

Fit-life Training Centre, Fitness Page

Submitted By:

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Course: FrontEnd UI/UX

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2. Abstract:

The Fit-life Training Centre Fitness Page is a static HTML and CSS website that showcases the centre's professional trainers, their areas of expertise, and years of experience. It uses a clean, modern design with flexbox-based trainer cards, hover effects, and a responsive layout to provide an engaging, accessible user experience. The project demonstrates front-end design skills and responsive web development without JavaScript or backend integration.

3. Objectives:

- Showcase trainer profiles with images, names, and specializations.
- Use hover effects to enhance interactivity.
- Implement a responsive layout adaptable to different screen sizes.
- Maintain a modern and motivating visual design.
- Organize content in a clear, user-friendly manner.

4. Scope of the Project:

This project focuses entirely on front-end static design using HTML and CSS. It is optimized for desktop and tablet viewing, using flexbox for layout and media queries for responsiveness. No JavaScript functionality or backend systems are implemented.



5. Tools & Technologies Used

Tool/Technology	Purpose
HTML5	Markup and content structure
CSS3	Styling and layout management
VS Code	Code editor
Chrome DevTools	Testing and debugging

6. HTML Structure Overview:

The HTML structure consists of:

- A header with the site title and motivational tagline.
- A trainer section displaying trainer cards with images, names, expertise, and experience.
- A footer with copyright information.

7. CSS Styling Strategy:

The CSS design employs a blue and white theme to convey trust and energy. Flexbox is used to arrange trainer cards with equal spacing and responsiveness. Hover effects scale up trainer cards for interactivity, while object-fit ensures images remain proportionate. Media queries adapt the layout for smaller screens.

8. Key Features

Feature	Description
Trainer Profiles	Displays images, names, specializations, and experience levels
Hover Effects	Scaling effect on trainer cards for user engagement
Responsive Design	Layout adapts to desktop, tablet, and smaller screens
Flexbox Layout	Ensures even spacing and alignment of cards
Modern Card Styling	Rounded corners, shadows, and clean typography

9. Challenges Faced & Solutions:

Challenge	Solution
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Ensuring responsive design across devices	Used flex-wrap and media queries
Maintaining image proportions	Applied object-fit: cover to images
Making hover effects smooth	Implemented CSS transitions for scaling

10. Outcome:

The Fitness Page successfully presents the trainers of Fit-life Training Centre in a clean, modern, and responsive layout. It delivers a professional image for the centre and ensures that potential clients can easily view trainer details.

11. Future Enhancements:

- Add video introductions for trainers.
- Integrate an online booking form.
- Include program and class schedule sections.

12. Sample Code:

```
1 <!DOCTYPE html>
2 <html lang="en">
3 <head>
4   <meta charset="UTF-8">
5   <meta name="viewport" content="width=device-width, initial-scale=1.0">
6   <title>Fitness Profile Page</title>
7   <link rel="stylesheet" href="maincss.css">
8 </head>
9 <body>
10   <header>
11     <h1>FitLife Training Center</h1>
12     <p>Get fit, stay healthy, live strong</p>
13   </header>
14   <section class="trainer-section">
15     <h2>Meet Our Trainers</h2>
16     <div class="trainers">
17
18
19       <div class="trainer-card">
20         
21         <h3>Somasunadaram K</h3>
22         <p>Strength & Conditioning Specialist</p>
23         <p>Experience: 12 years | IFBB Pro</p>
24       </div>
25
26
27       <div class="trainer-card">
28         
29         <h3>Meenakshi Sundaram</h3>
30         <p>Yoga & Flexibility Coach</p>
```

```

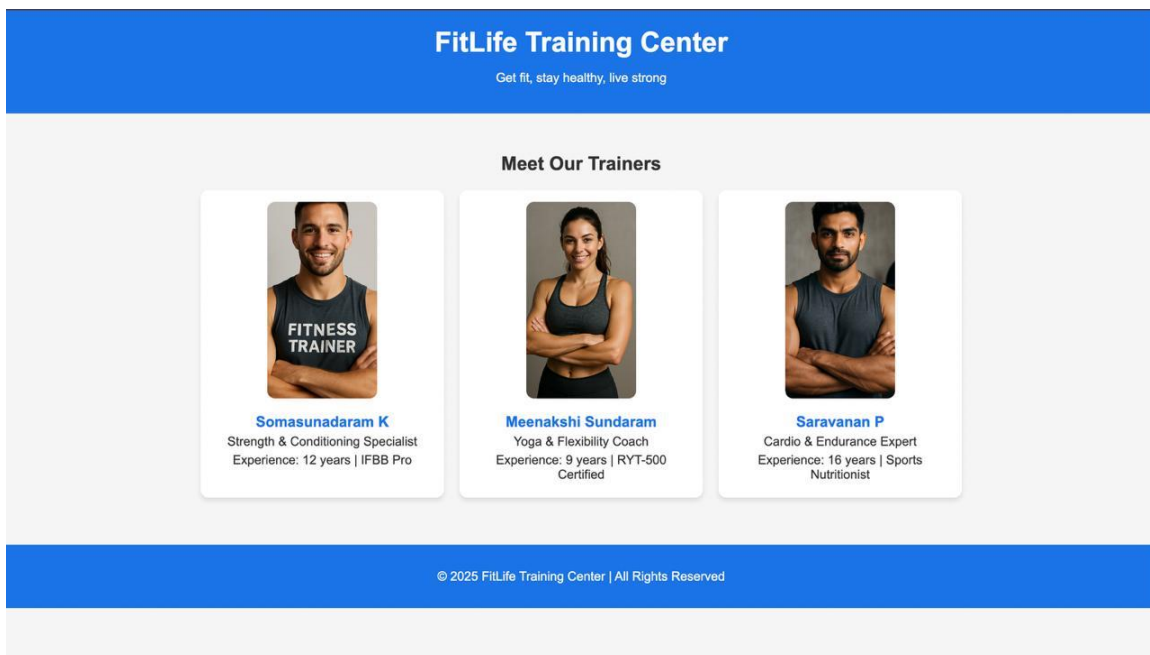
31       <div class="trainer-card">
32         
33         <h3>Meenakshi Sundaram</h3>
34         <p>Yoga & Flexibility Coach</p>
35         <p>Experience: 9 years | RYT-500 Certified</p>
36       </div>
37
38       <div class="trainer-card">
39         
40         <h3>Saravanan P</h3>
41         <p>Cardio & Endurance Expert</p>
42         <p>Experience: 16 years | Sports Nutritionist</p>
43       </div>
44     </div>
45   </section>
46
47   <footer>
48     <p>&copy; 2025 FitLife Training Center | All Rights Reserved</p>
49   </footer>
50 </body>
51 </html>
```

```

33 .trainers {
34   display: flex;
35   flex-wrap: wrap;
36   justify-content: center;
37   gap: 20px;
38 }
39
40 .trainer-card {
41   background: white;
42   border-radius: 10px;
43   box-shadow: 0 4px 6px rgba(0,0,0,0.1);
44   width: 280px;
45   padding: 15px;
46   transition: transform 0.3s ease;
47 }
48
49 .trainer-card:hover {
50   transform: scale(1.05);
51 }
52
53 .trainer-card img {
54   width: 50%;
55   height: 250px;
56   object-fit: cover;
57   border-radius: 10px;
58 }
59
60 .trainer-card h3 {
61   margin: 15px 0 5px;
62   color: #1a73e8;

```

13. Screenshots of Final Output:



14. Conclusion:

The Fit-life Training Centre Fitness Page demonstrates effective use of HTML and CSS for creating a responsive and engaging trainer showcase. The project reinforces skills in layout design, responsive styling, and user interface enhancement.

15. References:

W3Schools HTML: <https://www.w3schools.com/html/>

W3Schools CSS: <https://www.w3schools.com/css/>

Christ University Project Guidelines