



School of Computer Science

Course Code – CSE 326

Course Title – Internet Programming

**Aim – To create a webpage on Fitness
Club using HTML, CSS,
JavaScript.**

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Introduction

In this project we have created a website on Fitness Club in which being physically active can improve your brain health, help manage weight, reduce the risk of diseases, strengths bones. So the website that we have created is a user-friendly website.

Technologies Used

There are lot of programming languages available, and each has its unique aspects.

Choosing the core technology for the system will depend on the programmer's preferences.

Programming languages which we used in our Fitness Club web page are: -

- **HTML:** HTML is the language for describing the structure of Web pages. HTML gives authors the means to: Publish online documents with headings, text, tables, lists, photos, etc. Retrieve online information via hypertext links, at the click of a button.
- **CSS:** CSS (Cascading style sheets) is used to style and layout web pages — for example, to alter the font, colour, size, and spacing of your content, split it into multiple columns, or add animations and other decorative features.

- **JavaScript:** - JavaScript is used by programmers across the world to create dynamic and interactive web content like applications and browsers. JavaScript is so popular that it's the most used programming language in the world, used as a client-side programming language by 97.0% of all websites.

Features of the project

Firstly, we have created a register page through which one can login and choose their registration course according to their preferences.

Main page: Using HTML, CSS and JavaScript we have created a register form and popups for about pages and other features of our project.

About page: In our about page, we have shared our story and about our values to the users.

"Helping people live longer, happier and healthier lives for a long period of time" is the MOTIVE of our website.

Timetable: As we all know that a timetable is very essential for maintaining a fitness, we have created a timetable using tables tag for the users along with the schedule to be followed.

Trainings: Different forms of trainings are provided for the users to perform.

Nutrition: Using html links and image tags we have provided the right diet and nutrition.

Gallery: Using CSS grids we have attached the images featuring our fitness club.

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<div class="grid-item">

<h3>Teamwork</h3> </div>
We're committed to common goals, with effective communication and
accountability making our team achieve greater results.</div>

<div class="grid-item">

<h3>Nimbagility</h3> </div>
Invented by our company directors, Nimbagility reflects the ability to remain nimble
and agile through lean, efficient actions.</div>

<div class="grid-item">

<h3>Be the change you seek</h3> </div>
We believe we should all take ownership and have the courage to lead change,
creating a better experience for our people and the customers we serve.</div>

<div class="grid-item">

<h3>Innovation</h3> </div>
To help turn our ideas into reality, we embrace a culture of creative innovation in our
people, processes and products.</div>
</div>
</body>
</html>

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<!DOCTYPE html>
<html>
<head>
<title>Nutrition</title>
<style>
body{
background-color:grey;
color:#581845;
}
</style>
</head>
<body>
<h1>Nutrition and Diet</h1>
<h2><a href="C:\Users\User\Desktop\Cse326 project\keto diet.html"
target="_self">Everything You Need To Know About Indian Keto Diet</h2>

<h2><a href="https://www.gympik.com/articles/colostrum-next-gen-super-food/"
target="_self">What is Colostrum And Why It's The Next Gen Super Food?</h2>

<h2><a href="https://www.gympik.com/articles/eat-workout-pre-post-workout-
meal/" target="_self">What to eat before and after a workout? – Pre and Post-
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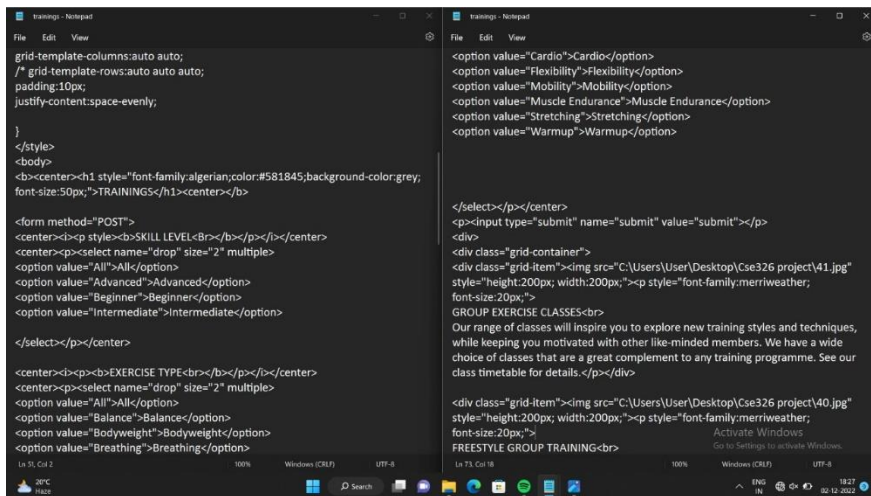
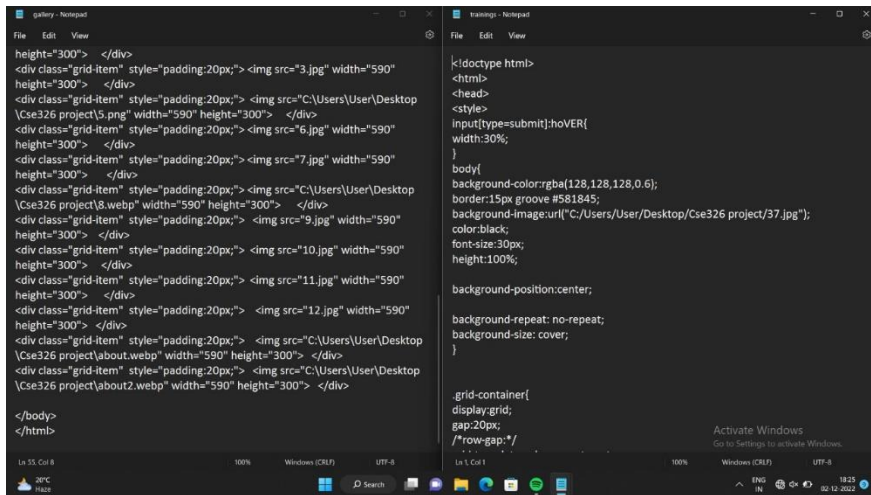
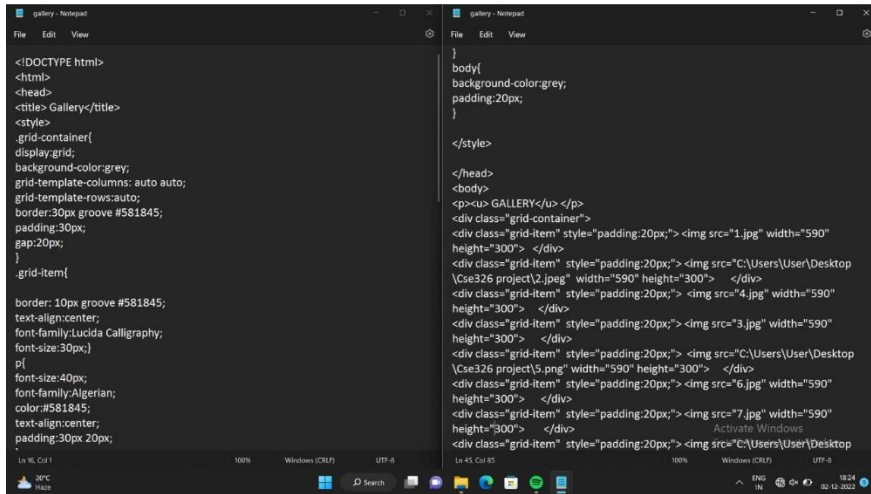
<h2><a href="https://www.gympik.com/articles/eat-workout-pre-post-workout-
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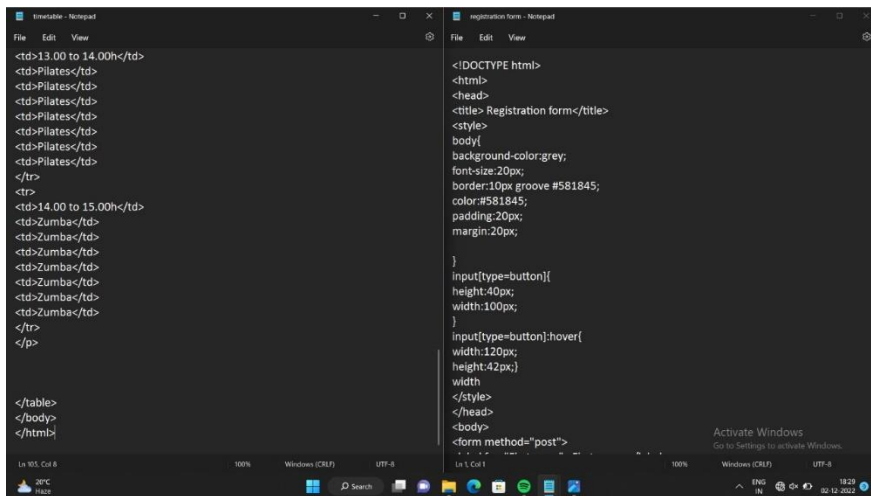
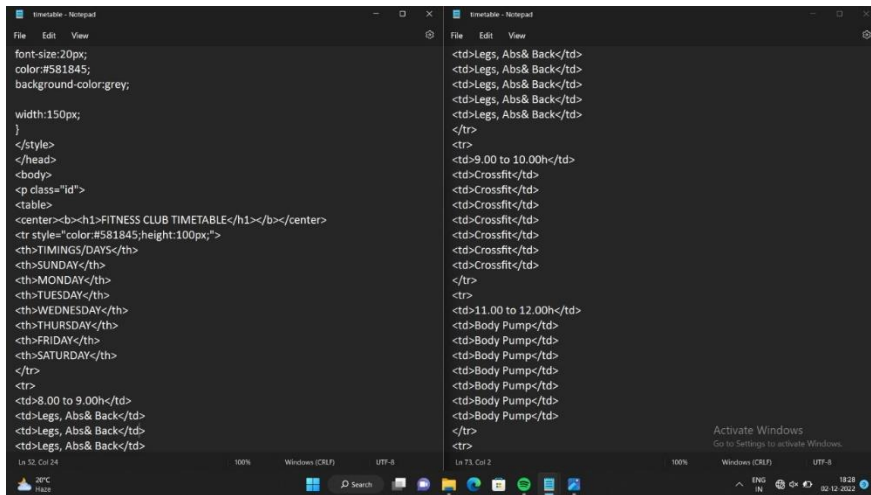
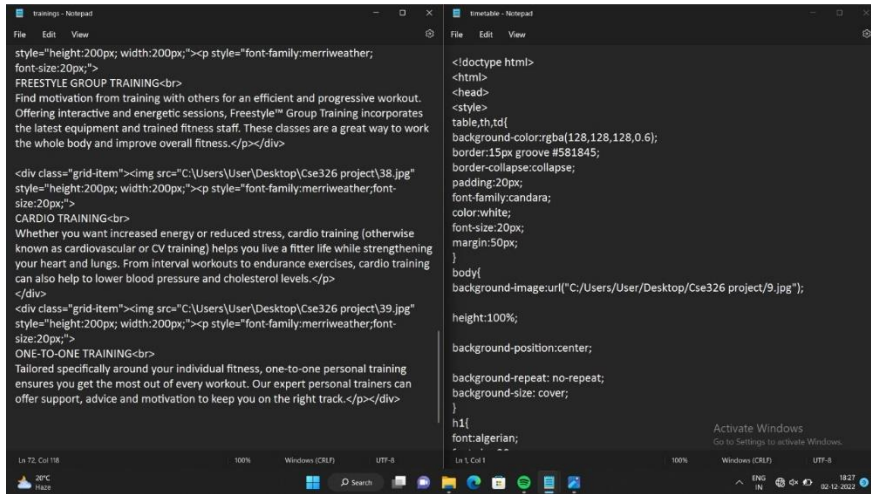
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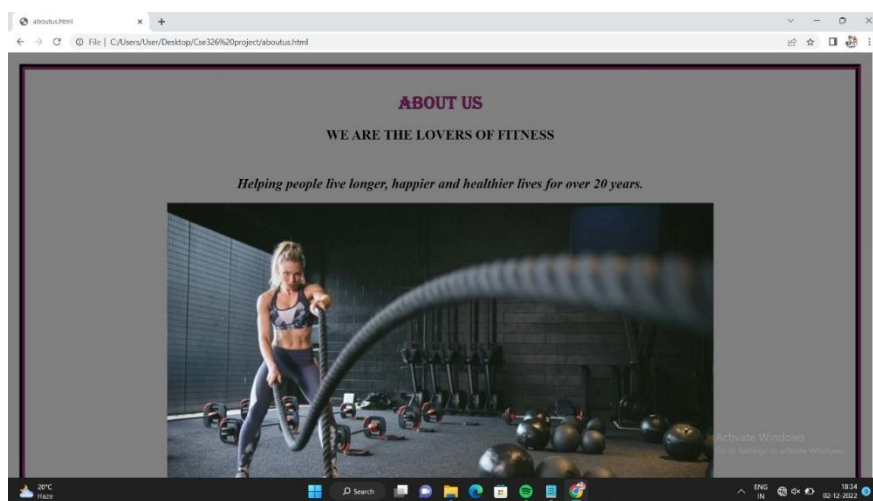
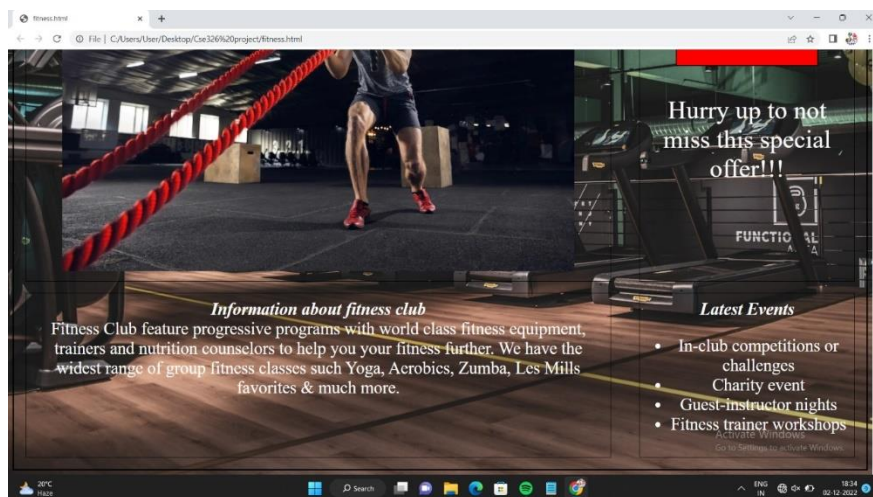
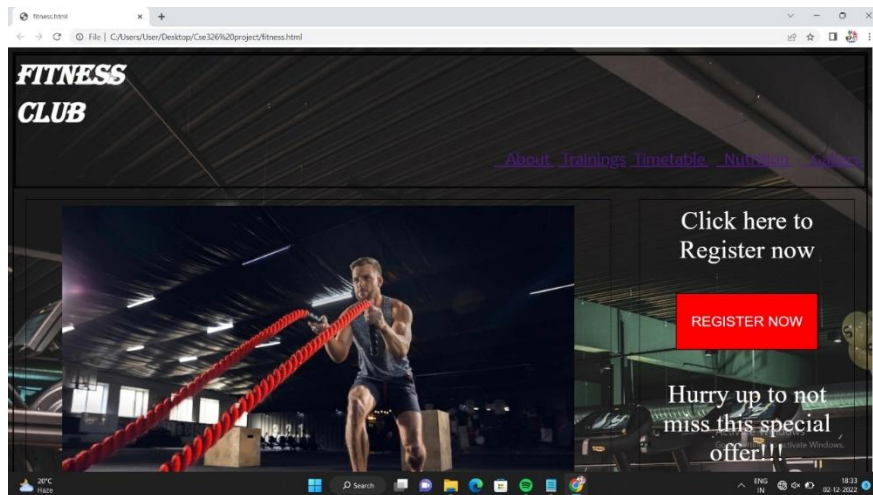
<h2><a href="https://www.gympik.com/articles/when-should-you-take-when-
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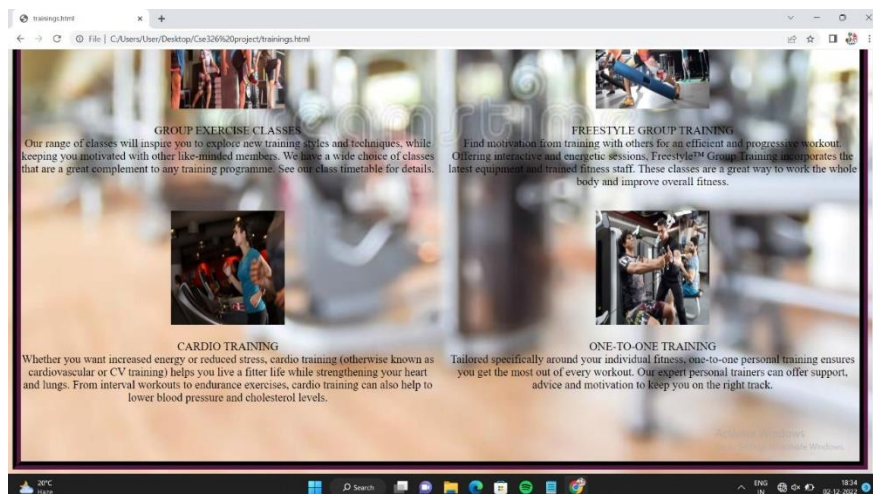
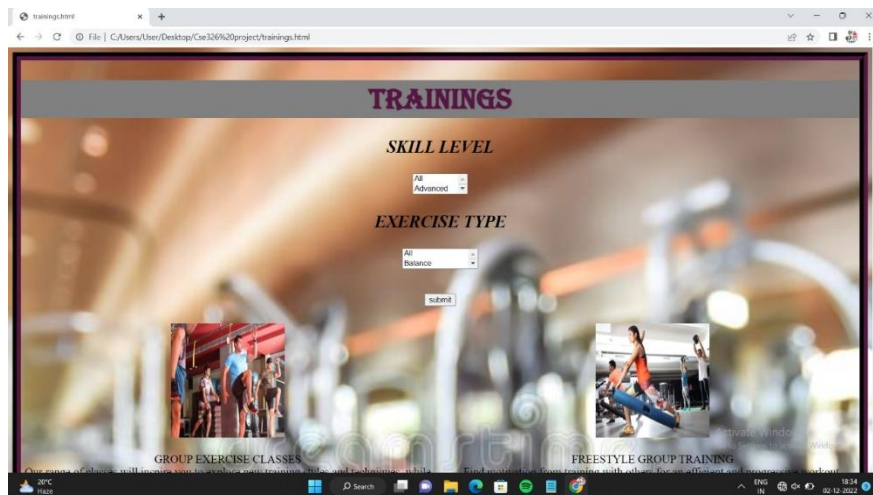
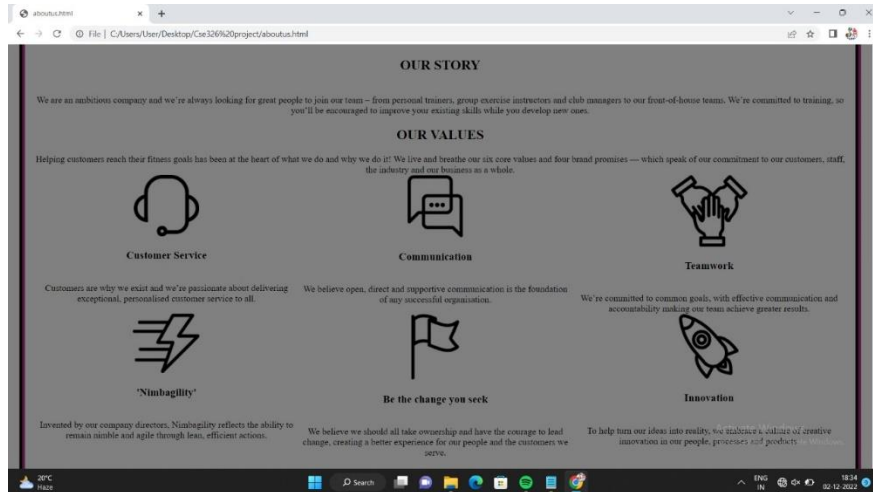
</body>
</html>

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timetable.html

File | C:\Users\User\Desktop\Cse326\20project\timetable.html

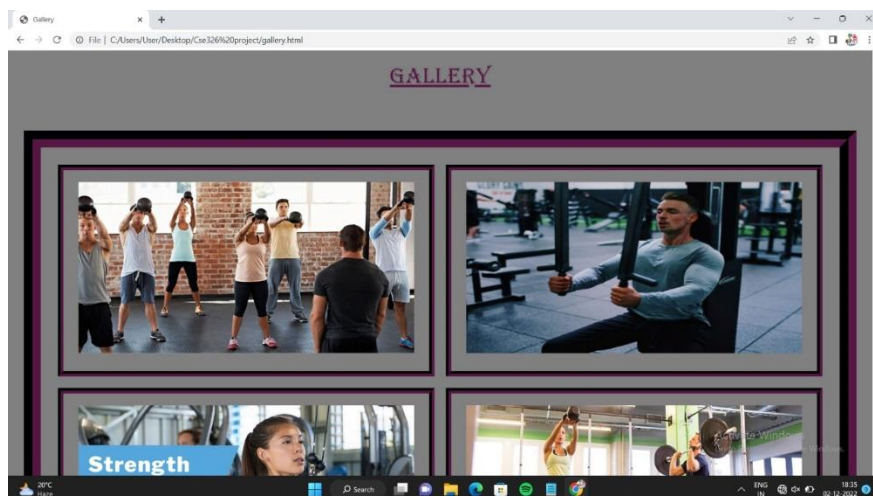
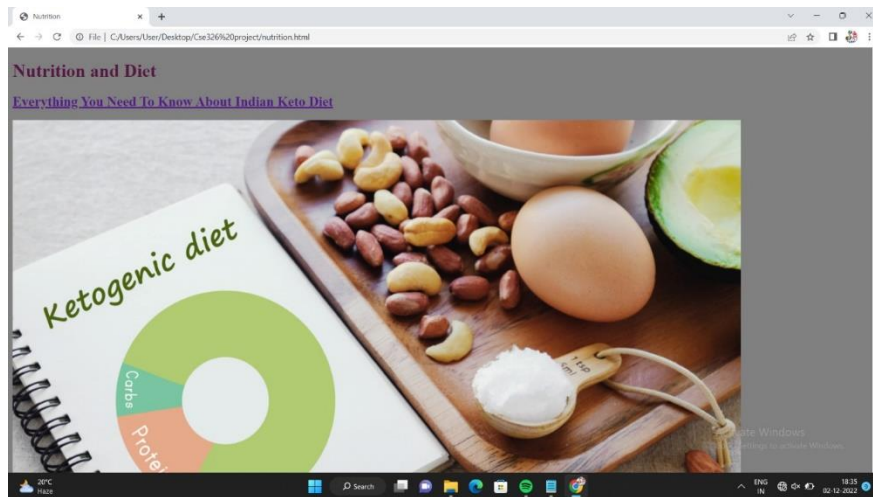
FITNESS CLUB TIME TABLE

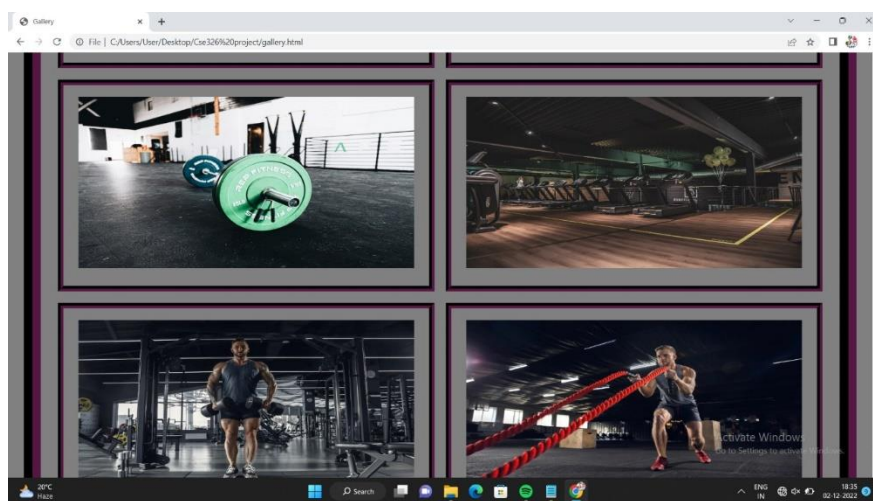
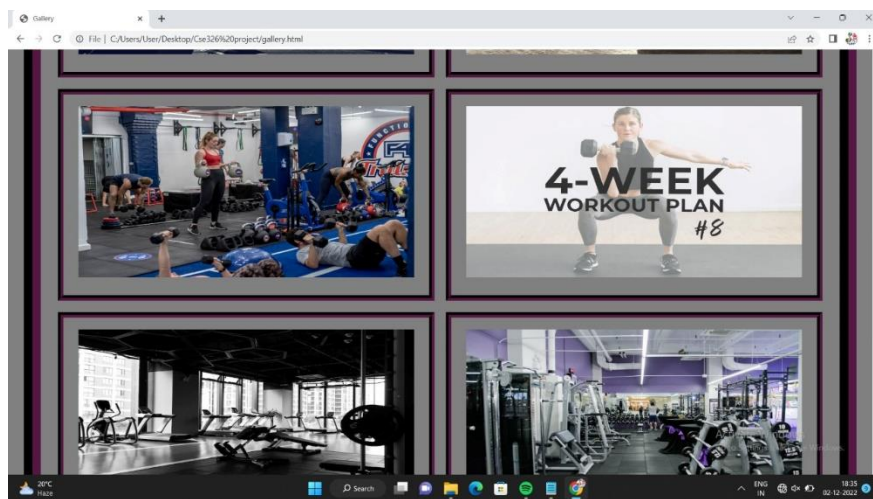
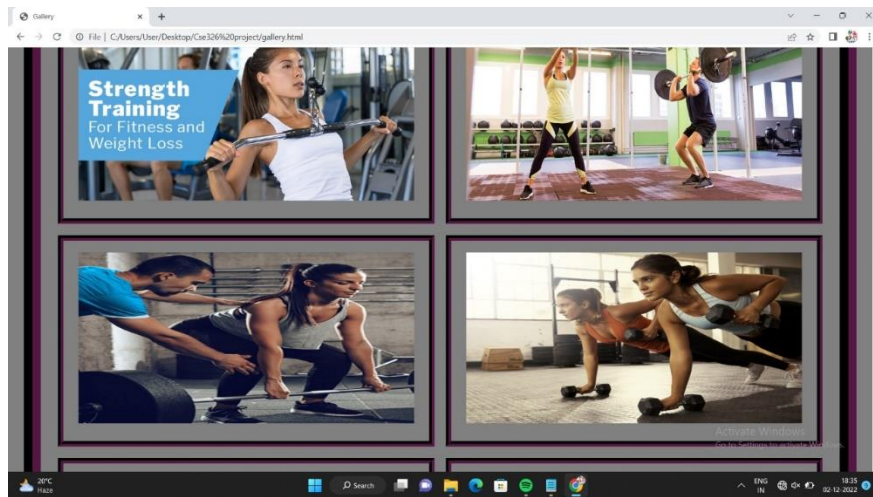
TIMINGS/DAYS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 to 9.00h	Legs, Abs& Back	Legs, Abs& Back	Legs, Abs& Back	Legs, Abs& Back	Legs, Abs& Back	Legs, Abs& Back	Legs, Abs& Back
9.00 to 10.00h	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit
11.00 to 12.00h	Body Pump	Body Pump	Body Pump	Body Pump	Body Pump	Body Pump	Body Pump
13.00 to 14.00h	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
14.00 to 15.00h	Zumba	Zumba	Zumba	Zumba	Zumba	Zumba	Zumba

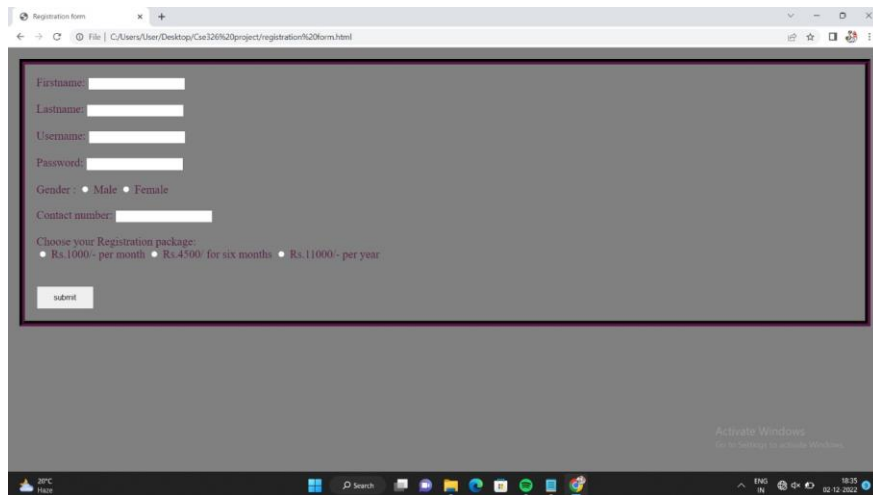
20°C Hazy

Search

18:34 02.12.2022







Flow of Project

At first, we searched through a few fitness websites online so as to know the layout of their websites. Then we divided the work into three parts wherein we discussed as to which part of the website will be created by whom. We used html for creation of basic webpages like Homepage, About page, Timetable. Nutrition, Trainings and Gallery. Using CSS we styled the webpages.

Conclusion

It was a wonderful and learning experience for me and my team while working on this project. Although we know the basics of HTML and CSS, through this project we got a chance to put our knowledge into practice which was very helpful for us.

Reference

We took some references from the lecture pdf and write our code but at once we got stuck at the JavaScript part, so we took help from lecture pdf. So, our major source is lectures notes and pdfs.

But we also surfed through some of the fitness websites like: -

- The Strength and Fitness Camp.
- Fit and Fab Gym.
- Intensity Body Training.
- Fit Body Boot Camp.
- Urban Body Fitness.
- The Training Studio.
- The Fitness Zone

Thank You...

