefoot, in grip socks, or clean indoor-only shoes
  - Weight training requires clean gym shoes not worn outside
- **Warrior Golf Fit:**
  - Clean sports trainers are **permitted in simulator rooms**
  - These shoes **must not be worn** into Warrior Fitness Macau training zones
  - A change of shoes is required if using both facilities

Staff reserve the right to request clothing changes if attire is deemed inappropriate.

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## 10. Facility Use & Security

- Lockers are provided for use during sessions. BFFA is not responsible for lost items.
  - Security cameras may be present in public zones (excluding bathrooms and locker rooms).
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## 11. Room and Facility Hire (Non-Member Private Use)

BFFA permits **private hire** of spaces (e.g. simulator room, open mat, or other designated areas) for personal or group use **without BFFA-led instruction or programming**.

### Key Terms:

- Guests do **not need to be BFFA members** when booking facility hire only
- BFFA staff will not be involved in leading, coaching, or supervising private hire groups
- **All activities must be lawful and respectful of the facility**
- Hirers are **fully responsible** for their own conduct and that of their guests



- **BFFA accepts no liability** for injury, damage, loss, or misconduct during private hire
- Facility Hire is subject to a **separate written agreement** and advance payment

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## 12. Media Release

Members consent to photos and video being taken during activities for promotional use, unless they request otherwise in writing. BFFA respects member dignity and will use media appropriately.

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## 13. Amendments

BFFA reserves the right to update this agreement at any time. Material changes will be communicated via email or the TeamUp platform.

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## 14. Contact Information

Please ensure your contact details remain current in TeamUp. For support or questions:

✉ **Warrior Fitness Macau** – [info@warrior-macau.com](mailto:info@warrior-macau.com)

✉ **Warrior Golf Fit** – [info@warriorgolffit.com](mailto:info@warriorgolffit.com)

🌐 [www.warrior-macau.com](http://www.warrior-macau.com) | [www.warriorgolffit.com](http://www.warriorgolffit.com)

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Name

Signature

Date