

# **WARRIOR FITNESS & MARTIAL ARTS**

## **Xplor Class APP**

We use an app for our members to sign into classes and see our schedules, etc... It is called **Xplor**



iPhone:

<https://apps.apple.com/us/app/xplor-studio/id1560244437>



Android/Google:

[https://play.google.com/store/apps/details?id=com.studio.xplorstudio&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.studio.xplorstudio&hl=en_US&gl=US)

You can also log into the Kiosk via web browser here: <https://warriorfitness.studio.xplor.co/>

You can log in with the email you gave us when you signed up, and if you don't recall your password, use the "forgot password" or "reset password" link to get a new one to get into it.

## **SOCIAL MEDIA**

The WF Facebook group is: <https://www.facebook.com/groups/1674555529458057>

Instagram: <https://www.instagram.com/warriorfitnessma/>

**Follow our coaches personally here:**

<https://www.facebook.com/gene.crawford>

<https://www.facebook.com/HeatherBauerSC>

<https://www.facebook.com/dpmiller2>

<https://www.facebook.com/rebecca.johnson.399826>

## **COACHING CONSULT**

You can schedule a consult with a coach any time by going here:

<https://calendly.com/warriorfitnessma/coachingconsult>

For nutrition guidance, we use <https://www.loseit.com> for tracking your daily calories and macros.

Once you have LoseIT setup let your coach know and they will add you to the group, or you can go to:

<https://www.loseit.com/wellnessprofessional/gene-crawford/> to add yourself.