```sql
INSERT INTO Availability (availabilityID, date, startTime, endTime)
VALUES
(1, '2024-03-20', '09:00:00', '11:00:00'),
(2, '2024-03-22', '16:00:00', '18:00:00');


INSERT INTO Admin (adminID, fName, lName, emailAddr, phone)
VALUES
(1, 'Admin', 'One', 'admin1@email.com', '999-888-7777'),
(2, 'Admin', 'Two', 'admin2@email.com', '777-888-9999');


INSERT INTO Equipment (equipmentID, name, location, monitoringAdmin, lastMonitored,
score)
VALUES
(1, 'Treadmill', 'Gym Floor', 1, '2024-03-15', 9),
(2, 'Dumbbells', 'Weight Room', 2, '2024-03-10', 8);


INSERT INTO Goal (goalID, targetWeight, targetPace, targetBodyFat)
VALUES
(1, 140, '00:30:00', 20),
(2, 170, '00:25:00', 25);


INSERT INTO Achievements (achievID, goalID)
VALUES
(1, 1),
(2, 2);


INSERT INTO Exercise (exerciseID, name, description)
VALUES
(1, 'Cardio', 'Running on treadmill for 30 minutes'),
(2, 'Weightlifting', 'Dumbbell exercises for upper body strength');


INSERT INTO TrainerSchedule (scheduleTID, trainerID, updatingAdmin)
VALUES
(1, 1, 1),
(2, 2, 2);
```

```sql
INSERT INTO Trainer (trainerID, fName, lName, gender, certification, securityCheck, emailAddr, phone, scheduleTID)
VALUES
(1, 'John', 'Doe', 'M', 'Personal Trainer Certification', true, 'john.doe@email.com', '123-456-7890', 1),
(2, 'Jane', 'Smith', 'F', 'Fitness Instructor Certification', true, 'jane.smith@email.com', '987-654-3210', 2);


INSERT INTO TrainerAvailability (trainerID, availabilityID)
VALUES
(1, 1),
(2, 2);


INSERT INTO TrainerView (profileID, trainerID)
VALUES
(1, 1),
(2, 2);


INSERT INTO Member (memberID, profileID, fName, lName, gender, emailAddr, phone, homeNum, streetName, postalCode, dateOfBirth)
VALUES
(1, 1, 'Alice', 'Johnson', 'F', 'alice.johnson@email.com', '111-222-3333', '1234', 'Main St', '12345', '1990-05-10'),
(2, 2, 'Bob', 'Williams', 'M', 'bob.williams@email.com', '444-555-6666', '5678', 'Oak Ave', '67890', '1985-09-15');


INSERT INTO MemberSchedule (scheduleMID, memberID, updatingAdmin)
VALUES
(1, 1, 1),
(2, 2, 2);


INSERT INTO EventsMember (bookingID, scheduleMID)
VALUES
(1, 1),
(2, 2);


INSERT INTO Booking (bookingID, room, type, date, time, status, instructor, processingAdmin, equipmentStatus, roomStatus, trainerAvailable, scheduleTID, duration)
```

```sql
VALUES
(1, 'Room 1', 'Class', '2024-03-20', '09:00:00', 'Confirmed', 1, 1, true, true, true, 1, 120),
(2, 'Room 2', 'Training', '2024-03-22', '16:00:00', 'Pending', 2, 2, false, true, false, 2, 60);


INSERT INTO RequestBooking (bookingID, memberID)
VALUES
(1, 1),
(2, 2);


INSERT INTO Payment (paymentID, type, dateIssued, dateBilled, amount, processingAdmin, payee)
VALUES
(1, 'Credit Card', '2024-03-15', '2024-04-15', 50.00, 1, 1),
(2, 'Debit Card', '2024-03-10', '2024-04-10', 30.00, 2, 2);


INSERT INTO Profile (profileID, memberID, status, weight, bloodPressure, bodyFat)
VALUES
(1, 1, 'Active', 150, '120/80', 25),
(2, 2, 'Inactive', 180, '130/85', 30);


INSERT INTO ProfileAchievements (profileID, achievID)
VALUES
(1, 1),
(2, 2);


INSERT INTO ProfileGoals (profileID, goalID)
VALUES
(1, 1),
(2, 2);


INSERT INTO ProfileRoutines (profileID, exerciseID)
VALUES
(1, 1),
(2, 2);
```