L9 Fitness

14/09/2025

END OF PROJECT DELIVERABLE

Progress Wrap up

Submitted to:
Dr. Mehdi Hasan

Submitted by:
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Adip Thapaliya
Unique Shrestha
Sukeem Gurung
Dambar Gurung

Contents

Revision History

Name	Date	Section Updated	Version
Rasik	10/09/25	Backend/API Draft	v0.2
Adip	12/09/25	UI Screenshots	v0.3
Unique	14/09/25	Database CRUD Tests	v0.4
Sukeem	15/09/25	NFR Testing	v0.5
Dambar	18/09/25	Documentation/PM	v1.0

1. Introduction

1.1 Document Purpose

This report is aimed at illustrating the entire implementation, integration, and testing of the L9 Fitness Gym Online Management System. This project was done under Capstone Unit (CPRO306) to focus on the practical use of theoretical knowledge of system design and development in practice. According to the report the system deliverables (as planned in the prior assessments) such as System Requirements Specification (SRS) and Mid-Project Deliverables have been accomplished. As shown in this report, the solution developed is ready to be deployed as it is secure and it satisfies the needs of its users.

1.2 Project Scope

L9 Fitness Online Management System of gym was designed as a way of making the running of the gym easy and giving the members a more enhanced experience. Its main features include:

· Membership Management: Member registrations, member updates on profile and member subscription of gym members.

· Trainer Management: This involves posting the trainers to the members and organizing and ensuring the availability of the trainers.

· Booking System: On-line gymnasium and training classes booking.

· Payment Gateway: Online payment of membership fees and session fees.

· Chatbot Integration: Chatbot is an artificial intelligence chatbot that should answer the questions of the members in real-time.

They were first specified in the System Requirements Specification (Assessment 3) and determined in the Mid-Project Deliverables (Assessment 5). The next phase, End Deliverables (Assessment 6), shows the full execution, integration and testing of such features to ensure that the system is complete to be deployed and demonstrated formally.

1.3 References

Final SRS Report :

Sommerville, I. (2016). *Software Engineering*, 10th ed. Pearson.
Pressman, R. S. and Maxim, B. R. (2020). *Software Engineering: A Practitioner's Approach*. 9th edn. McGraw-Hill.
IEEE (1998). *IEEE Recommended Practice for Software Requirements Specifications (IEEE Std 830-1998). IEEE.*
Connolly, T. and Begg, C. (2015). *Database Systems: A Practical Approach to Design, Implementation, and Management*. 6th edn. Pearson Education.
Australian Privacy Principles (APP). (2024). Office of the Australian Information Commissioner.
PCI Security Standards Council. (2023). *PCI DSS Quick Reference Guide*.

Mid Project Deliverables :

Sommerville, I. (2016). *Software Engineering*, 10th edition. Pearson Education.
Connolly, T. & Begg, C. (2021). *Database Systems: A Practical Approach to Design, Realization and Management*, 7th ed. Pearson.
IEEE (2008). *IEEE Standard for Software and System Test Documentation (IEEE Std 829-2008).*

End Deliverables Brief (Assessment 6) :

Alshaikh, M., Maynard, S. B., Ahmad, A., & Chang, S. (2022). An integrative model for information security compliance in organisations. *Computers & Security, 120*, 102813.
Pressman, R. S., & Maxim, B. R. (2020). *Software Engineering: A Practitioner's Approach* (9th ed.). McGraw-Hill.
Sommerville, I. (2016). *Software Engineering* (10th ed.). Pearson.
Pfleeger, C. P., & Pfleeger, S. L. (2015). *Security in Computing* (5th ed.). Pearson.
ISO/IEC 27001. (2013). *Information Security Management Systems – Requirements*. International Organization for Standardization.

1.4 Document Overview

This report is organized in the following way:
Section 2 outlines such technical implementation as API, UI, and database.
Section 3 provides the security and non-functional requirements.
Section 5 includes user and administration documentation and help guidelines.
The section 6 deals with teamwork, project management, and lecturer feedback.
Section 8 ends with deliverables summary, team work reflection, and system readiness.

2. System Implementation

2.1 Frontend Implementation

The system's frontend was created to give administrators and gym patrons a cutting-edge, user-friendly, and completely responsive experience. Usability, accessibility, and consistency were the main focusses of the implementation, making sure that users could interact with the system without any problems on a range of screens and devices.

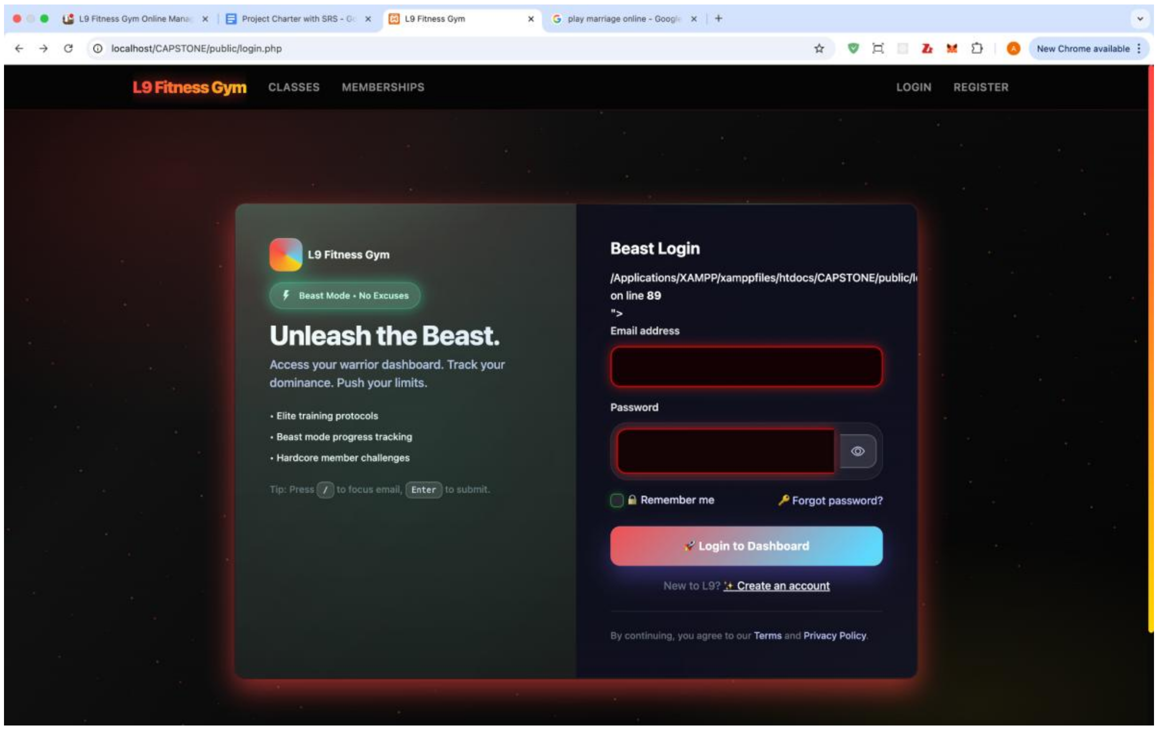
Technologies Use

For semantic structure, use HTML5.
For responsive layouts and styling, use CSS3 and Bootstrap 5.
JavaScript for dynamic elements and interactivity.
AJAX for smooth, real-time updates without reloading pages.

Login Page
A safe, contemporary login process that verifies users using their credentials.

With its call-to-action buttons and unambiguous input fields, the design prioritises accessibility and simplicity.

Ensures proper scaling on desktop, tablet, and mobile platforms with its responsive alignment feature.



Unleash the Beast.

Access your warrior dashboard. Track your dominance. Push your limits.

- Elite training protocols
- Beast mode progress tracking
- Hardcore member challenges

Tip: Press / to focus email, Enter to submit.

```
/Applications/XAMPP/xamppfiles/htdocs/CAPSTONE/public/l
on line 89
">
```

By continuing, you agree to our Terms and Privacy Policy.

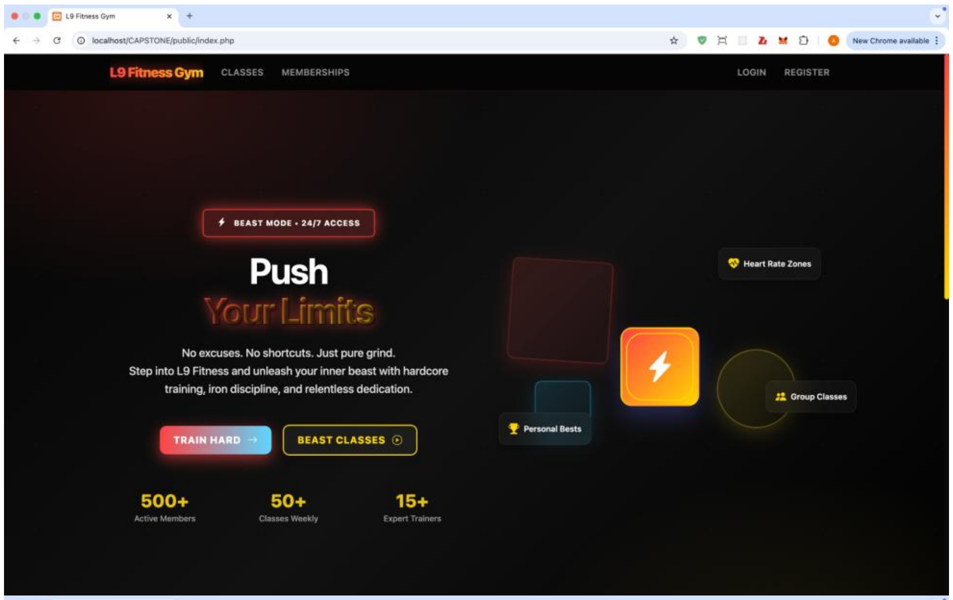
Dashboard

Users are taken to the dashboard, which is the main core of the system, after logging in.

shows easy access tiles for payments, trainer allocation, booking, and membership administration.

incorporated a role-based view to guarantee that administrators, trainers, and members only see pertinent options.

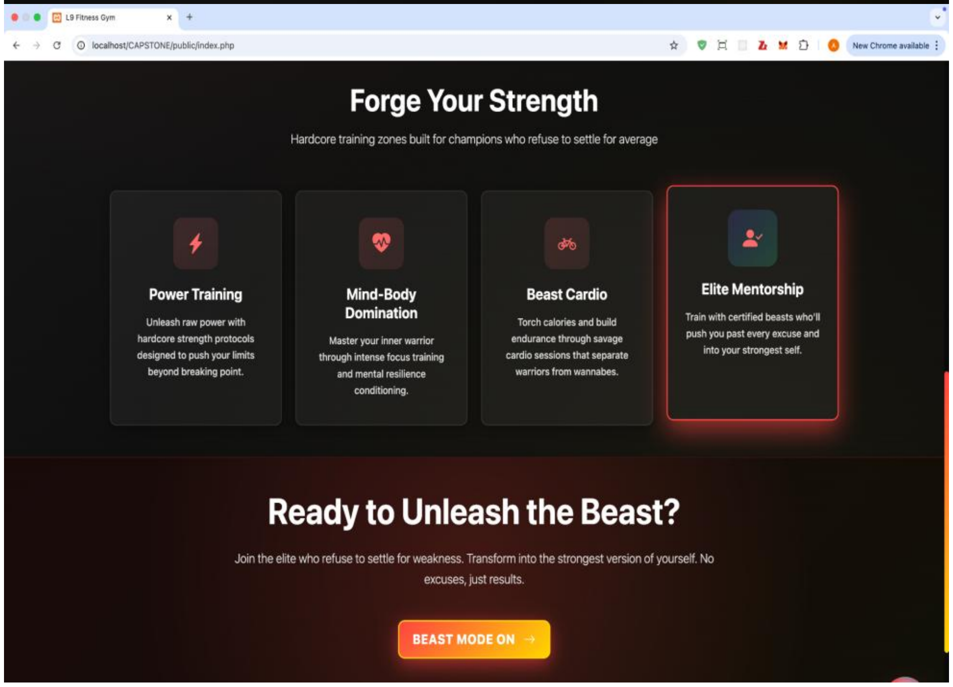
created utilising cards and symbols to provide a simple, intuitive interface.



Push
Your Limits

No excuses. No shortcuts. Just pure grind.
Step into L9 Fitness and unleash your inner beast with hardcore training, iron discipline, and relentless dedication.

500+ Active Members
50+ Classes Weekly
15+ Expert Trainers



Forge Your Strength

Hardcore training zones built for champions who refuse to settle for average

Power Training
Unleash raw power with hardcore strength protocols designed to push your limits beyond breaking point.

Mind-Body Domination
Master your inner warrior through intense focus training and mental resilience conditioning.

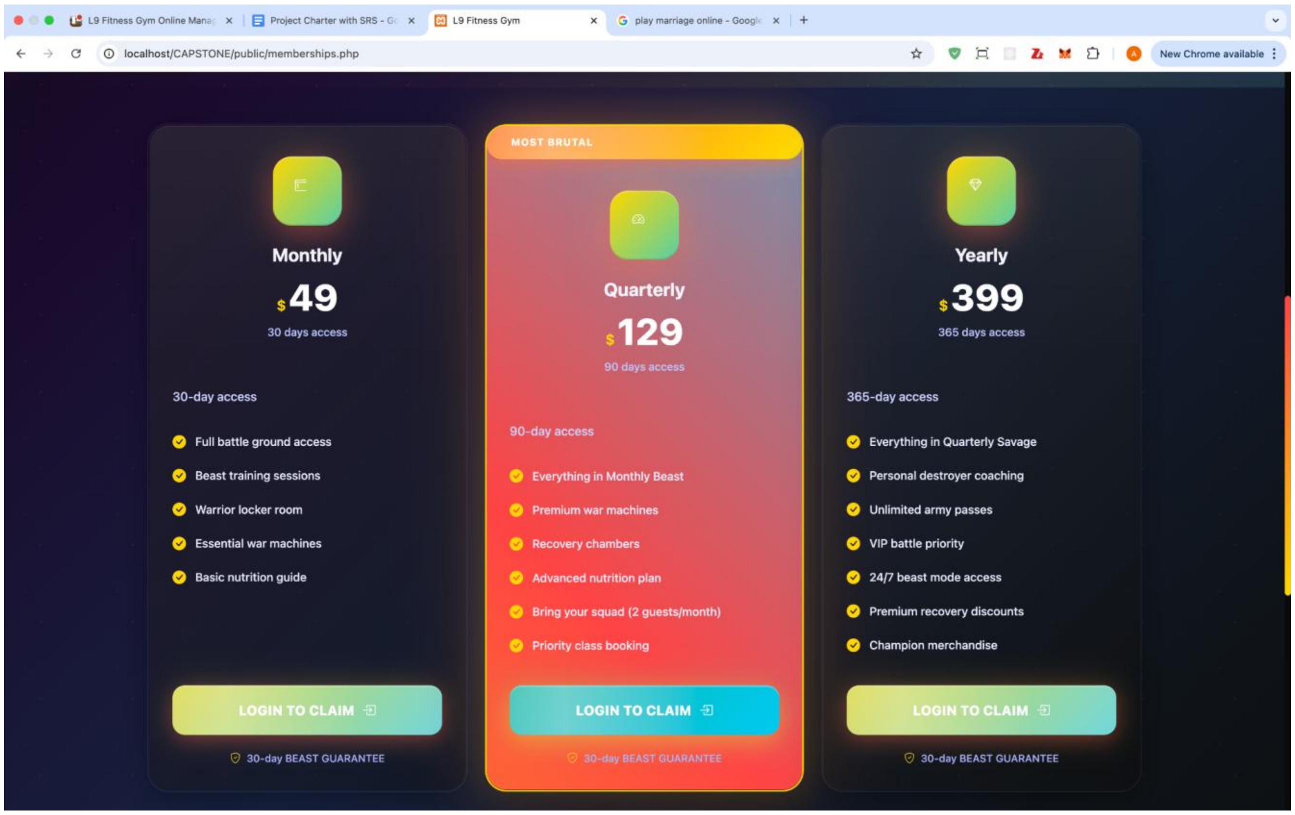
Beast Cardio
Torch calories and build endurance through savage cardio sessions that separate warriors from wannabes.

Elite Mentorship
Train with certified beasts who'll push you past every excuse and into your strongest self.

Ready to Unleash the Beast?

Join the elite who refuse to settle for weakness. Transform into the strongest version of yourself. No excuses, just results.

Membership Page
enables users to manage, view, and adjust their subscription plans.
includes choices for membership cancellation, upgrade, and renewal.
Simple tabular layout for viewing payments and subscription history.
Completely responsive, including parts that can be folded up for smaller screens.



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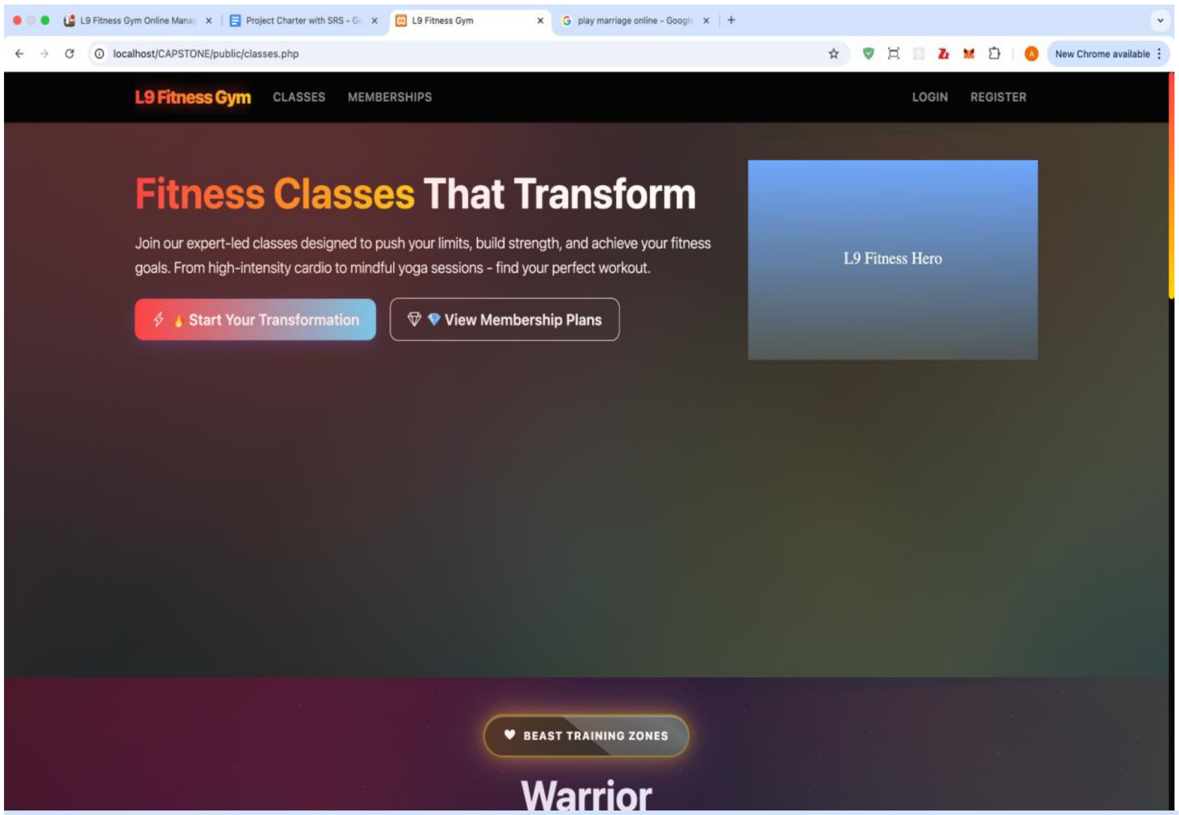
Project Charter with SRS - G
L9 Fitness Gym
play marriage online - Google
localhost/CAPSTONE/public/memberships.php
New Chrome available

MOST BRUTAL

Monthly	Quarterly	Yearly
$49	$129	$399
30 days access	90 days access	365 days access
30-day access	90-day access	365-day access
✓ Full battle ground access	✓ Everything in Monthly Beast	✓ Everything in Quarterly Savage
✓ Beast training sessions	✓ Premium war machines	✓ Personal destroyer coaching
✓ Warrior locker room	✓ Recovery chambers	✓ Unlimited army passes
✓ Essential war machines	✓ Advanced nutrition plan	✓ VIP battle priority
✓ Basic nutrition guide	✓ Bring your squad (2 guests/month)	✓ 24/7 beast mode access
	✓ Priority class booking	✓ Premium recovery discounts
		✓ Champion merchandise
LOGIN TO CLAIM	LOGIN TO CLAIM	LOGIN TO CLAIM
30-day BEAST GUARANTEE	30-day BEAST GUARANTEE	30-day BEAST GUARANTEE

Booking Page
offers the ability to book classes and trainers in real time.
A screen akin to a calendar for perusing availability and setting up appointments.
incorporates visual indicators (such colour codes) for scheduled, open, and future sessions.
Validation was integrated to avoid duplicate reservations.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localhost/CAPSTONE/public/classes.php
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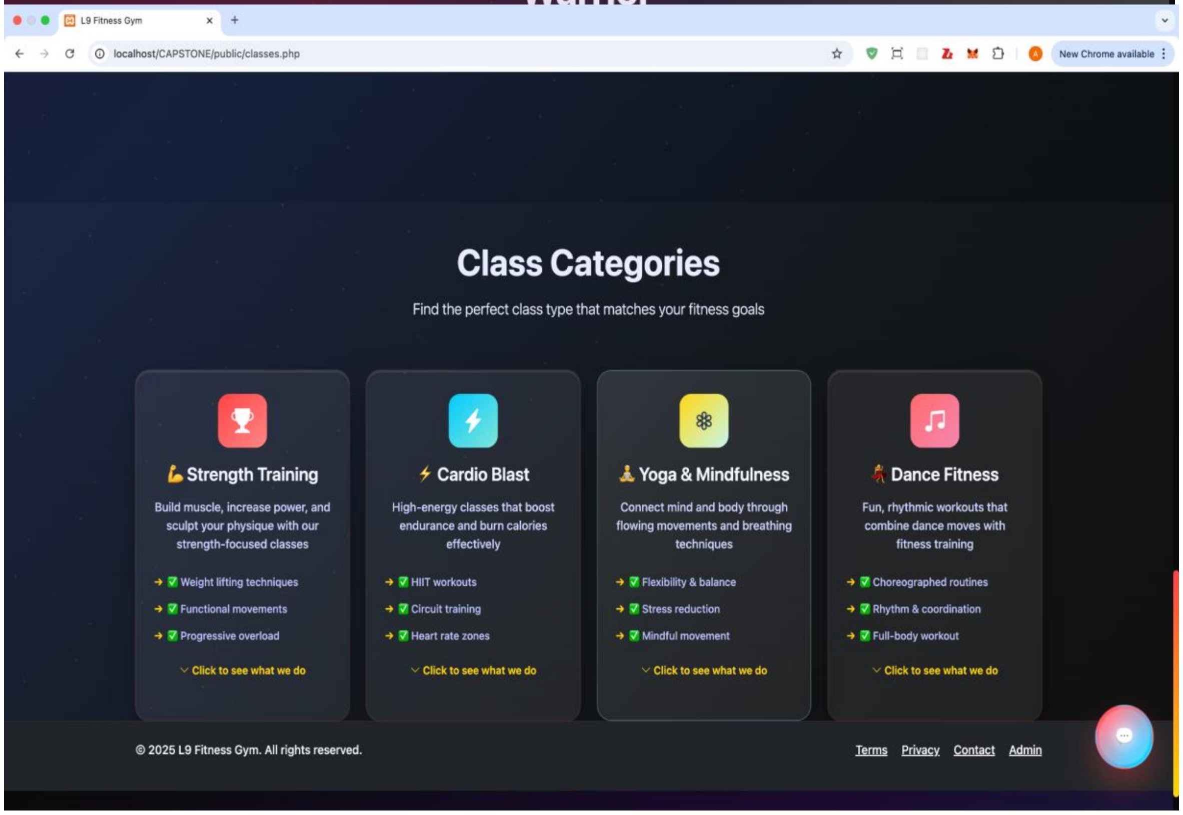
L9 Fitness Gym
CLASSES
MEMBERSHIPS
LOGIN
REGISTER
L9 Fitness Hero
Start Your Transformation
View Membership Plans
BEAST TRAINING ZONES

Fitness Classes That Transform

Join our expert-led classes designed to push your limits, build strength, and achieve your fitness goals. From high-intensity cardio to mindful yoga sessions - find your perfect workout.

Warrior



Class Categories

Find the perfect class type that matches your fitness goals

💪 Strength Training
Build muscle, increase power, and sculpt your physique with our strength-focused classes
→ ✅ Weight lifting techniques
→ ✅ Functional movements
→ ✅ Progressive overload

⚡ Cardio Blast
High-energy classes that boost endurance and burn calories effectively
→ ✅ HIIT workouts
→ ✅ Circuit training
→ ✅ Heart rate zones

🧘 Yoga & Mindfulness
Connect mind and body through flowing movements and breathing techniques
→ ✅ Flexibility & balance
→ ✅ Stress reduction
→ ✅ Mindful movement

💃 Dance Fitness
Fun, rhythmic workouts that combine dance moves with fitness training
→ ✅ Choreographed routines
→ ✅ Rhythm & coordination
→ ✅ Full-body workout

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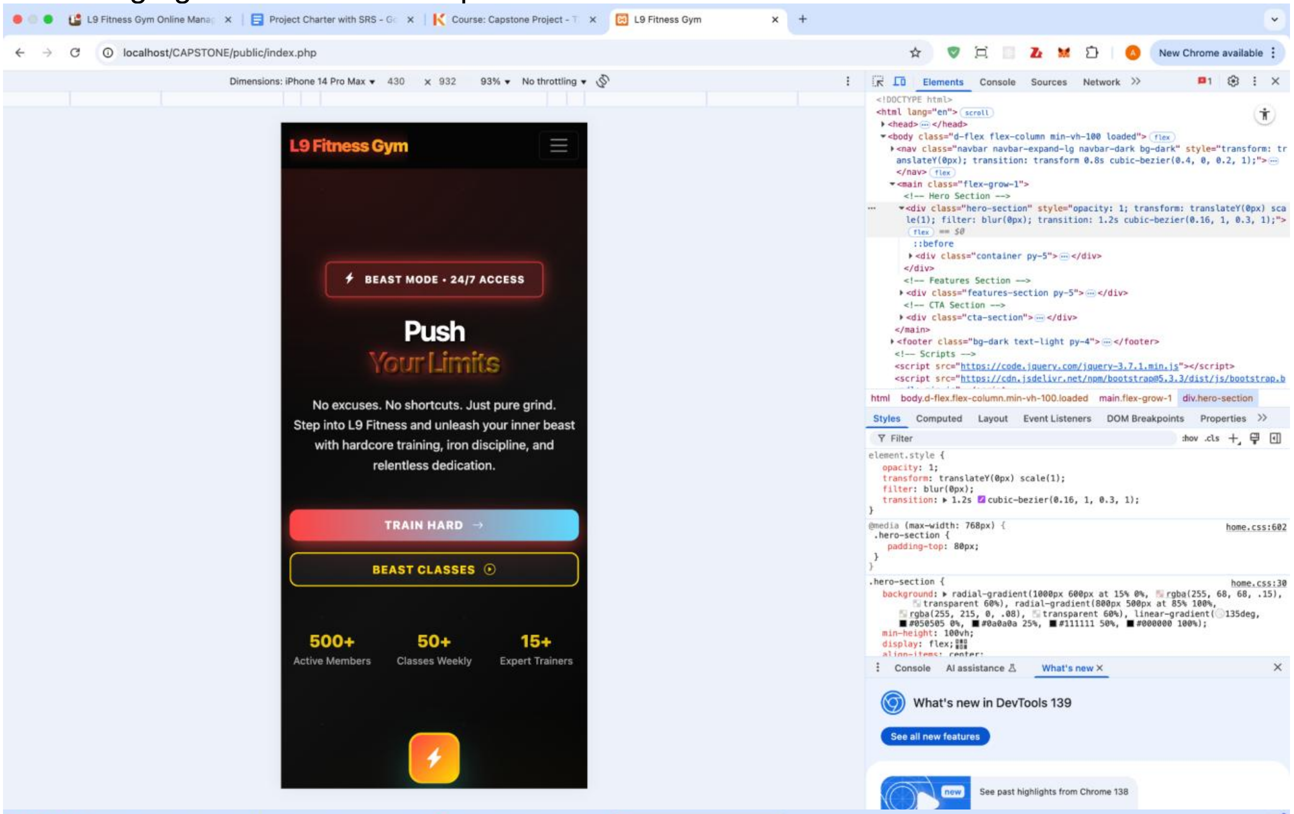
Responsive Design Evidence
To guarantee responsiveness and cross-browser compatibility, all frontend pages were tested across a range of platforms, including desktop, tablet, and mobile.
Across screen sizes, the design maintains readability and usability with ease.

Screenshots of pages shown on various devices that attest to adherence to responsive web design guidelines are examples of evidence.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L9 Fitness Gym
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New Chrome available
Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling
L9 Fitness Gym
BEAST MODE • 24/7 ACCESS
Push
Your Limits
TRAIN HARD →
BEAST CLASSES
500+
Active Members
50+
Classes Weekly
15+
Expert Trainers
Elements Console Sources Network
What's new in DevTools 139
See all new features
See past highlights from Chrome 138

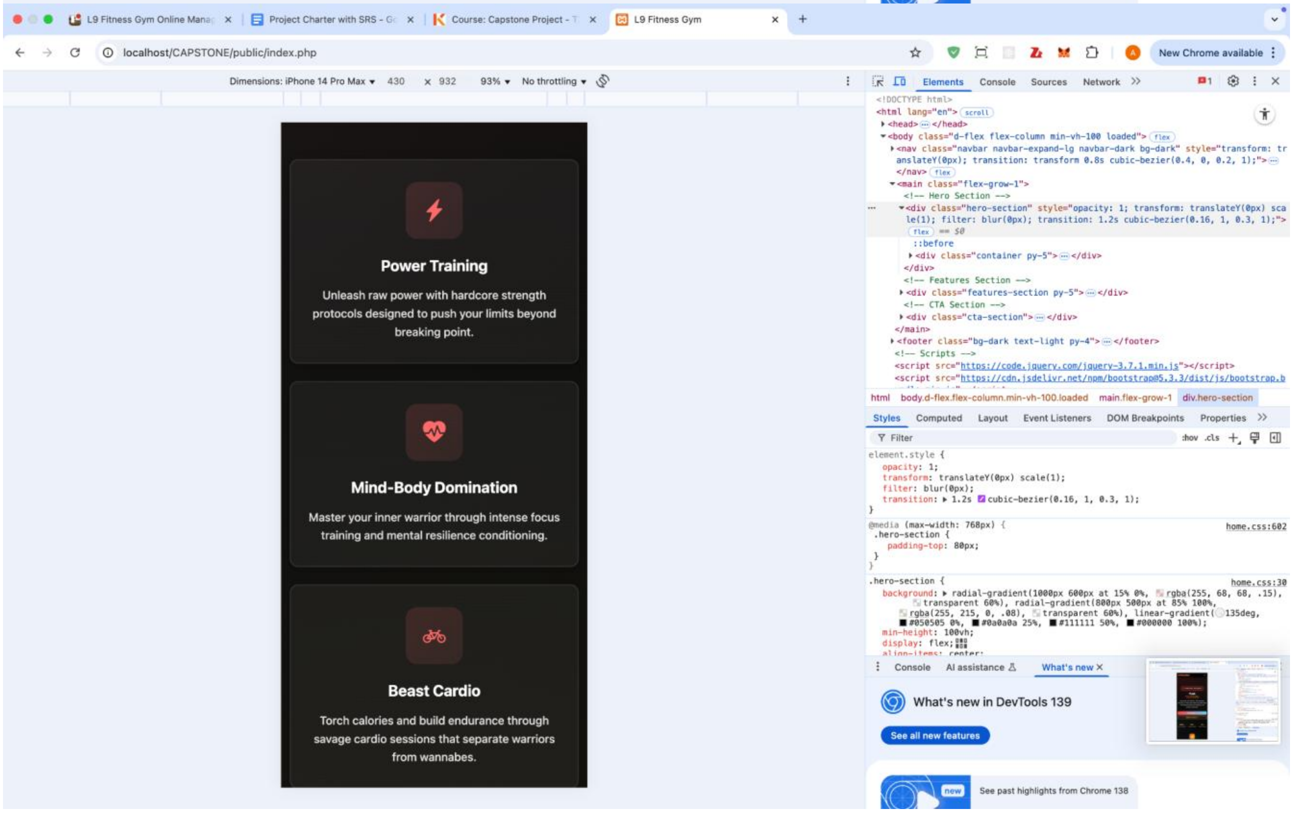
No excuses. No shortcuts. Just pure grind. Step into L9 Fitness and unleash your inner beast with hardcore training, iron discipline, and relentless dedication.

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
      <!-- Hero Section -->
     ▾<div class="hero-section" style="opacity: 1; transform: translateY(0px) sca
      le(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);">
       flex == $0
        ::before
       ▸<div class="container py-5"> ⋯ </div>
      </div>
      <!-- Features Section -->
     ▸<div class="features-section py-5"> ⋯ </div>
      <!-- CTA Section -->
     ▸<div class="cta-section"> ⋯ </div>
    </main>
   ▸<footer class="bg-dark text-light py-4"> ⋯ </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b

html  body.d-flex.flex-column.min-vh-100.loaded  main.flex-grow-1  div.hero-section

Styles  Computed  Layout  Event Listeners  DOM Breakpoints  Properties

element.style {
  opacity: 1;
  transform: translateY(0px) scale(1);
  filter: blur(0px);
  transition: ▸ 1.2s cubic-bezier(0.16, 1, 0.3, 1);
}
@media (max-width: 768px) {                                      home.css:602
 .hero-section {
   padding-top: 80px;
 }
}
.hero-section {                                                   home.css:30
  background: ▸ radial-gradient(1000px 600px at 15% 0%, rgba(255, 68, 68, .15),
      transparent 60%), radial-gradient(800px 500px at 85% 100%,
     rgba(255, 215, 0, .08), transparent 60%), linear-gradient( 135deg,
     #050505 0%, #0a0a0a 25%, #111111 50%, #000000 100%);
  min-height: 100vh;
  display: flex;
  align-items: center;
```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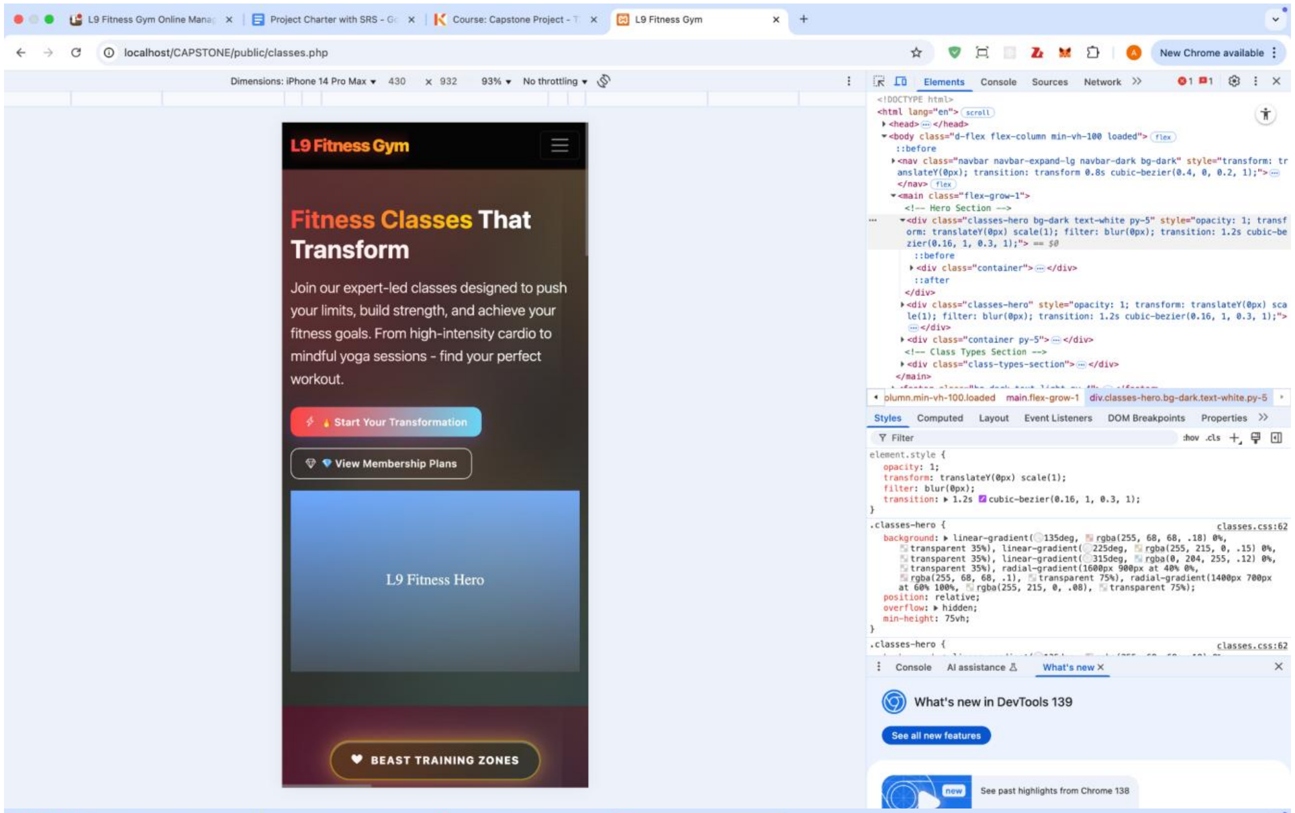
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Fitness Classes That Transform

Join our expert-led classes designed to push your limits, build strength, and achieve your fitness goals. From high-intensity cardio to mindful yoga sessions - find your perfect workout.

⚡ 🔥 Start Your Transformation

💎 💎 View Membership Plans

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    </nav> flex
   ▾<main class="flex-grow-1">
      <!-- Hero Section -->
···   ▾<div class="classes-hero bg-dark text-white py-5" style="opacity: 1; transf
       orm: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-be
       zier(0.16, 1, 0.3, 1);"> == $0
         ::before
        ▸<div class="container"> ··· </div>
         ::after
       </div>
      ▸<div class="classes-hero" style="opacity: 1; transform: translateY(0px) sca
       le(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);">
       ··· </div>
      ▸<div class="container py-5"> ··· </div>
       <!-- Class Types Section -->
      ▸<div class="class-types-section"> ··· </div>
    </main>
```

olumn.min-vh-100.loaded main.flex-grow-1 div.classes-hero.bg-dark.text-white.py-5

```
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   opacity: 1;
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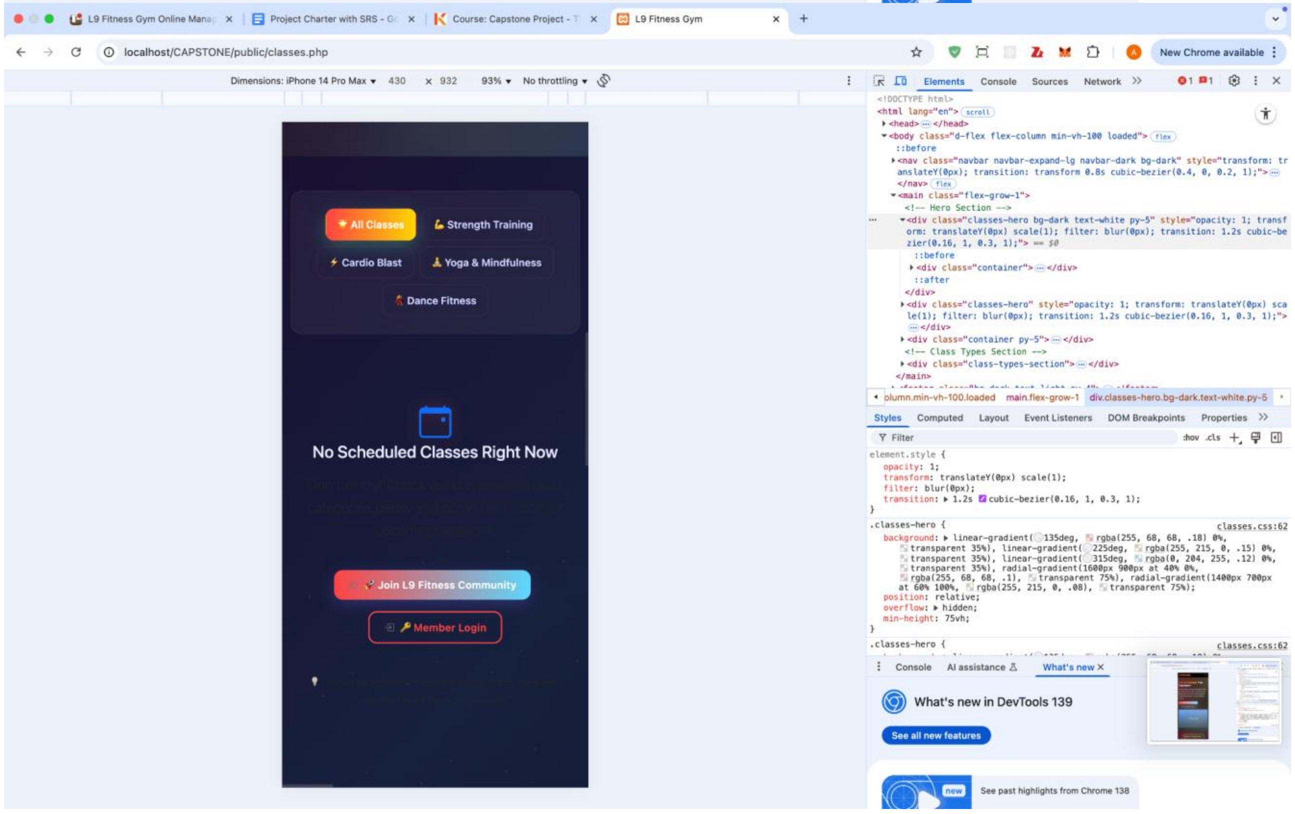
   transition: ▸ 1.2s cubic-bezier(0.16, 1, 0.3, 1);
}
.classes-hero {                                                      classes.css:62
   background: ▸ linear-gradient(135deg, rgba(255, 68, 68, .18) 0%,
      transparent 35%), linear-gradient(225deg, rgba(255, 215, 0, .15) 0%,
      transparent 35%), linear-gradient(315deg, rgba(0, 204, 255, .12) 0%,
      transparent 35%), radial-gradient(1600px 900px at 40% 0%,
      rgba(255, 68, 68, .1), transparent 75%), radial-gradient(1400px 700px
     at 60% 100%, rgba(255, 215, 0, .08), transparent 75%);
   position: relative;
   overflow: ▸ hidden;
   min-height: 75vh;
}
.classes-hero {                                                      classes.css:62
```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No Scheduled Classes Right Now

🚀 Join L9 Fitness Community

🔑 Member Login

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<!DOCTYPE html>
<html lang="en"> scroll
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 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
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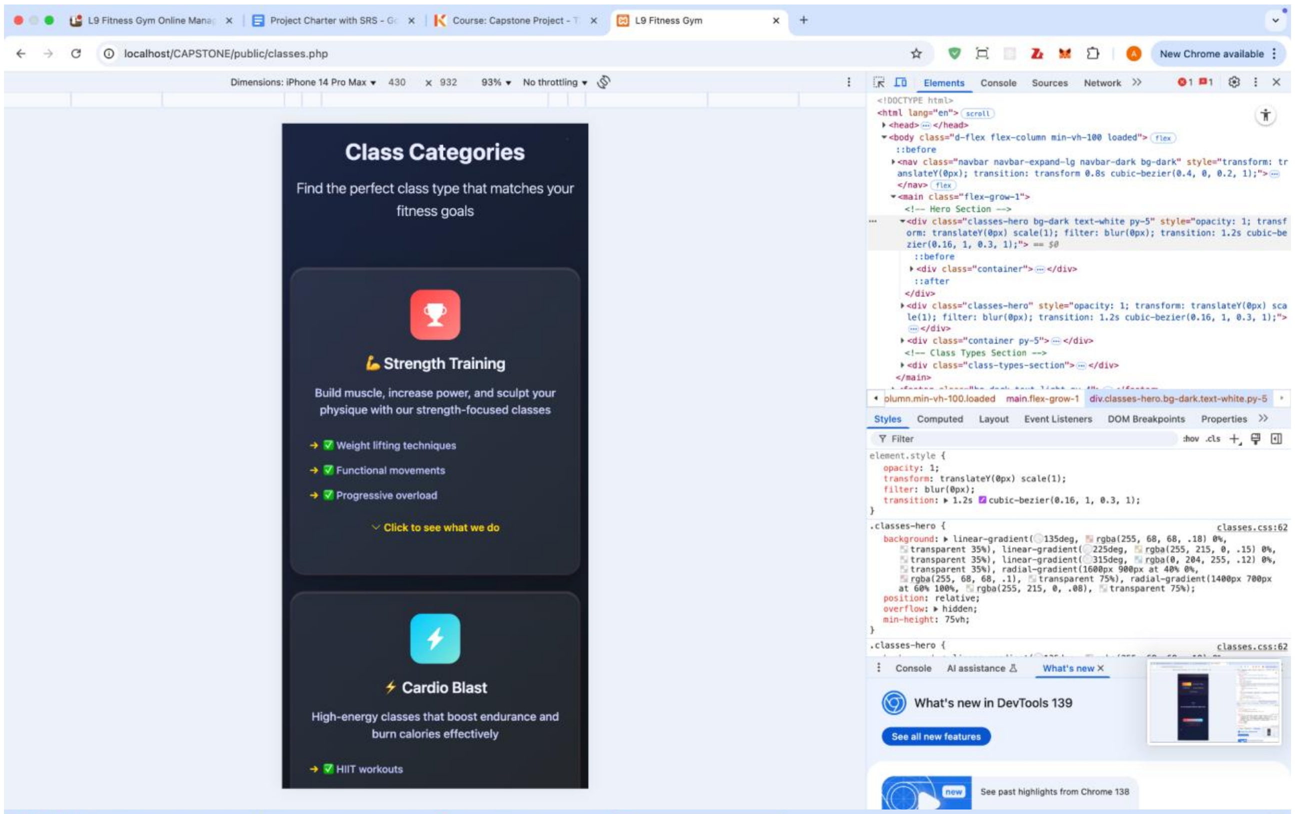

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Find the perfect class type that matches your fitness goals

💪 Strength Training

Build muscle, increase power, and sculpt your physique with our strength-focused classes

→ ✅ Weight lifting techniques
→ ✅ Functional movements
→ ✅ Progressive overload

Click to see what we do

⚡ Cardio Blast

High-energy classes that boost endurance and burn calories effectively

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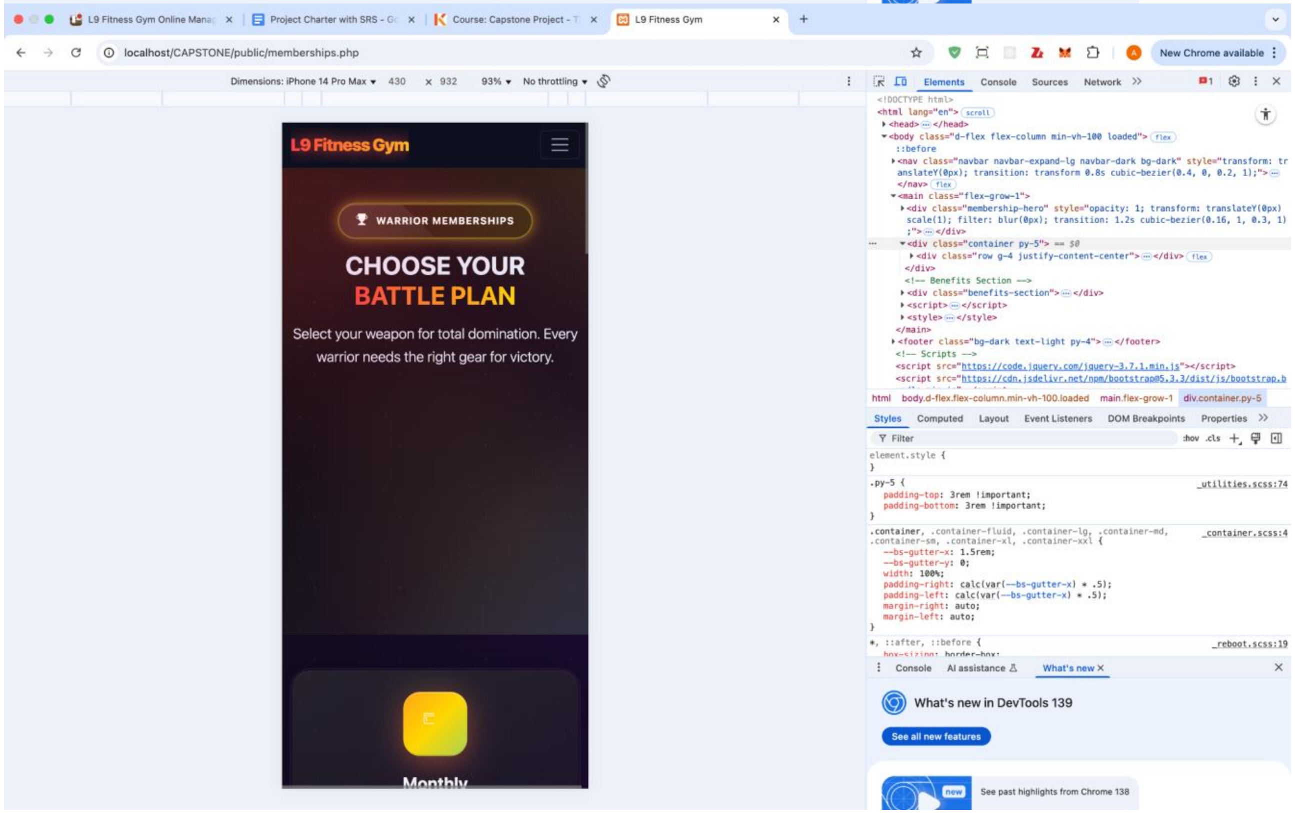
  background: ▸ linear-gradient(135deg, rgba(255, 68, 68, .18) 0%,
      transparent 35%), linear-gradient(225deg, rgba(255, 215, 0, .15) 0%,
      transparent 35%), linear-gradient(315deg, rgba(0, 204, 255, .12) 0%,
      transparent 35%), radial-gradient(1600px 900px at 40% 0%,
      rgba(255, 68, 68, .1), transparent 75%), radial-gradient(1400px 700px
     at 60% 100%, rgba(255, 215, 0, .08), transparent 75%);
  position: relative;
  overflow: ▸ hidden;
  min-height: 75vh;
}
.classes-hero {                                                  classes.css:62
```

Console   AI assistance   What's new

What's new in DevTools 139

See all new features

See past highlights from Chrome 138



L9 Fitness Gym Online Manag
Project Charter with SRS - G
Course: Capstone Project - T
L9 Fitness Gym
localhost/CAPSTONE/public/memberships.php
New Chrome available
Dimensions: iPhone 14 Pro Max 430 x 932 93% No throttling
Elements Console Sources Network

L9 Fitness Gym

🏆 WARRIOR MEMBERSHIPS

CHOOSE YOUR
BATTLE PLAN

Select your weapon for total domination. Every warrior needs the right gear for victory.

Monthly

```
<!DOCTYPE html>
<html lang="en"> scroll
  <head> ··· </head>
  <body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
    <nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: translateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ···
    </nav> flex
    <main class="flex-grow-1">
      <div class="membership-hero" style="opacity: 1; transform: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1)
      ;"> ··· </div>
      <div class="container py-5"> == $0
        <div class="row g-4 justify-content-center"> ··· </div> flex
      </div>
      <!-- Benefits Section -->
      <div class="benefits-section"> ··· </div>
      <script> ··· </script>
      <style> ··· </style>
    </main>
    <footer class="bg-dark text-light py-4"> ··· </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

html   body.d-flex.flex-column.min-vh-100.loaded   main.flex-grow-1   div.container.py-5

Styles   Computed   Layout   Event Listeners   DOM Breakpoints   Properties

```
element.style {
}
.py-5 {                                                  _utilities.scss:74
  padding-top: 3rem !important;
  padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,   _container.scss:4
.container-sm, .container-xl, .container-xxl {
  --bs-gutter-x: 1.5rem;
  --bs-gutter-y: 0;
  width: 100%;
  padding-right: calc(var(--bs-gutter-x) * .5);
  padding-left: calc(var(--bs-gutter-x) * .5);
  margin-right: auto;
  margin-left: auto;
}
*, ::after, ::before {                                   _reboot.scss:19
```

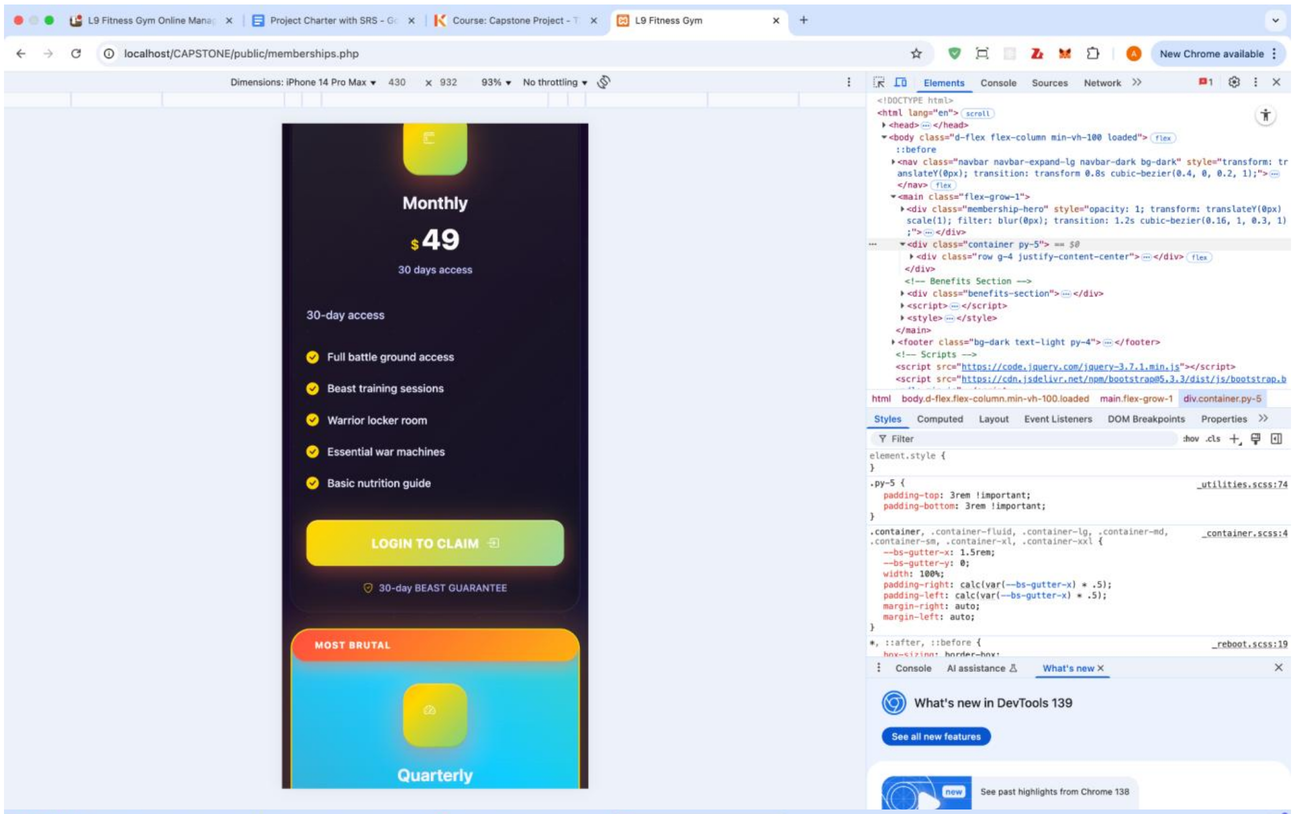
Console   AI assistance   What's new

What's new in DevTools 139

See all new features

See past highlights from Chrome 138

30/09/2025


L9 Fitness Gym Online Manag | Project Charter with SRS - Go | Course: Capstone Project - T | L9 Fitness Gym

localhost/CAPSTONE/public/memberships.php

Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling

Monthly

$49

30 days access

30-day access

- Full battle ground access
- Beast training sessions
- Warrior locker room
- Essential war machines
- Basic nutrition guide

LOGIN TO CLAIM

30-day BEAST GUARANTEE

MOST BRUTAL

Quarterly

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
     ▸<div class="membership-hero" style="opacity: 1; transform: translateY(0px)
      scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1)
      ;"> ⋯ </div>
     ▾<div class="container py-5"> == $0
       ▸<div class="row g-4 justify-content-center"> ⋯ </div> flex
      </div>
      <!-- Benefits Section -->
     ▸<div class="benefits-section"> ⋯ </div>
     ▸<script> ⋯ </script>
     ▸<style> ⋯ </style>
    </main>
   ▸<footer class="bg-dark text-light py-4"> ⋯ </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

html body.d-flex.flex-column.min-vh-100.loaded main.flex-grow-1 div.container.py-5

Styles | Computed | Layout | Event Listeners | DOM Breakpoints | Properties

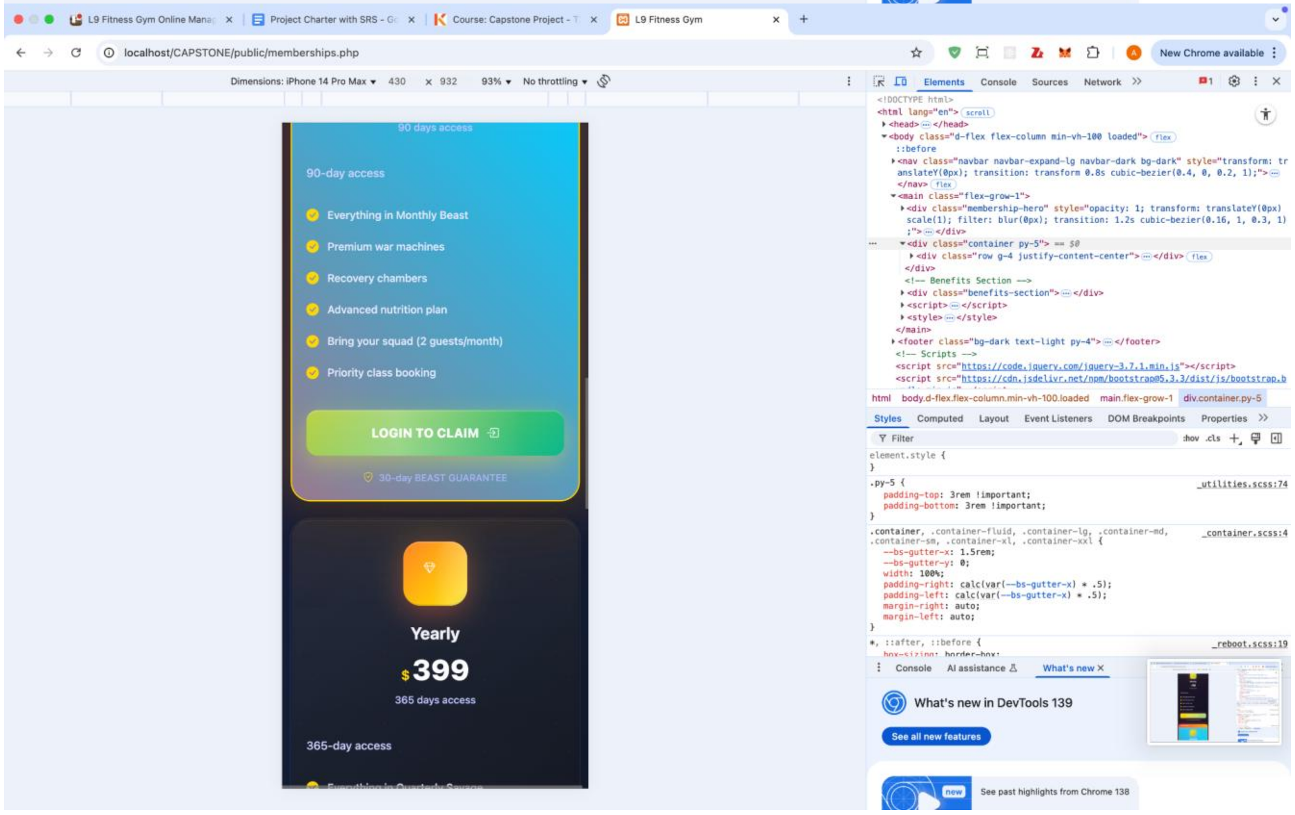
```
element.style {
}
.py-5 {                                                    _utilities.scss:74
  padding-top: 3rem !important;
  padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,  _container.scss:4
.container-sm, .container-xl, .container-xxl {
  --bs-gutter-x: 1.5rem;
  --bs-gutter-y: 0;
  width: 100%;
  padding-right: calc(var(--bs-gutter-x) * .5);
  padding-left: calc(var(--bs-gutter-x) * .5);
  margin-right: auto;
  margin-left: auto;
}
*, ::after, ::before {                                        _reboot.scss:19
  box-sizing: border-box;
```

Console | AI assistance | What's new

What's new in DevTools 139

See all new features

See past highlights from Chrome 138


L9 Fitness Gym Online Manag | Project Charter with SRS - Go | Course: Capstone Project - T | L9 Fitness Gym

localhost/CAPSTONE/public/memberships.php

Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling

90 days access

90-day access

- Everything in Monthly Beast
- Premium war machines
- Recovery chambers
- Advanced nutrition plan
- Bring your squad (2 guests/month)
- Priority class booking

LOGIN TO CLAIM

30-day BEAST GUARANTEE

Yearly

$399

365 days access

365-day access

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
     ▸<div class="membership-hero" style="opacity: 1; transform: translateY(0px)
      scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1)
      ;"> ⋯ </div>
     ▾<div class="container py-5"> == $0
       ▸<div class="row g-4 justify-content-center"> ⋯ </div> flex
      </div>
      <!-- Benefits Section -->
     ▸<div class="benefits-section"> ⋯ </div>
     ▸<script> ⋯ </script>
     ▸<style> ⋯ </style>
    </main>
   ▸<footer class="bg-dark text-light py-4"> ⋯ </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

html body.d-flex.flex-column.min-vh-100.loaded main.flex-grow-1 div.container.py-5

Styles | Computed | Layout | Event Listeners | DOM Breakpoints | Properties

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element.style {
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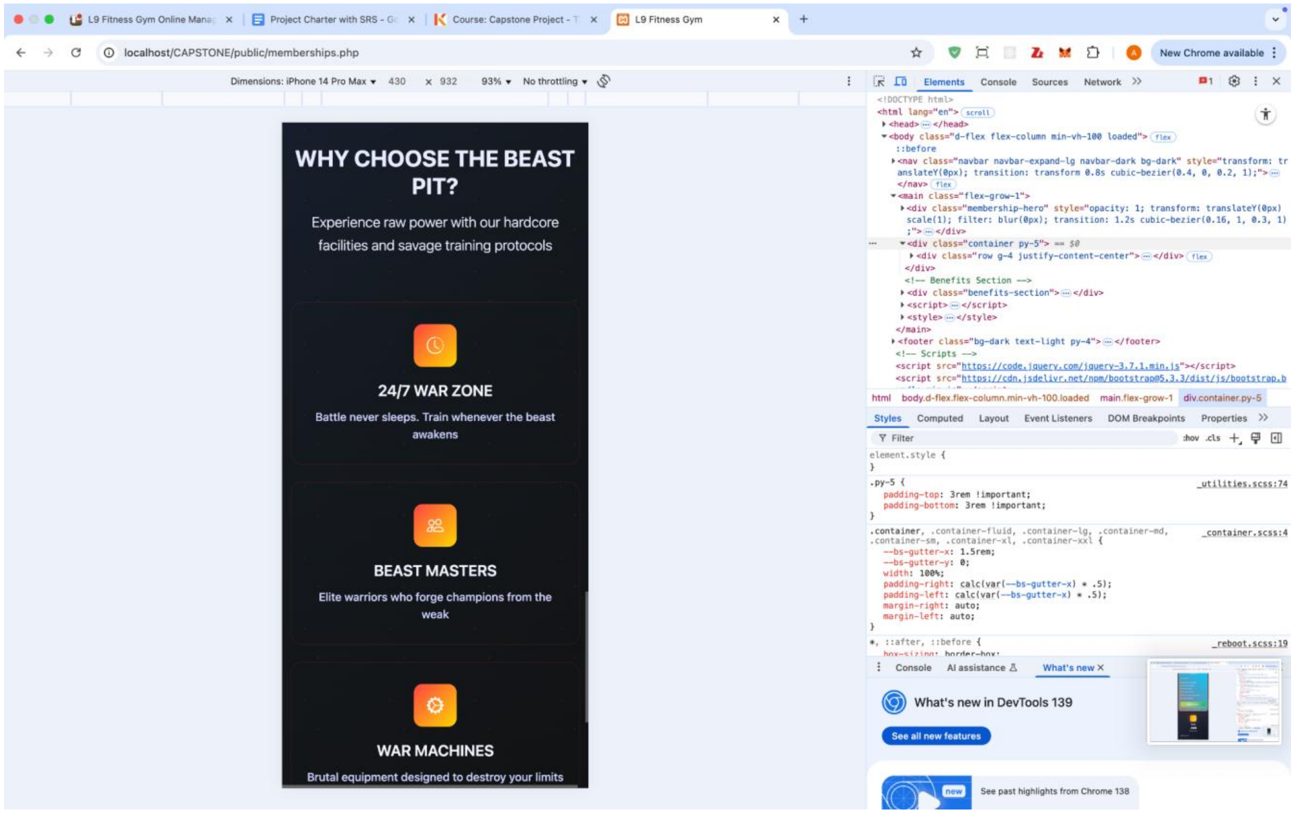
  padding-top: 3rem !important;
  padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,  _container.scss:4
.container-sm, .container-xl, .container-xxl {
  --bs-gutter-x: 1.5rem;
  --bs-gutter-y: 0;
  width: 100%;
  padding-right: calc(var(--bs-gutter-x) * .5);
  padding-left: calc(var(--bs-gutter-x) * .5);
  margin-right: auto;
  margin-left: auto;
}
*, ::after, ::before {                                        _reboot.scss:19
  box-sizing: border-box;
```

Console | AI assistance | What's new

What's new in DevTools 139

See all new features

See past highlights from Chrome 138



WHY CHOOSE THE BEAST PIT?

Experience raw power with our hardcore facilities and savage training protocols

24/7 WAR ZONE

Battle never sleeps. Train whenever the beast awakens

BEAST MASTERS

Elite warriors who forge champions from the weak

WAR MACHINES

Brutal equipment designed to destroy your limits

```
<!DOCTYPE html>
<html lang="en"> scroll
  <head> … </head>
  <body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
    <nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> …
    </nav> flex
    <main class="flex-grow-1">
      <div class="membership-hero" style="opacity: 1; transform: translateY(0px)
      scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1)
      ;"> … </div>
      <div class="container py-5"> == $0
        <div class="row g-4 justify-content-center"> … </div> flex
      </div>
      <!-- Benefits Section -->
      <div class="benefits-section"> … </div>
      <script> … </script>
      <style> … </style>
    </main>
    <footer class="bg-dark text-light py-4"> … </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

```
element.style {
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  padding-top: 3rem !important;
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}
.container, .container-fluid, .container-lg, .container-md,        _container.scss:4
.container-sm, .container-xl, .container-xxl {
  --bs-gutter-x: 1.5rem;
  --bs-gutter-y: 0;
  width: 100%;
  padding-right: calc(var(--bs-gutter-x) * .5);
  padding-left: calc(var(--bs-gutter-x) * .5);
  margin-right: auto;
  margin-left: auto;
}
*, ::after, ::before {                                             _reboot.scss:19
```

L9 Fitness Gym Online Manag
Project Charter with SRS - G
Course: Capstone Project - T
L9 Fitness Gym
localhost/CAPSTONE/public/memberships.php
New Chrome available
Dimensions: iPhone 14 Pro Max
430 x 932
93%
No throttling
Elements
Console
Sources
Network
html
body.d-flex.flex-column.min-vh-100.loaded
main.flex-grow-1
div.container.py-5
Styles
Computed
Layout
Event Listeners
DOM Breakpoints
Properties
Filter
:hov
.cls
Console
AI assistance
What's new
What's new in DevTools 139
See all new features
new
See past highlights from Chrome 138

2.2 Backend Implementation

L9 Fitness Gym Online Management System function utilizes a local MySQL database that is interwoven with the object of the L9 Fitness Gym backend that is built with a PHP version of PHP 8.x. With the help of this architecture, it becomes easy to perform secure CRUD (Create, Read, Update, Delete), operate with payment processing, and integrate the API with the front-end form.

Server-side language: PHP 8.x
Database: MySQL 8.x
Frameworks/Libraries: PDO to deal with a database; OpenAI API in order to implement a chatbot.
Web Server: Apache, installed through XAMPP to completed testing with the need to migrate to the cPanel environments.

Authentication: The use of secure procedure of login/logout using session management.
User Management: The ability to create new register, update user profile and delete member accounts.

Payment Handling: Support of payment gateways like PayPal and stripe.
Class Booking: The ability to book/ cancel training.
AI Chatbot API: The delivery of gym-related aid using the openAI chatbot.

Before being stored in the database, passwords are hashed with the help of bcrypt.
SQL injection risks are prevented by using prepared statements that are provided by PDO.
Role based access control (RBAC) is used to ensure that the administrators and members have right but differentiated privileges.

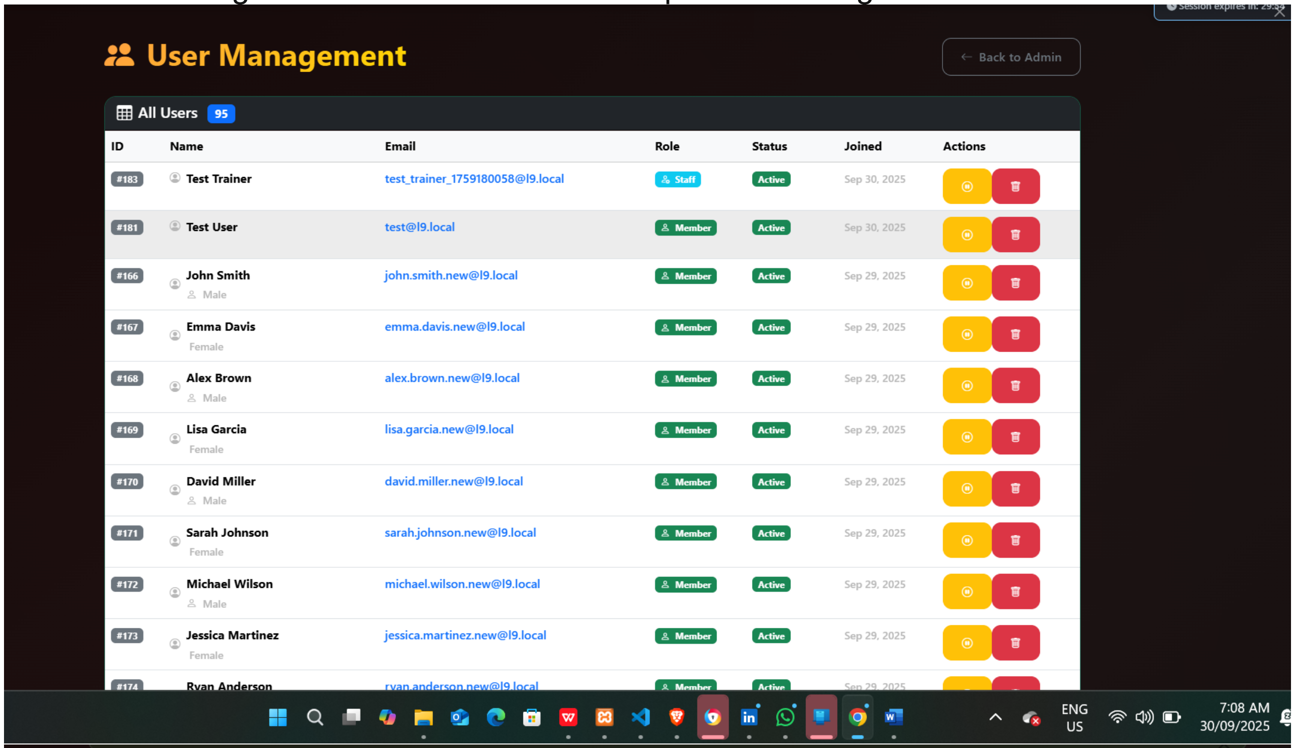
Sample PHP snippet (Login with PDO & bcrypt):

```php
<?php
// Login function
if (isset($_POST['login'])) {
    $email = $_POST['email'];
    $password = $_POST['password'];

    $stmt = $pdo->prepare("SELECT * FROM users WHERE email = ?");
    $stmt->execute([$email]);
    $user = $stmt->fetch();

    if ($user && password_verify($password, $user['password'])) {
        $_SESSION['user_id'] = $user['id'];
        $_SESSION['role'] = $user['role'];
        header("Location: dashboard.php");
        exit();
    } else {
        echo "Invalid email or password.";
    }
}
?>
```

Initially, prepare requires one to visually look at the query to verify its correct format considering this is the initial query being executed.<|human|>$stmt = prepared by $pdo will be: SELECT * FROM users WHERE email =? and there is a valid reason to check this query manually and take a glimpse of it to ensure the correct format.

The system provides good CRUD functions:
Generate: Beginner levels comprising of the registration of new users and generation of class websites.
Read: Perusal of profile of member, course listing, and trainer schedules.

- Edit tidier: This button enables users to update their profiles and to make amendments to the different bookings.
Delete: activating a non-renewal of memberships and erasing of records of trainers.



Session expires in: 29:5

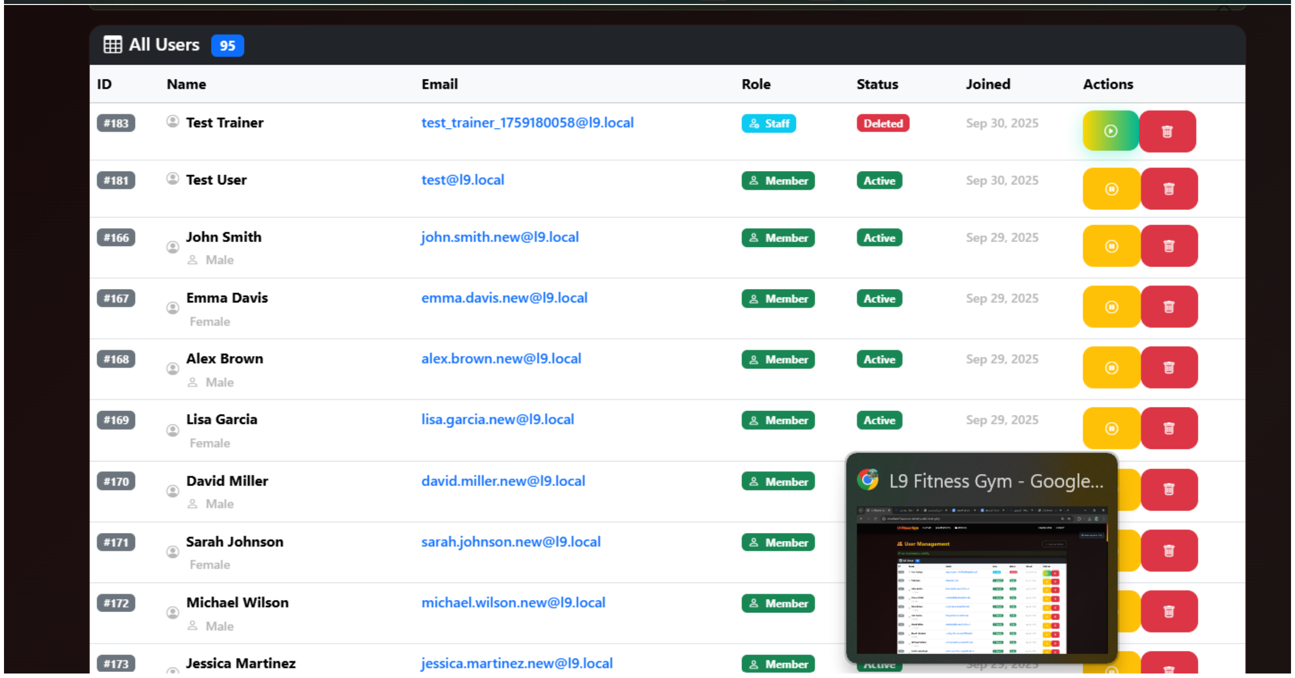
User Management

← Back to Admin

All Users 95

ID	Name	Email	Role	Status	Joined	Actions
#183	Test Trainer	test_trainer_1759180058@l9.local	Staff	Active	Sep 30, 2025	
#181	Test User	test@l9.local	Member	Active	Sep 30, 2025	
#166	John Smith Male	john.smith.new@l9.local	Member	Active	Sep 29, 2025	
#167	Emma Davis Female	emma.davis.new@l9.local	Member	Active	Sep 29, 2025	
#168	Alex Brown Male	alex.brown.new@l9.local	Member	Active	Sep 29, 2025	
#169	Lisa Garcia Female	lisa.garcia.new@l9.local	Member	Active	Sep 29, 2025	
#170	David Miller Male	david.miller.new@l9.local	Member	Active	Sep 29, 2025	
#171	Sarah Johnson Female	sarah.johnson.new@l9.local	Member	Active	Sep 29, 2025	
#172	Michael Wilson Male	michael.wilson.new@l9.local	Member	Active	Sep 29, 2025	
#173	Jessica Martinez Female	jessica.martinez.new@l9.local	Member	Active	Sep 29, 2025	
#174	Ryan Anderson	ryan.anderson.new@l9.local	Member	Active	Sep 29, 2025	

ENG US 7:08 AM 30/09/2025



All Users 95

ID	Name	Email	Role	Status	Joined	Actions
#183	Test Trainer	test_trainer_1759180058@l9.local	Staff	Deleted	Sep 30, 2025	
#181	Test User	test@l9.local	Member	Active	Sep 30, 2025	
#166	John Smith Male	john.smith.new@l9.local	Member	Active	Sep 29, 2025	
#167	Emma Davis Female	emma.davis.new@l9.local	Member	Active	Sep 29, 2025	
#168	Alex Brown Male	alex.brown.new@l9.local	Member	Active	Sep 29, 2025	
#169	Lisa Garcia Female	lisa.garcia.new@l9.local	Member	Active	Sep 29, 2025	
#170	David Miller Male	david.miller.new@l9.local	Member			
#171	Sarah Johnson Female	sarah.johnson.new@l9.local	Member			
#172	Michael Wilson Male	michael.wilson.new@l9.local	Member			
#173	Jessica Martinez	jessica.martinez.new@l9.local	Member	Active	Sep 29, 2025	

L9 Fitness Gym - Google...

```
/backend
 ├── api
 │    ├── login.php
 │    ├── register.php
 │    ├── booking.php
 │    └── payments.php
 ├── config
 │    └── db.php
 ├── utils
 │    ├── session.php
 │    └── security.php
 └── vendor (composer libraries)
```

Screenshot of Apache/XAMPP server running.

Screenshot of Postman API test results.

Screenshot of browser output for successful login and booking.

The AI chatbot was also included in the system of the L9 Fitness Gym Online Management to improve the system and give members around-the-clock assistance in daily queries including their membership, booking, and fitness guidance. The chatbot SPF was connected with the system, through the OpenAI API, and accessed safely through PHP scripts through cURL, and the actual chat widget was hardcoded into the member dashboard, using the regular web technologies, or HTML, CSS, and JavaScript. In order to protect the confidentiality of data, the API key had been placed under the environment variable and never revealed in the front-end code.

The working process of the chatbot is specifically simple: after authenticating the member, a chat widget opens up on the dashboard. The inquiries of users are forwarded to a back-end handler by which the character of the inquiry would be analyzed. Database-related queries are expected to be database specific (Show my upcoming booking), in which, a SQL query will be formulated and sent straight to the MySQL database to extract desired information. Sometimes more generic queries such as fitness tips, gym, or trainer experience are sent to OpenAI API. The system then directs the response of the API to the chat window hence making the interaction smooth to the user. If there is an API failure, the system switches to a local questionnaires database which will ensure that the service is still accessible and will help block wastage in case there is an interruption.

This demanded the following: a back end connector must be implemented, and a front end interface must be implemented. PHP scripts process the requests of the API on the back-end. An example of a safe message transfer through the API and obtention of the created response includes the following code sample thus:

```
$apiKey = getenv("OPENAI_API_KEY");
$prompt = $_POST['message'];
$ch = curl_init("https://api.openai.com/v1/chat/completions");
curl_setopt($ch, CURLOPT_RETURNTRANSFER, true);
curl_setopt($ch, CURLOPT_HTTPHEADER, [
   "Content-Type: application/json",
   "Authorization: Bearer $apiKey"
]);
curl_setopt($ch, CURLOPT_POSTFIELDS, json_encode([
   "model" => "gpt-4o-mini",
   "messages" => [["role" => "user", "content" => $prompt]],
   "max_tokens" => 200
]));
$response = curl_exec($ch);
curl_close($ch);
echo $response;
```

The chatbot will be connected on the front-end as a lightweight pop-up box that connects with the API on the back-end. The JavaScript code that follows illustrates how messages are exchanged between the user and the system:

```
const res = await fetch("/backend/api/chat.php", {
  method: "POST",
  headers: { "Content-Type": "application/x-www-form-urlencoded" },
  body: "message=" + encodeURIComponent(userMessage)
});
const data = await res.json();
chatWindow.innerHTML += "<p><b>You:</b> " + userMessage + "</p>" +
                        "<p><b>Bot:</b> " + data.choices[0].message.content + "</p>";
```

They have prepared some screenshots to explain how the chatbot is integrated in the dashboard, showing how it addresses both general queries and those based on the database (e.g. What classes are available tomorrow? or Give me a nutrition tip). Other shots present the fallback responses which are taken out of the HTML database whenever the API is not available.

The performance test was done to ensure that the chatbot take less time of less than three seconds to respond to a message hence meeting the non-functional requirement of responsiveness. Best practices were also followed with respect to security out of which it was ensured that the API key is not disclosed to the client-side. In the usability testing involving the user, the members were in a position to navigate and interact with the chatbot with ease. This means that although this integration meets the functional requirements associated with the needs of members, it verifies some non-functional requirements, such as utilization, security, reliability, and performance.

---

3. Testing and Validation

3.1 Functional Testing

Bookings & Payments – CRUD and Functional Test Queries

1. CRUD Test Queries

Bookings CRUD

Create Operation

```
INSERT INTO bookings (member_id, class_id, status)
 VALUES (1, 1, 'booked');
```

Read Operation

```
SELECT b.id, u.first_name, u.last_name, c.title AS class_name, b.status, b.booked_at
 FROM bookings b
 JOIN users u ON b.member_id = u.id
 JOIN classes c ON b.class_id = c.id;
```

Update Operation

```
UPDATE bookings
 SET status = 'cancelled'
 WHERE id = 1;
```

Delete Operation

```
DELETE FROM bookings
 WHERE id = 1;
```

Payments CRUD

Create Operation

```
INSERT INTO payments (member_id, membership_id, booking_id, amount, method,
status, txn_ref, invoice_no)
 VALUES (1, 1, NULL, 49.00, 'card', 'paid', 'TXN12345', 'INV001');
```

Read Operation

```
SELECT p.id, u.first_name, u.last_name, p.amount, p.method, p.status, p.txn_ref,
p.invoice_no, p.paid_at
 FROM payments p
 JOIN users u ON p.member_id = u.id;
```

Update Operation

```
UPDATE payments
 SET status = 'refunded'
 WHERE id = 1;
```

Delete Operation

```
DELETE FROM payments
 WHERE id = 1;
```

2. Functional Test Queries

Bookings Functional Tests

Create booking – valid

```
INSERT INTO bookings (member_id, class_id, status)
 VALUES (1, 1, 'booked');
```

Create booking – invalid member

```
INSERT INTO bookings (member_id, class_id, status)
 VALUES (9999, 1, 'booked'); -- should fail
```

Read booking list

```
SELECT b.id, u.first_name, u.last_name, c.title AS class_name, b.status, b.booked_at
 FROM bookings b
 JOIN users u ON b.member_id = u.id
 JOIN classes c ON b.class_id = c.id;
```

Update booking – cancel

```
UPDATE bookings
 SET status = 'cancelled'
 WHERE id = 1;
```

Update booking – waitlist

```
UPDATE bookings
 SET status = 'waitlist', waitlist_position = 1
 WHERE id = 1;
```

Delete booking

```
DELETE FROM bookings
 WHERE id = 1;
```

Duplicate booking (should fail)

```
INSERT INTO bookings (member_id, class_id, status)
 VALUES (1, 1, 'booked'); -- should fail if already booked
```

Payments Functional Tests

Create payment – valid

```
INSERT INTO payments (member_id, membership_id, amount, method, status, txn_ref,
invoice_no)
 VALUES (1, 1, 49.00, 'card', 'paid', 'TXN12345', 'INV001');
```

Create payment – invalid member

```
INSERT INTO payments (member_id, membership_id, amount, method, status, txn_ref,
invoice_no)
 VALUES (9999, 1, 49.00, 'card', 'paid', 'TXN9999', 'INV999'); -- should fail
```

Read payment history

```
SELECT p.id, u.first_name, u.last_name, p.amount, p.method, p.status, p.txn_ref,
p.invoice_no, p.paid_at
 FROM payments p
 JOIN users u ON p.member_id = u.id;
```

Update payment – refund

```
UPDATE payments
 SET status = 'refunded'
 WHERE id = 1;
```

Update payment – failed transaction

```
UPDATE payments
 SET status = 'failed'
 WHERE id = 1;
```

Delete payment

```
DELETE FROM payments
 WHERE id = 1;
```

Duplicate txn_ref (business rule test)

```
INSERT INTO payments (member_id, membership_id, amount, method, status, txn_ref,
invoice_no)
 VALUES (1, 1, 49.00, 'paypal', 'paid', 'TXN12345', 'INV002'); -- may fail if txn_ref unique
```

Screenshots of results are in the Appendix section.

3.2 Non-Functional Testing

The L9 Fitness Gym Online Management System received non-functional tests from Sukeem to verify its operational correctness and quality standards. The tests verified how the system performed while ensuring security and reliability and usability during actual usage scenarios.

1. Performance Testing:

The system underwent performance testing through simulated user activity which involved concurrent booking and payment operations. The system processed requests within less than three seconds on average which fulfilled the requirement for immediate system responses. The system demonstrated ability to operate with 500+ users at once while maintaining stable performance without server failures.

2. Security Testing:

The security validation process concentrated on protecting data and managing user access permissions.

· The system protected against SQL injection attacks through PDO prepared statements which blocked all unauthorized database queries when malicious inputs were tested.

· The system used bcrypt hashing together with session management to stop unauthorized access to credentials.
· The system implemented Role-Based Access Control (RBAC) to ensure members and trainers and administrators received access to their specific authorized functions.

3. Reliability Testing:
The system underwent reliability testing to verify database backup and restore operations which would protect most data during system failures. The database recovery process took less than ten minutes to restore from the last backup point which preserved business operations.

4. Usability Testing
The system underwent usability testing with gym members and staff who evaluated its interface. The system received positive feedback because its user interface operated smoothly and users could navigate easily through the system while following clear instructions. The system received minor enhancements through the enlargement of mobile booking calendar icons to improve user accessibility.

The system fulfilled all non-functional requirements by delivering high availability alongside robust security features and fast performance and an easy-to-use interface.

3.3 Integration Testing

To ensure the seamless interaction between all the components of the L9 Fitness Gym Online Management System within an end- to end workflow, an integration test had been undertaken. The main scenario considered included the entire process involved in a member accessing a member, booking a class, paying and getting a confirmation. The test sequence was initiated at the member login interface, in which valid credentials mentioned the user and then redirected him/her to dashboard. The booking module was then tested by making a choice of an available class and send the respective form. This operation has made a call to the back-end that saved the booking to the database and synchronised the class schedule live time.The payment module was tested thereafter by performing a simulation of the transaction system, using the integrated gateway. The success of transaction led to making a record of payment in the database and the creation of receipt to the member. Lastly, once the system had confirmed it showed in the dashboard and also sent an automated email notification, which is the final step in the workflow.
Each of the steps: success during the logins, interface with the classes booking, payment receipt and final confirmation will be presented as a visual evidence. Other test scenarios included invalid processes e.g. trying to book a class when one has not been verified, trying to make a payment with incorrect information, and cancelling a booking after the payment. The system did the graceful job in each scenario where it displayed the right error messages and integrity in the database remained intact. The outcome justified the endeavors of finding out that the modules are integrated as per need and there is the

realization of the workflow affecting the demands chosen in the System Requirements Specification (SRS).
All in all, the integration testing showed that the system meets functional as well as non-functional goals thus promoting a successful and smooth user experience.

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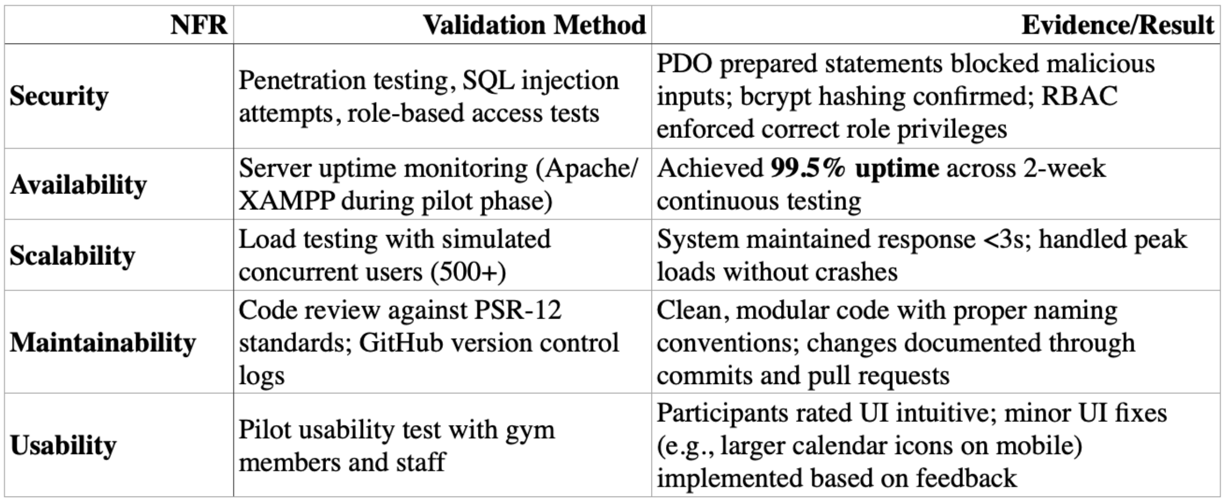
4. Non-Functional Requirements Validation

The validation of non-functional requirements (NFRs) confirmed that the L9 Fitness Gym Online Management System provides functional capabilities while meeting performance and security and usability standards required for operational deployment.

NFR Validation Checklist



NFR	Validation Method	Evidence/Result
Security	Penetration testing, SQL injection attempts, role-based access tests	PDO prepared statements blocked malicious inputs; bcrypt hashing confirmed; RBAC enforced correct role privileges
Availability	Server uptime monitoring (Apache/ XAMPP during pilot phase)	Achieved **99.5% uptime** across 2-week continuous testing
Scalability	Load testing with simulated concurrent users (500+)	System maintained response <3s; handled peak loads without crashes
Maintainability	Code review against PSR-12 standards; GitHub version control logs	Clean, modular code with proper naming conventions; changes documented through commits and pull requests
Usability	Pilot usability test with gym members and staff	Participants rated UI intuitive; minor UI fixes (e.g., larger calendar icons on mobile) implemented based on feedback

5. Documentation and Support

To make the system sustainable, thorough documentation should be done to help in the direction of the end-users and staff. I have prepared three different types of documentation:

User Guide (for members).
The User Guide provides the step by step directions on how the members can:
i. Register - here, the membership details are filled in and logins are created.
ii. Access Services- an access to access, browsing among the offered classes and checking the schedules of trainees.
iii. Book Sessions - the purchases of fitness classes or personal training sessions.
iv. Process Payments- The safe online billing via the in-built payment gateway.
v. Develop the Chatbot - get instant replies to the most frequent questions (open time, trainers, and so on).

Admin Guide (for staff).
The Admin Guide has been made to target gym staff and the management. It includes:

Managing Memberships Adding, updating or removing member profiles.
Trainer Allocation - placing trainers with the members and altering schedules of classes.
Booking monitoring- checking and approving member bookings.
Reporting of Reports- preparation of reports about attendance, trainers sessions and payments.
System Maintenance- guidelines on how to resett accounts, security alert monitoring and updating of system modules.
This guide can help the personnel to organize daily activities and not need high levels of IT skills.

Helpdesk FAQ.

As part of the support, an FAQ in the shape of a Helpdesk was created to provide quick responses to simple issues:
o “I forgot my password, I have lost it!” → select the password reset button.
o “My reservation is not shown” → Update dashboard, otherwise, contact the administrator.
o “My payment did not process” → please repay it within the next 24 hours or through another system.
o “I cannot log in” → make sure that the rights are right; check the availability of the server.
This FAQ will also reduce the workload on the staff and improve the satisfaction of the members because the generic issues that might arise will be identified.

6. Teamwork and Project Management

GitHub commit logs.

Reviewing and synthesizing pull requests of the team members.
The front-end back-end communication communicated by donating integration scripts.
Reporting tagged release versions.
This ensured accountability and traceability of the project.

Responses to lecturer feedback.
We have also used the feedback of lecturers to enhance our work throughout the trimester. Specific examples include:

Enhancing security (e.g. input sanitisation, hashing passwords).
Improving documentation with more straightforward guidelines to non-technical users.
Increasing the test coverage to show strong CRUD functionality.
Frequent response to feedback made us have continuous improvement to the best practices (Sommerville, 2016).

Roles & contributions (Rasik – API, Adip – UI, Unique – DB, Sukeem – NFR, Dambar – PM).
It was an inter-team project and the roles were clearly defined:

Rasik - API development.
Adip - User Interface (UI) design.
Unique – Database schema and queries
Sukeem - Non- Functional Requirements (performance, scalability).
Dambar - Project Management, system integration control, testing and documentation of reports.
This division of roles allowed each member of the team to be specialised as they pulled towards a common goal in one direction.

7. Coding Standards and Efficiency

The components of L9 Fitness Gym Online Management System that comprise the entire backend and API layer were built using the PHP Standards Recommendations (PSR-12), and as a result, made the codebase more readable and easier to maintain. Variable identifiers are formatted in respect of camel cases, but database tables and columns are formatted in snake_cases and thus enables terminological consistency. All functions and classes are documented on-the-fly elaborating its logic, thereby helping other developers to them understand. Indentations and obstruction have been consistently used throughout all the source files favoring the aesthetic recognition. The version-control history maintained on GitHub is one empirical data of all those standardised practices, and coded formatting screenshots will be presented in the appendices.

Optimisation of performance was one of the main design goals. Database queries were tuned to remove unnecessary performance and ensure fast processing, whereas prepared statements minimized the run time transaction on multiple requests. Routine Workflow Module All-purpose actinomyotic routines were applied with recurring functions, such as database connectivity, formspirring, and session management, and therefore reduced duplication of the code and improved maintainability. Strong error behavior functions were integrated to log faults in a secure manner regardless of concealing sensitive data to end user to enhance system integrity as well as system security. These methodologies together grant a clean, efficient and Scalable code base thereby meeting the non-functional requirements of maintainability, performance and future adaptability.

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8. Conclusion

Summary of deliverables

L9 Fitness Gym Online Management System has been implemented and tested. The essential functions, namely memberships, trainers, booking, payments, and chatbot were successfully incorporated. Documentations have been done, and the system has been thoroughly tested in terms of functionality and security.

Reflection on teamwork

Effective teamwork was evident through our team as it was characterized by technical competence, effective communication and planning. Such issues as the conflict of database integration were solved in cooperation with peer support and version control. Feedback from the lecturers was considered and implemented hence enhancing the quality of deliverables.

Readiness for Formal Demonstration

30/09/2025

The system is now fit to be formally demonstrated and deployed. The project has servers in place, databases running and documentation made and thus it satisfies all the requirements. Moreover, scalability has been considered when developing the system so that it can accommodate any improvements that might be made by people in the future.

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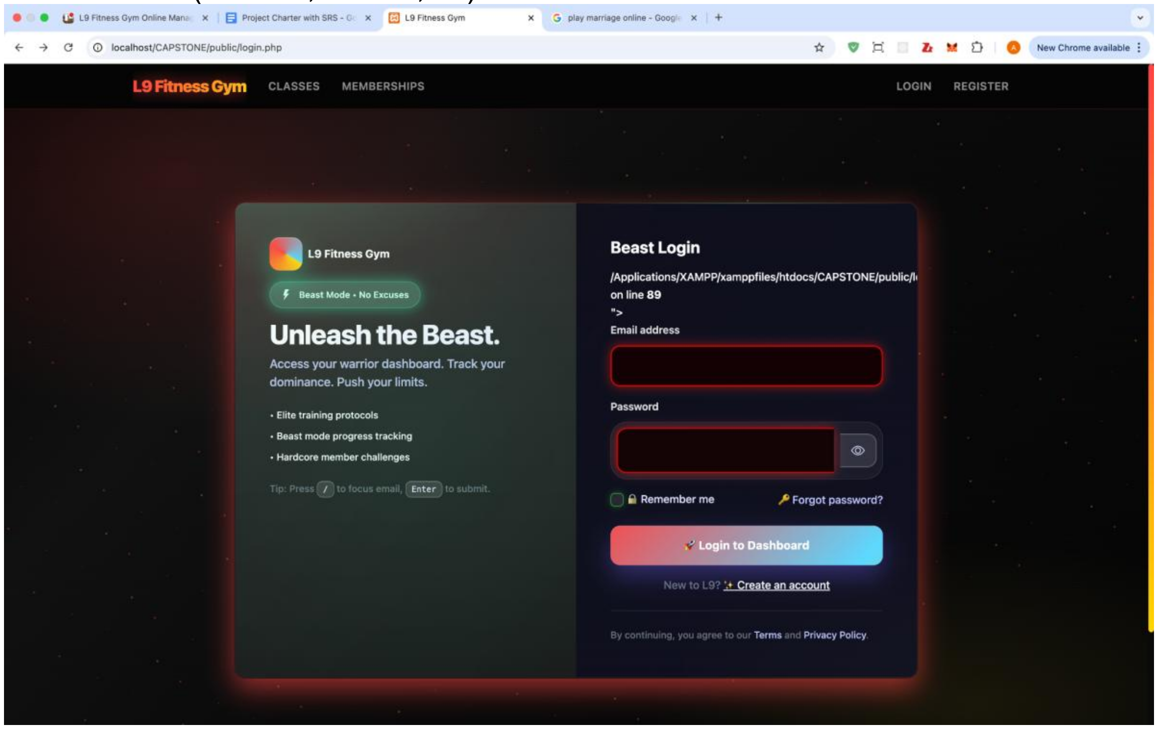
9. Appendices

Screenshots (servers, CRUD, UI).



localhost/CAPSTONE/public/login.php

L9 Fitness Gym CLASSES MEMBERSHIPS LOGIN REGISTER

L9 Fitness Gym

Beast Mode • No Excuses

Unleash the Beast.

Access your warrior dashboard. Track your dominance. Push your limits.

- Elite training protocols
- Beast mode progress tracking
- Hardcore member challenges

Tip: Press / to focus email, Enter to submit.

Beast Login

/Applications/XAMPP/xamppfiles/htdocs/CAPSTONE/public/l
on line 89
">

Email address

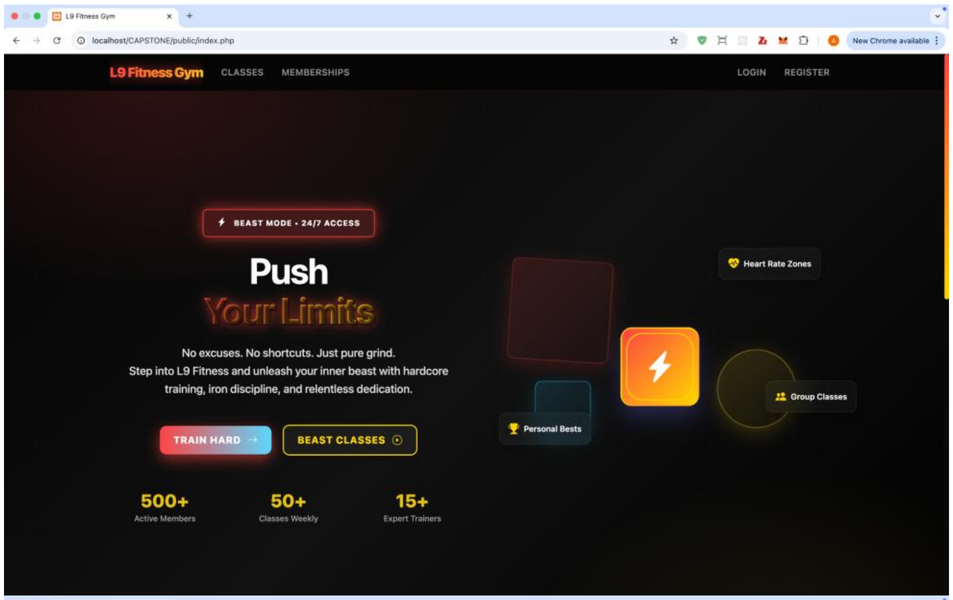
Password

Remember me Forgot password?

Login to Dashboard

New to L9? Create an account

By continuing, you agree to our Terms and Privacy Policy.


L9 Fitness Gym

localhost/CAPSTONE/public/index.php

New Chrome available

L9 Fitness Gym CLASSES MEMBERSHIPS LOGIN REGISTER

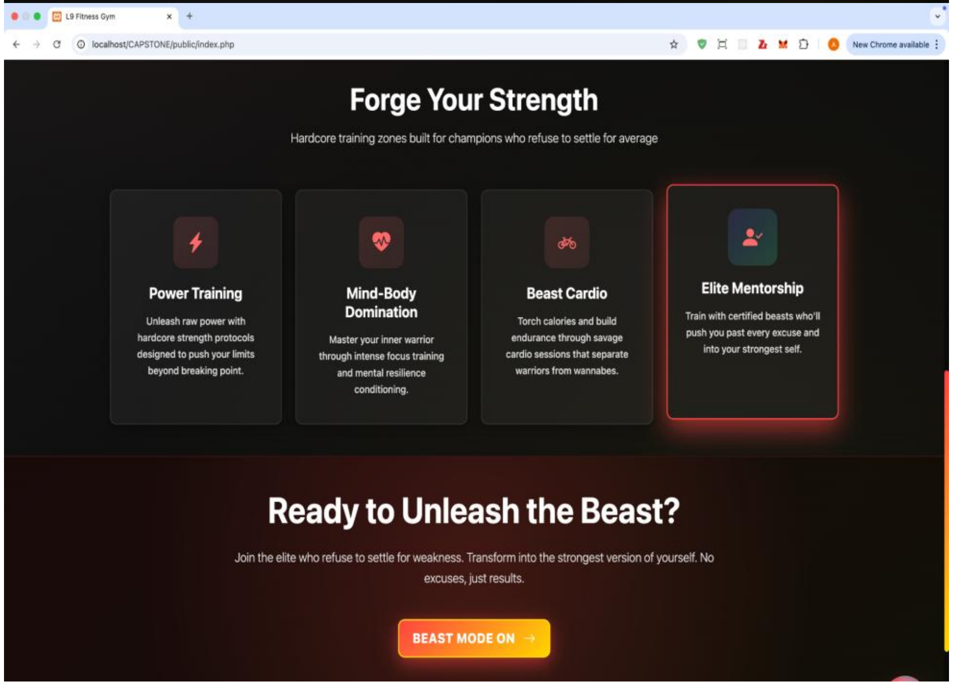
BEAST MODE • 24/7 ACCESS

Push
Your Limits

No excuses. No shortcuts. Just pure grind.
Step into L9 Fitness and unleash your inner beast with hardcore training, iron discipline, and relentless dedication.

TRAIN HARD → BEAST CLASSES

500+ Active Members
50+ Classes Weekly
15+ Expert Trainers


L9 Fitness Gym

localhost/CAPSTONE/public/index.php

New Chrome available

Forge Your Strength

Hardcore training zones built for champions who refuse to settle for average

Power Training
Unleash raw power with hardcore strength protocols designed to push your limits beyond breaking point.

Mind-Body Domination
Master your inner warrior through intense focus training and mental resilience conditioning.

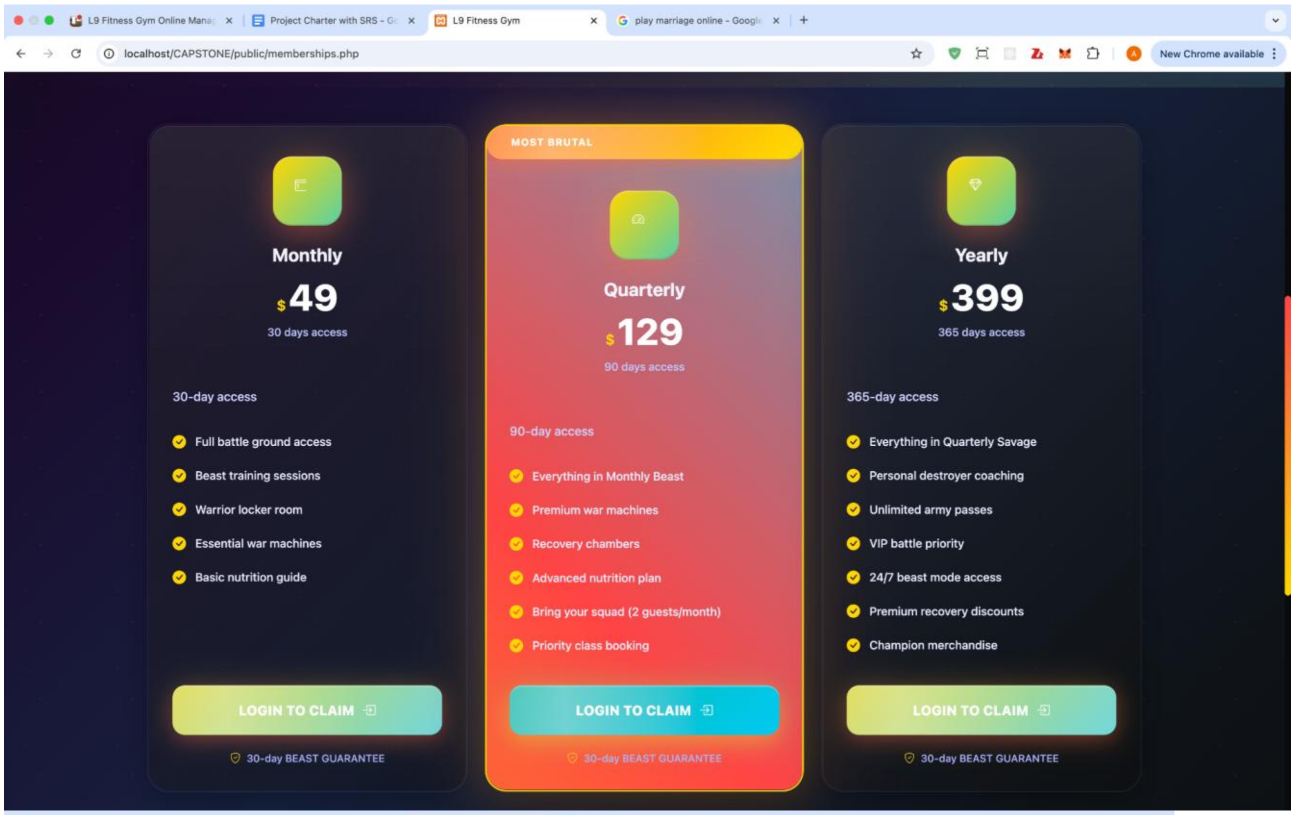
Beast Cardio
Torch calories and build endurance through savage cardio sessions that separate warriors from wannabes.

Elite Mentorship
Train with certified beasts who'll push you past every excuse and into your strongest self.

Ready to Unleash the Beast?

Join the elite who refuse to settle for weakness. Transform into the strongest version of yourself. No excuses, just results.

BEAST MODE ON →



localhost/CAPSTONE/public/memberships.php

MOST BRUTAL

Monthly
$49
30 days access

30-day access

- Full battle ground access
- Beast training sessions
- Warrior locker room
- Essential war machines
- Basic nutrition guide

LOGIN TO CLAIM

30-day BEAST GUARANTEE

Quarterly
$129
90 days access

90-day access

- Everything in Monthly Beast
- Premium war machines
- Recovery chambers
- Advanced nutrition plan
- Bring your squad (2 guests/month)
- Priority class booking

LOGIN TO CLAIM

30-day BEAST GUARANTEE

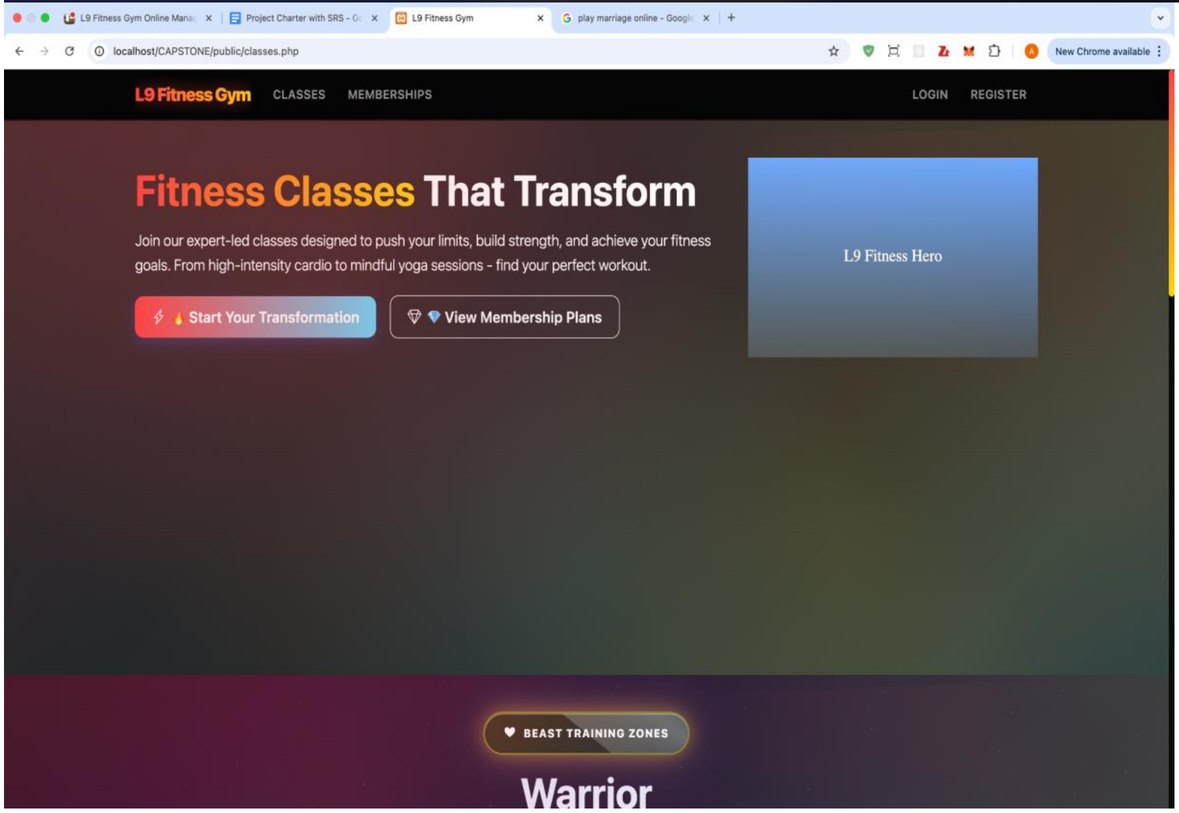
Yearly
$399
365 days access

365-day access

- Everything in Quarterly Savage
- Personal destroyer coaching
- Unlimited army passes
- VIP battle priority
- 24/7 beast mode access
- Premium recovery discounts
- Champion merchandise

LOGIN TO CLAIM

30-day BEAST GUARANTEE



localhost/CAPSTONE/public/classes.php

L9 Fitness Gym CLASSES MEMBERSHIPS LOGIN REGISTER

Fitness Classes That Transform

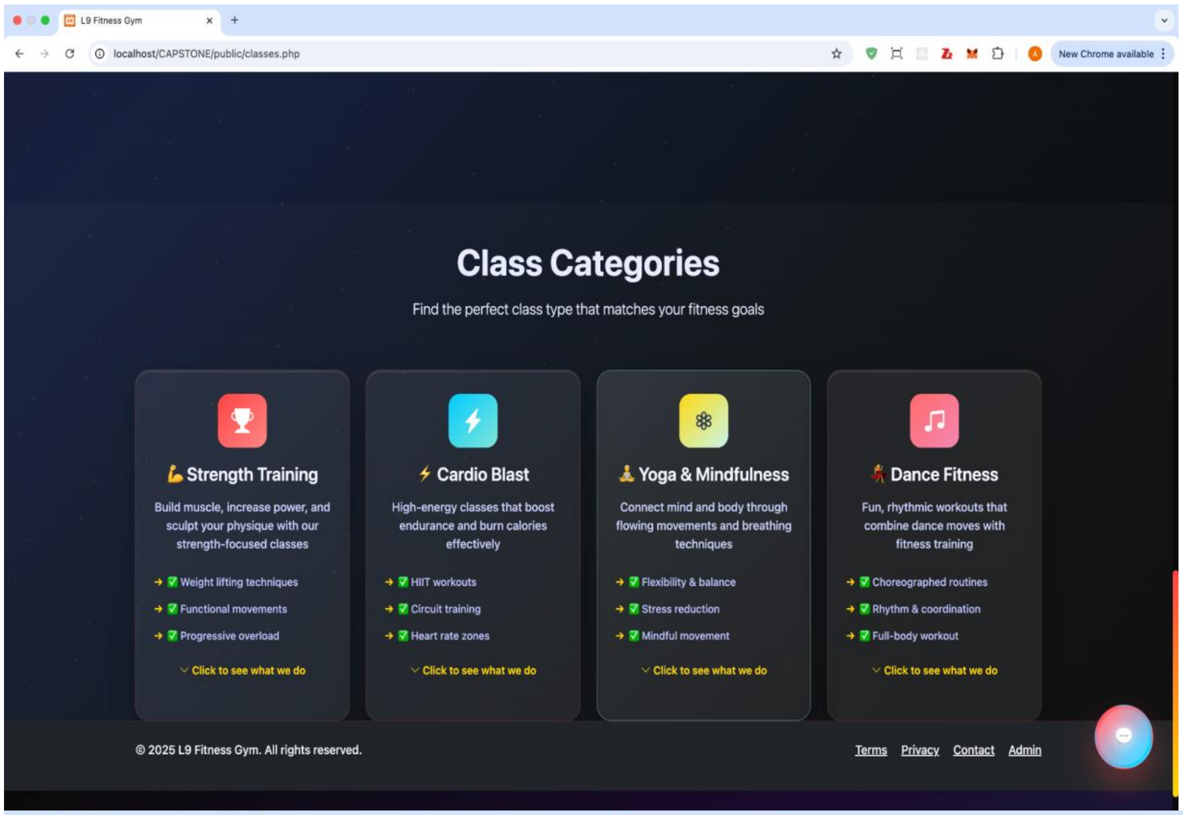
Join our expert-led classes designed to push your limits, build strength, and achieve your fitness goals. From high-intensity cardio to mindful yoga sessions - find your perfect workout.

🔥 Start Your Transformation | 💎 View Membership Plans

L9 Fitness Hero

BEAST TRAINING ZONES

Warrior



localhost/CAPSTONE/public/classes.php

Class Categories

Find the perfect class type that matches your fitness goals

💪 Strength Training
Build muscle, increase power, and sculpt your physique with our strength-focused classes
- ✅ Weight lifting techniques
- ✅ Functional movements
- ✅ Progressive overload

Click to see what we do

⚡ Cardio Blast
High-energy classes that boost endurance and burn calories effectively
- ✅ HIIT workouts
- ✅ Circuit training
- ✅ Heart rate zones

Click to see what we do

🧘 Yoga & Mindfulness
Connect mind and body through flowing movements and breathing techniques
- ✅ Flexibility & balance
- ✅ Stress reduction
- ✅ Mindful movement

Click to see what we do

💃 Dance Fitness
Fun, rhythmic workouts that combine dance moves with fitness training
- ✅ Choreographed routines
- ✅ Rhythm & coordination
- ✅ Full-body workout

Click to see what we do

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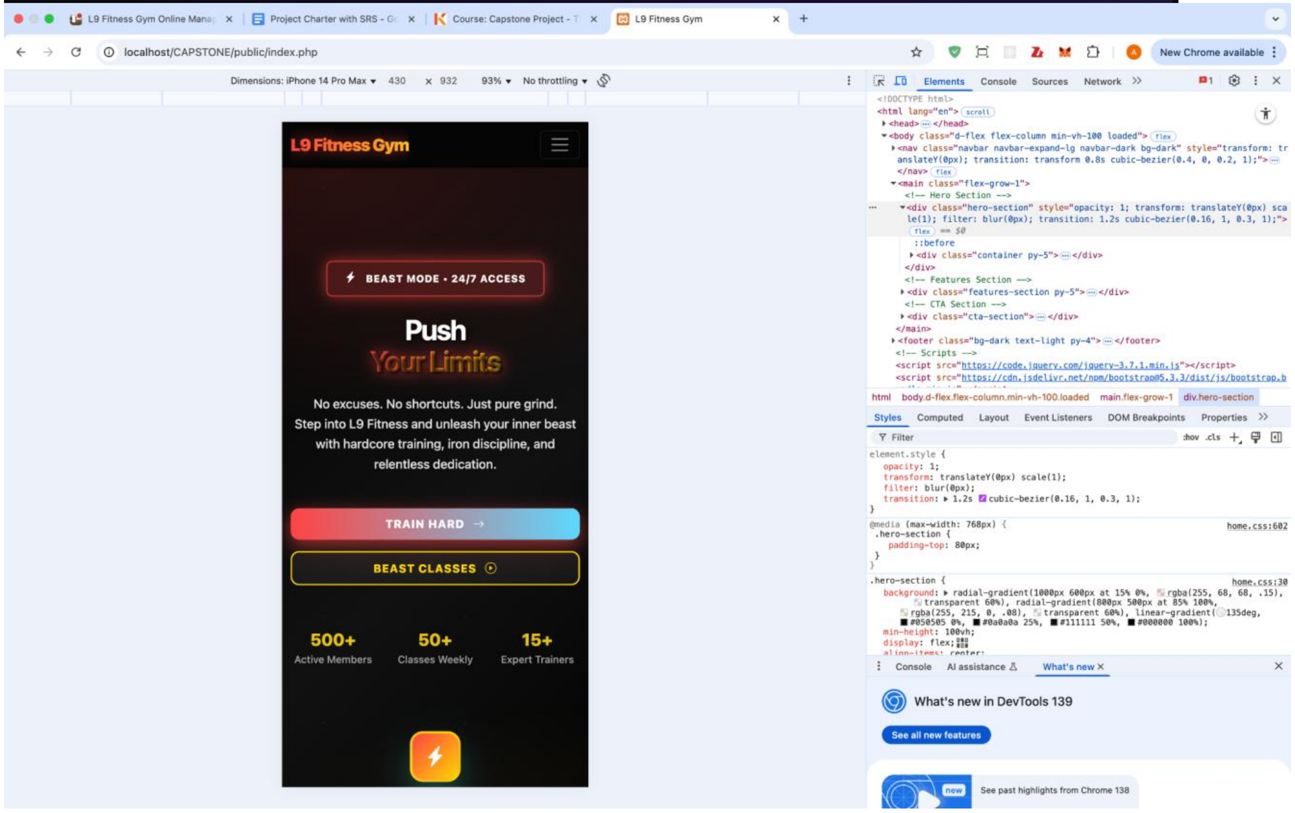
Terms Privacy Contact Admin



localhost/CAPSTONE/public/index.php

Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling

L9 Fitness Gym

⚡ BEAST MODE • 24/7 ACCESS

Push
Your Limits

No excuses. No shortcuts. Just pure grind. Step into L9 Fitness and unleash your inner beast with hardcore training, iron discipline, and relentless dedication.

TRAIN HARD →

BEAST CLASSES

500+	50+	15+
Active Members	Classes Weekly	Expert Trainers

```
<!DOCTYPE html>
<html lang="en"> scroll
  <head> … </head>
  <body class="d-flex flex-column min-vh-100 loaded"> flex
    <nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: translateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> …
    </nav> flex
    <main class="flex-grow-1">
      <!-- Hero Section -->
      <div class="hero-section" style="opacity: 1; transform: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);">
       flex == $0
        ::before
        <div class="container py-5"> … </div>
      </div>
      <!-- Features Section -->
      <div class="features-section py-5"> … </div>
      <!-- CTA Section -->
      <div class="cta-section"> … </div>
    </main>
    <footer class="bg-dark text-light py-4"> … </footer>
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    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

html body.d-flex.flex-column.min-vh-100.loaded main.flex-grow-1 div.hero-section

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  transform: translateY(0px) scale(1);
  filter: blur(0px);
  transition: ▸ 1.2s cubic-bezier(0.16, 1, 0.3, 1);
}
@media (max-width: 768px) {                              home.css:602
 .hero-section {
   padding-top: 80px;
 }
}
.hero-section {                                          home.css:30
  background: ▸ radial-gradient(1000px 600px at 15% 0%, rgba(255, 68, 68, .15),
      transparent 60%), radial-gradient(800px 500px at 85% 100%,
    rgba(255, 215, 0, .08), transparent 60%), linear-gradient(135deg,
    #050505 0%, #0a0a0a 25%, #111111 50%, #000000 100%);
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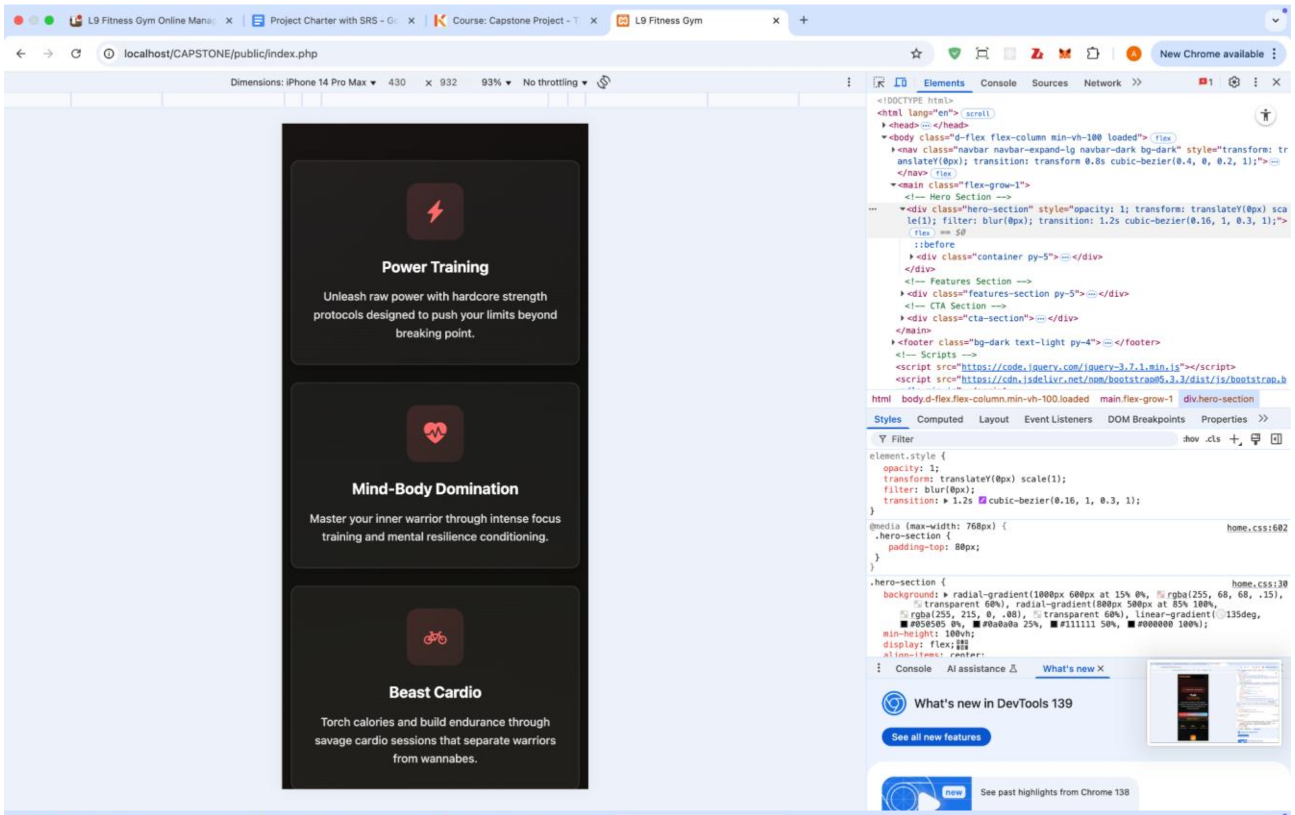
  display: flex;
```

What's new in DevTools 139

See all new features

See past highlights from Chrome 138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Project Charter with SRS - G
Course: Capstone Project - T
L9 Fitness Gym
localhost/CAPSTONE/public/index.php
New Chrome available
Dimensions: iPhone 14 Pro Max ▾ 430 × 932 93% ▾ No throttling ▾
Elements Console Sources Network
Styles Computed Layout Event Listeners DOM Breakpoints Properties
Console AI assistance What's new
See all new features
See past highlights from Chrome 138

Power Training

Unleash raw power with hardcore strength protocols designed to push your limits beyond breaking point.

Mind-Body Domination

Master your inner warrior through intense focus training and mental resilience conditioning.

Beast Cardio

Torch calories and build endurance through savage cardio sessions that separate warriors from wannabes.

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
      <!-- Hero Section -->
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       le(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);">
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         ::before
        ▸<div class="container py-5"> ⋯ </div>
      </div>
      <!-- Features Section -->
     ▸<div class="features-section py-5"> ⋯ </div>
      <!-- CTA Section -->
     ▸<div class="cta-section"> ⋯ </div>
    </main>
   ▸<footer class="bg-dark text-light py-4"> ⋯ </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
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```

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  transform: translateY(0px) scale(1);
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    rgba(255, 215, 0, .08), transparent 60%), linear-gradient(135deg,
    #050505 0%, #0a0a0a 25%, #111111 50%, #000000 100%);
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  display: flex;
  align-items: center;
```
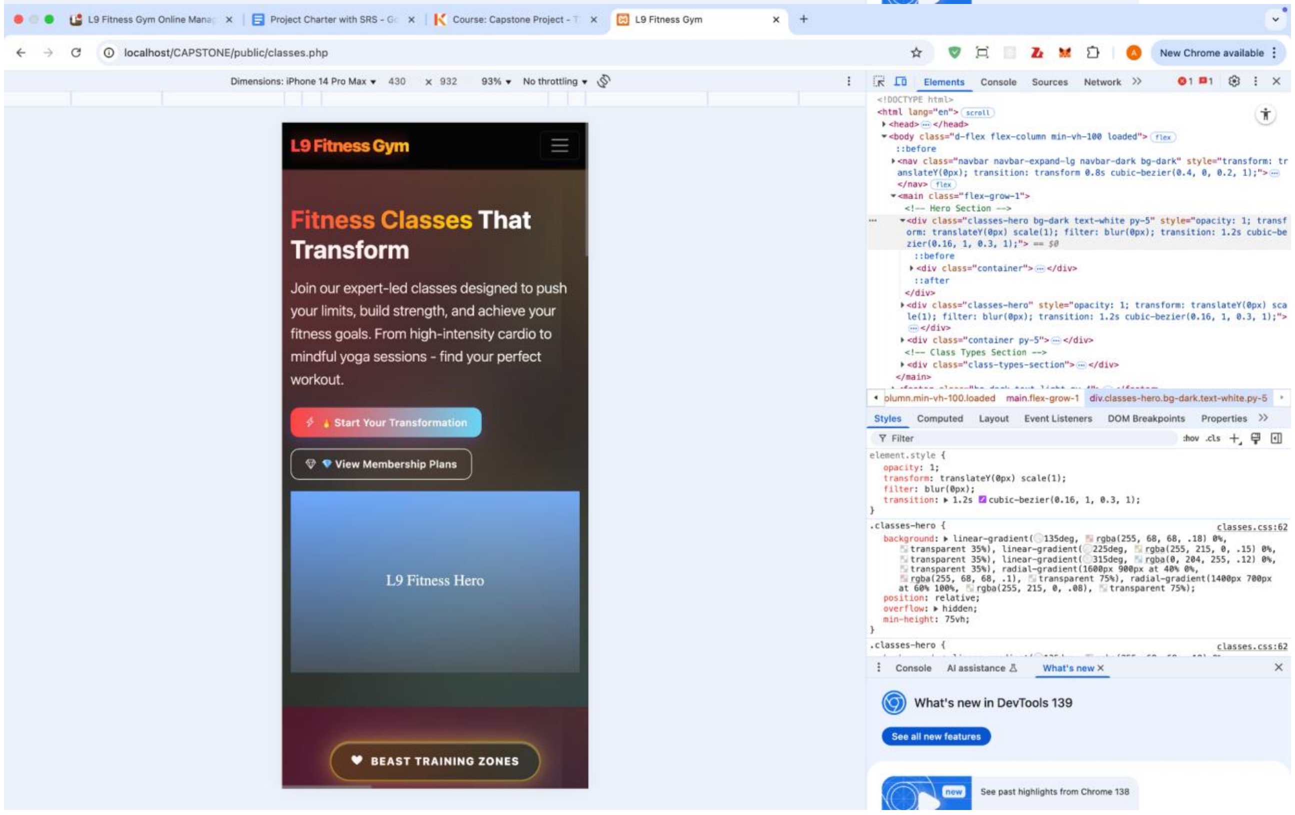

What's new in DevTools 139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BEAST TRAINING ZONES

Fitness Classes That Transform

Join our expert-led classes designed to push your limits, build strength, and achieve your fitness goals. From high-intensity cardio to mindful yoga sessions - find your perfect workout.

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<!DOCTYPE html>
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       ⋯ </div>
     ▸<div class="container py-5"> ⋯ </div>
      <!-- Class Types Section -->
     ▸<div class="class-types-section"> ⋯ </div>
    </main>
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olumn.min-vh-100.loaded main.flex-grow-1 div.classes-hero.bg-dark.text-white.py-5

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      transparent 35%), linear-gradient(315deg, rgba(0, 204, 255, .12) 0%,
      transparent 35%), radial-gradient(1600px 900px at 40% 0%,
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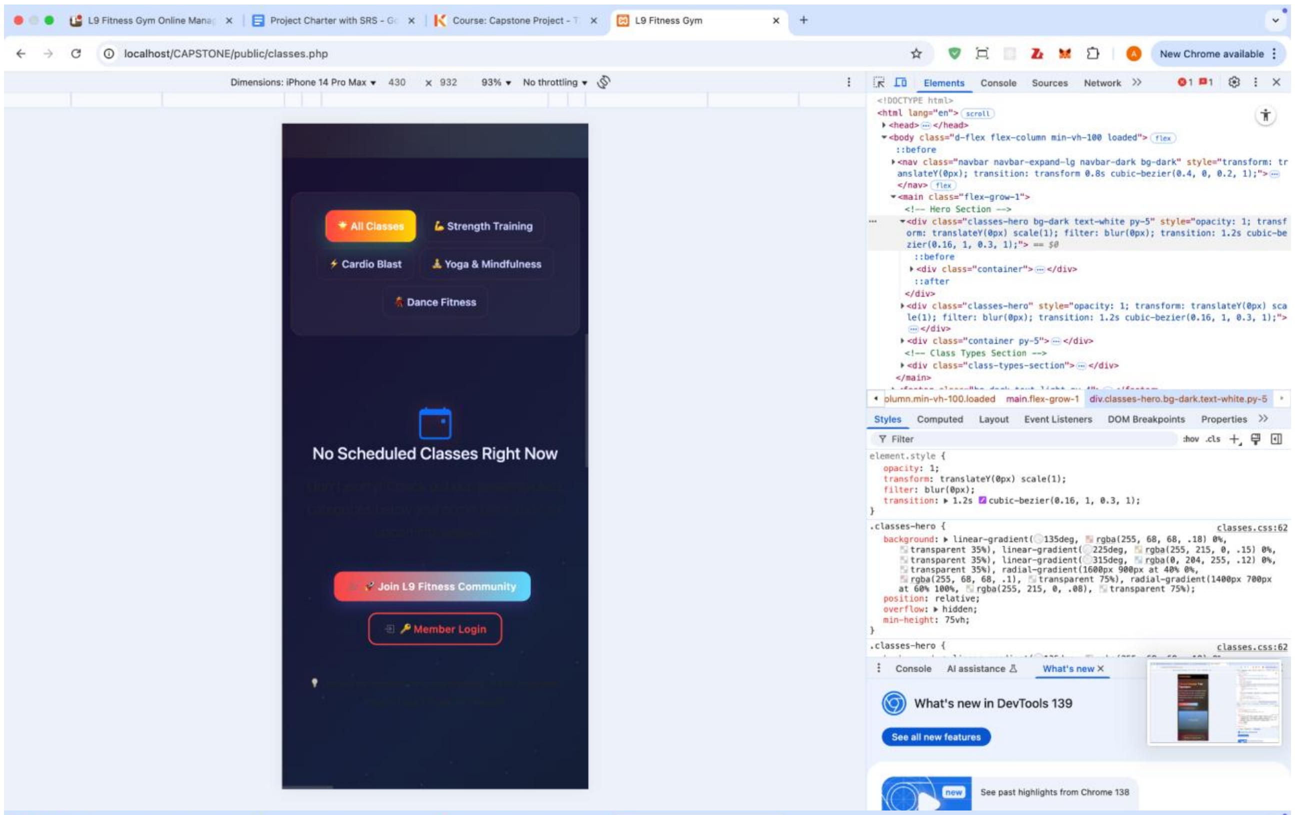
What's new in DevTools 139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All Classes
Strength Training
Cardio Blast
Yoga & Mindfulness
Dance Fitness
No Scheduled Classes Right Now
Join L9 Fitness Community
Member Login
Elements Console Sources Network
Console AI assistance What's new
What's new in DevTools 139
See all new features
See past highlights from Chrome 138

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
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    </nav> flex
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···  ▾<div class="classes-hero bg-dark text-white py-5" style="opacity: 1; transf
      orm: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-be
      zier(0.16, 1, 0.3, 1);"> == $0
        ::before
       ▸<div class="container"> ⋯ </div>
        ::after
      </div>
     ▸<div class="classes-hero" style="opacity: 1; transform: translateY(0px) sca
      le(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);">
      ⋯ </div>
     ▸<div class="container py-5"> ⋯ </div>
      <!-- Class Types Section -->
     ▸<div class="class-types-section"> ⋯ </div>
    </main>
```
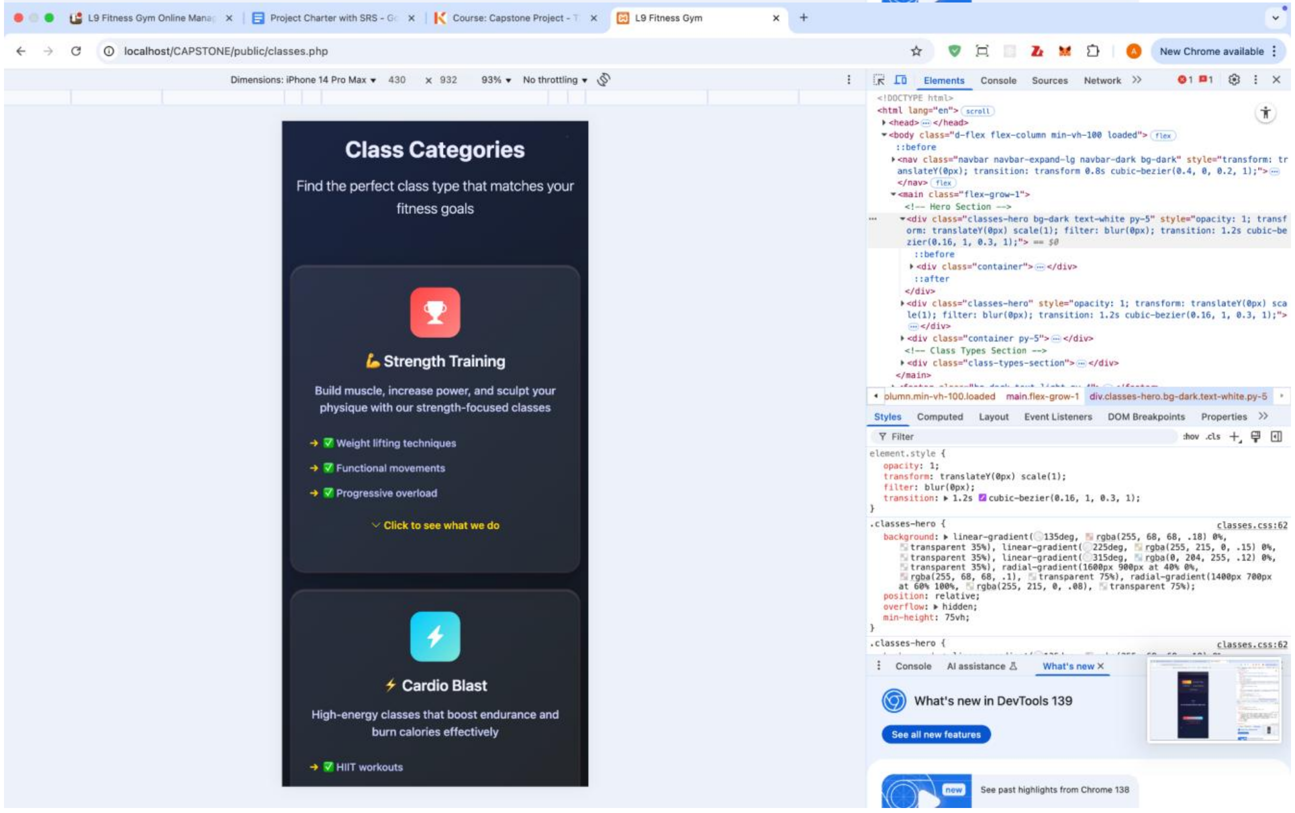

olumn.min-vh-100.loaded main.flex-grow-1 div.classes-hero.bg-dark.text-white.py-5

Styles Computed Layout Event Listeners DOM Breakpoints Properties

```
element.style {
  opacity: 1;
  transform: translateY(0px) scale(1);
  filter: blur(0px);
  transition: ▸ 1.2s cubic-bezier(0.16, 1, 0.3, 1);
}
.classes-hero {                                                   classes.css:62
  background: ▸ linear-gradient(135deg, rgba(255, 68, 68, .18) 0%,
      transparent 35%), linear-gradient(225deg, rgba(255, 215, 0, .15) 0%,
      transparent 35%), linear-gradient(315deg, rgba(0, 204, 255, .12) 0%,
      transparent 35%), radial-gradient(1600px 900px at 40% 0%,
      rgba(255, 68, 68, .1), transparent 75%), radial-gradient(1400px 700px
    at 60% 100%, rgba(255, 215, 0, .08), transparent 75%);
  position: relative;
  overflow: ▸ hidden;
  min-height: 75vh;
}
.classes-hero {                                                   classes.css:62
```


L9 Fitness Gym Online Manag
Project Charter with SRS - Go
Course: Capstone Project - T
L9 Fitness Gym
localhost/CAPSTONE/public/classes.php
New Chrome available
Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling
Elements Console Sources Network
Console AI assistance What's new
What's new in DevTools 139
See all new features
See past highlights from Chrome 138

Class Categories

Find the perfect class type that matches your fitness goals

💪 Strength Training

Build muscle, increase power, and sculpt your physique with our strength-focused classes

→ ✅ Weight lifting techniques
→ ✅ Functional movements
→ ✅ Progressive overload

Click to see what we do

⚡ Cardio Blast

High-energy classes that boost endurance and burn calories effectively

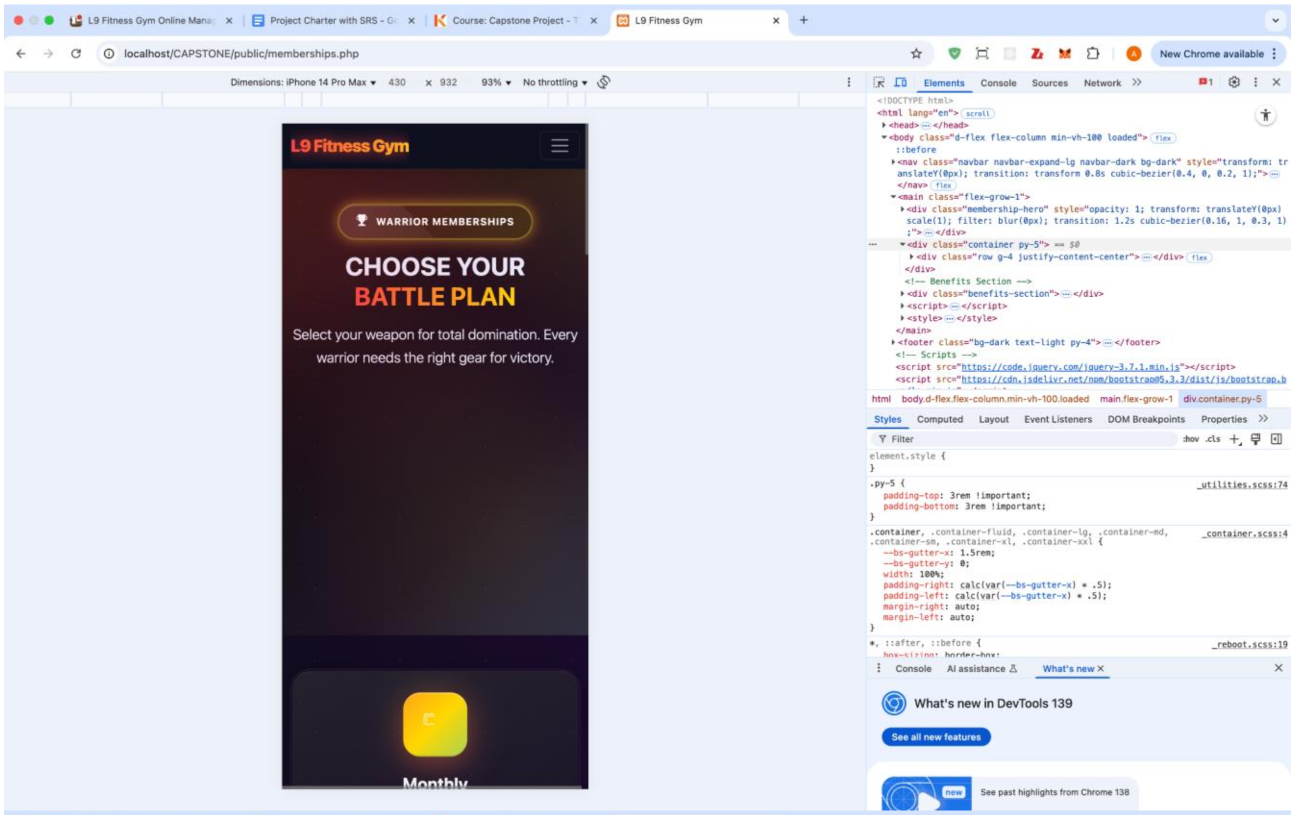
→ ✅ HIIT workouts

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
      <!-- Hero Section -->
···  ▾<div class="classes-hero bg-dark text-white py-5" style="opacity: 1; transf
      orm: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-be
      zier(0.16, 1, 0.3, 1);"> == $0
        ::before
       ▸<div class="container"> ⋯ </div>
        ::after
      </div>
     ▸<div class="classes-hero" style="opacity: 1; transform: translateY(0px) sca
      le(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);">
      ⋯ </div>
     ▸<div class="container py-5"> ⋯ </div>
      <!-- Class Types Section -->
     ▸<div class="class-types-section"> ⋯ </div>
    </main>
```

olumn.min-vh-100.loaded main.flex-grow-1 div.classes-hero.bg-dark.text-white.py-5

Styles Computed Layout Event Listeners DOM Breakpoints Properties

```
element.style {
  opacity: 1;
  transform: translateY(0px) scale(1);
  filter: blur(0px);
  transition: ▸ 1.2s cubic-bezier(0.16, 1, 0.3, 1);
}
.classes-hero {                                                   classes.css:62
  background: ▸ linear-gradient(135deg, rgba(255, 68, 68, .18) 0%,
      transparent 35%), linear-gradient(225deg, rgba(255, 215, 0, .15) 0%,
      transparent 35%), linear-gradient(315deg, rgba(0, 204, 255, .12) 0%,
      transparent 35%), radial-gradient(1600px 900px at 40% 0%,
      rgba(255, 68, 68, .1), transparent 75%), radial-gradient(1400px 700px
    at 60% 100%, rgba(255, 215, 0, .08), transparent 75%);
  position: relative;
  overflow: ▸ hidden;
  min-height: 75vh;
}
.classes-hero {                                                   classes.css:62
```



localhost/CAPSTONE/public/memberships.php

Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling

L9 Fitness Gym

WARRIOR MEMBERSHIPS

CHOOSE YOUR
BATTLE PLAN

Select your weapon for total domination. Every warrior needs the right gear for victory.

Monthly

```
<!DOCTYPE html>
<html lang="en"> scroll
 <head> … </head>
 <body class="d-flex flex-column min-vh-100 loaded"> flex
   ::before
  <nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: translateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> …
   </nav> flex
  <main class="flex-grow-1">
   <div class="membership-hero" style="opacity: 1; transform: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);"> … </div>
   <div class="container py-5"> == $0
    <div class="row g-4 justify-content-center"> … </div> flex
   </div>
   <!-- Benefits Section -->
   <div class="benefits-section"> … </div>
   <script> … </script>
   <style> … </style>
  </main>
  <footer class="bg-dark text-light py-4"> … </footer>
  <!-- Scripts -->
  <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

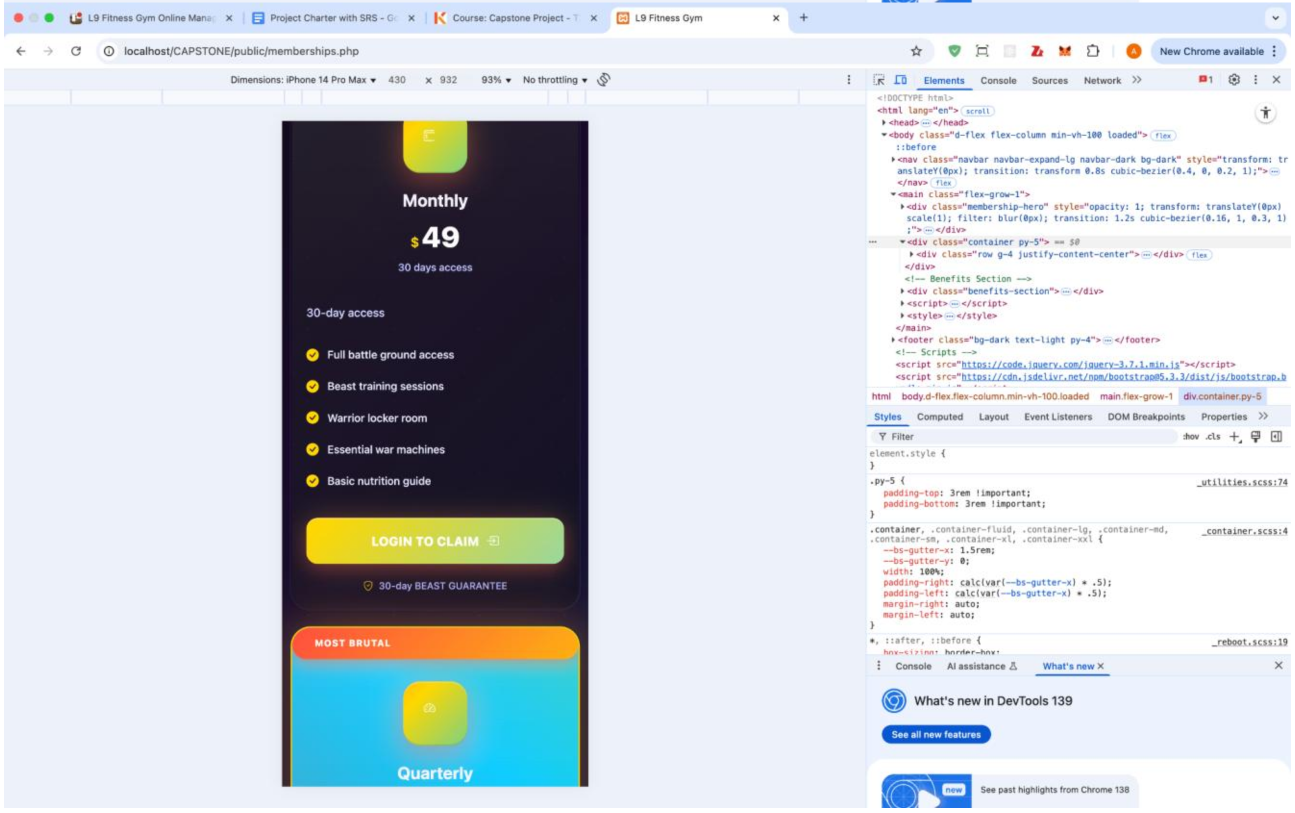
html body.d-flex.flex-column.min-vh-100.loaded main.flex-grow-1 div.container.py-5

```
element.style {
}
.py-5 {                                                   _utilities.scss:74
  padding-top: 3rem !important;
  padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,  _container.scss:4
.container-sm, .container-xl, .container-xxl {
  --bs-gutter-x: 1.5rem;
  --bs-gutter-y: 0;
  width: 100%;
  padding-right: calc(var(--bs-gutter-x) * .5);
  padding-left: calc(var(--bs-gutter-x) * .5);
  margin-right: auto;
  margin-left: auto;
}
*, ::after, ::before {                                      _reboot.scss:19
```

What's new in DevTools 139

See all new features

See past highlights from Chrome 138



localhost/CAPSTONE/public/memberships.php

Dimensions: iPhone 14 Pro Max 430 × 932 93% No throttling

Monthly

$49

30 days access

30-day access

- Full battle ground access
- Beast training sessions
- Warrior locker room
- Essential war machines
- Basic nutrition guide

LOGIN TO CLAIM

30-day BEAST GUARANTEE

MOST BRUTAL

Quarterly

```
<!DOCTYPE html>
<html lang="en"> scroll
 <head> … </head>
 <body class="d-flex flex-column min-vh-100 loaded"> flex
   ::before
  <nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: translateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> …
   </nav> flex
  <main class="flex-grow-1">
   <div class="membership-hero" style="opacity: 1; transform: translateY(0px) scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1);"> … </div>
   <div class="container py-5"> == $0
    <div class="row g-4 justify-content-center"> … </div> flex
   </div>
   <!-- Benefits Section -->
   <div class="benefits-section"> … </div>
   <script> … </script>
   <style> … </style>
  </main>
  <footer class="bg-dark text-light py-4"> … </footer>
  <!-- Scripts -->
  <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b
```

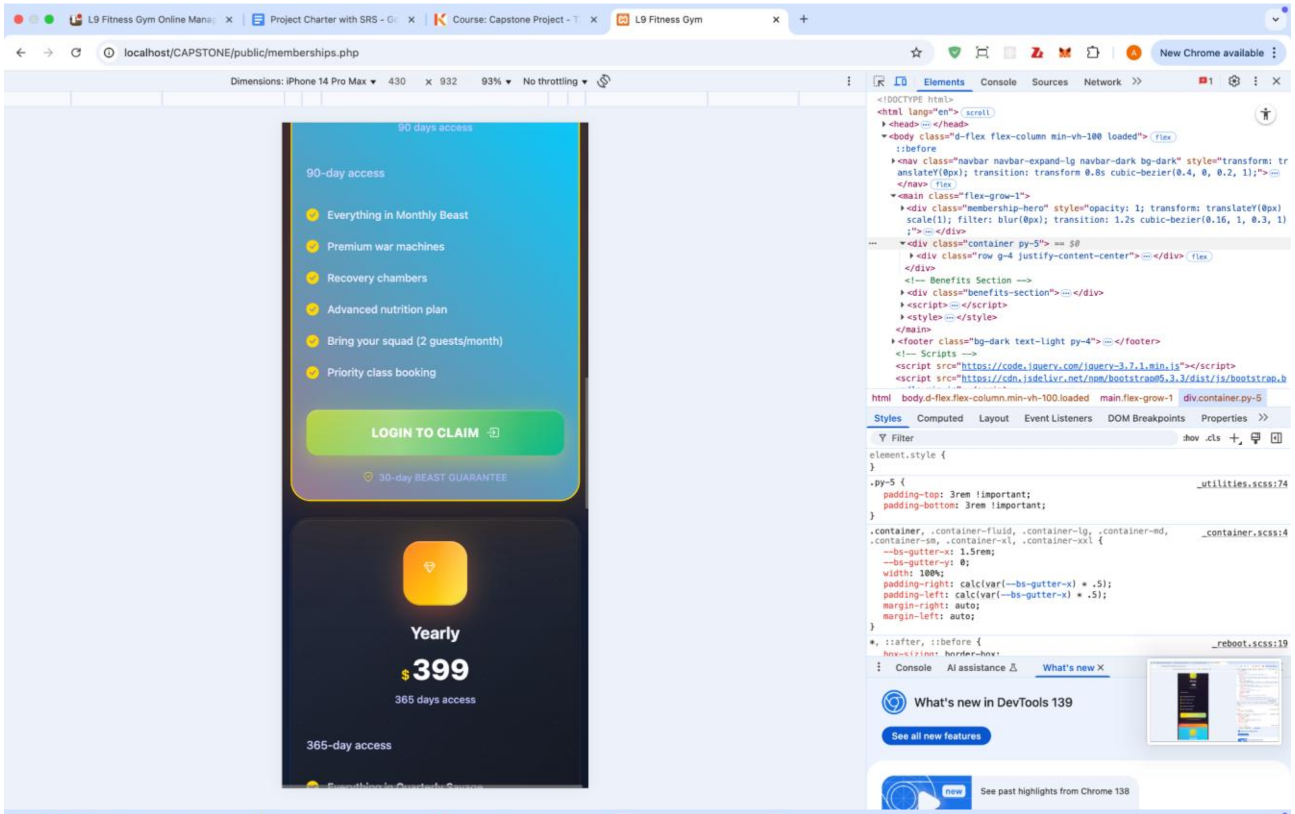
html body.d-flex.flex-column.min-vh-100.loaded main.flex-grow-1 div.container.py-5

```
element.style {
}
.py-5 {                                                   _utilities.scss:74
  padding-top: 3rem !important;
  padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,  _container.scss:4
.container-sm, .container-xl, .container-xxl {
  --bs-gutter-x: 1.5rem;
  --bs-gutter-y: 0;
  width: 100%;
  padding-right: calc(var(--bs-gutter-x) * .5);
  padding-left: calc(var(--bs-gutter-x) * .5);
  margin-right: auto;
  margin-left: auto;
}
*, ::after, ::before {                                      _reboot.scss:19
```

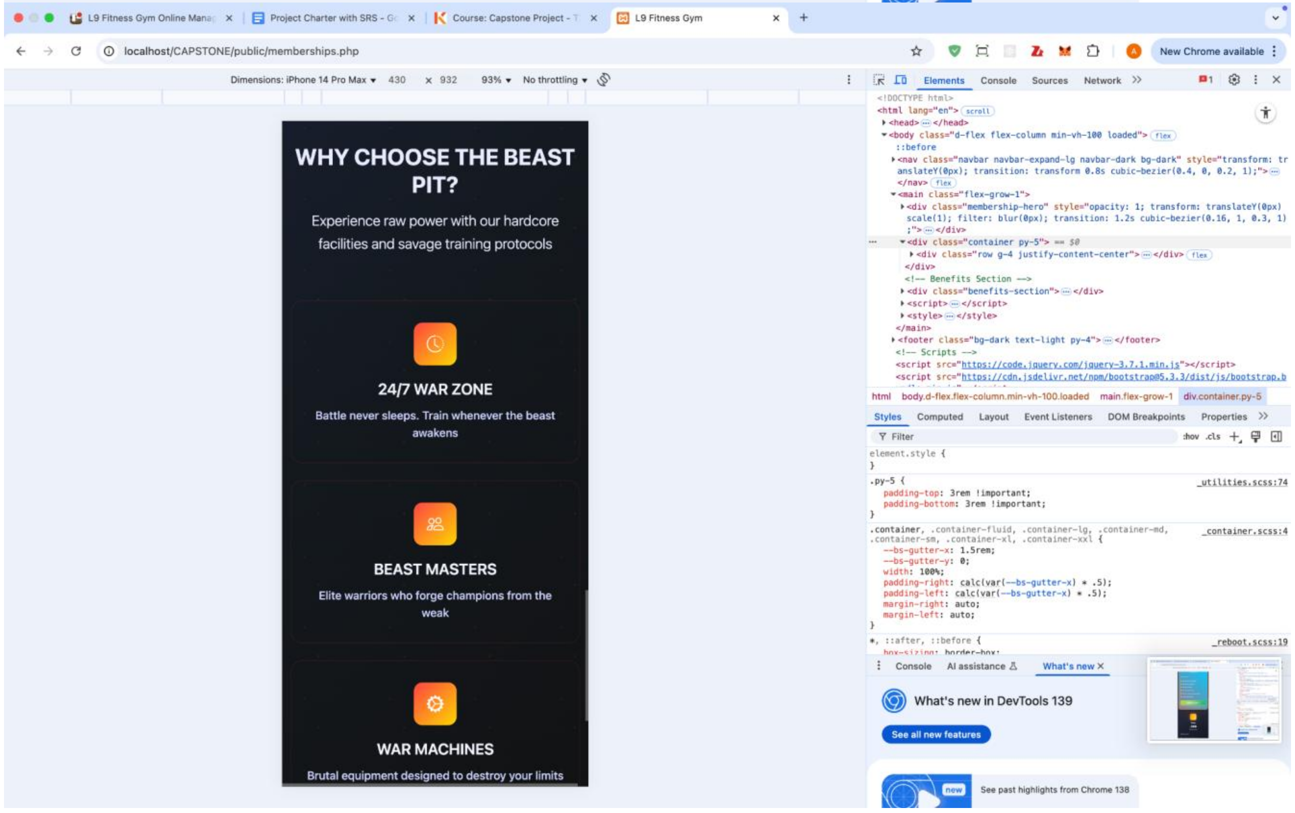
What's new in DevTools 139

See all new features

See past highlights from Chrome 138

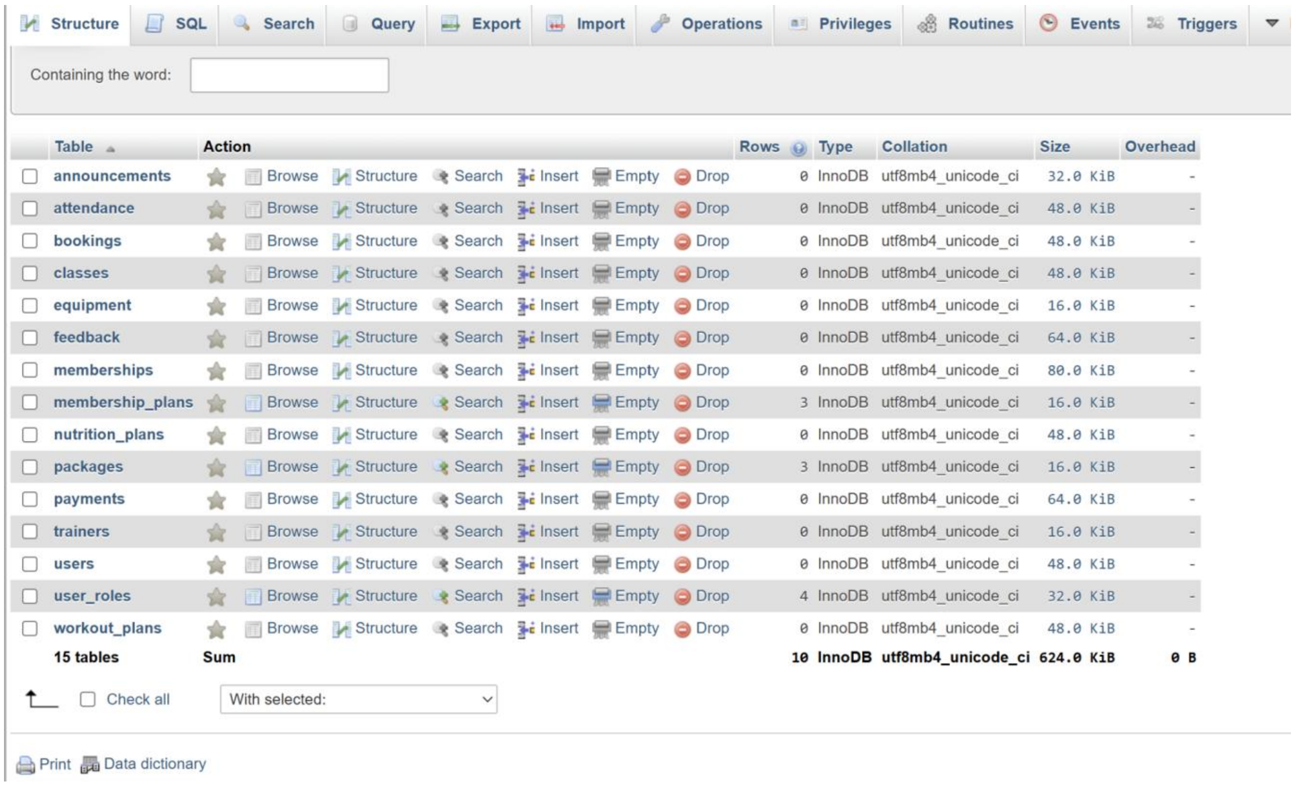


```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
     ▸<div class="membership-hero" style="opacity: 1; transform: translateY(0px)
      scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1)
      ;"> ⋯ </div>
 ⋯   ▾<div class="container py-5"> == $0
       ▸<div class="row g-4 justify-content-center"> ⋯ </div> flex
      </div>
      <!-- Benefits Section -->
     ▸<div class="benefits-section"> ⋯ </div>
     ▸<script> ⋯ </script>
     ▸<style> ⋯ </style>
    </main>
   ▸<footer class="bg-dark text-light py-4"> ⋯ </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b

html  body.d-flex.flex-column.min-vh-100.loaded  main.flex-grow-1  div.container.py-5

element.style {
}
.py-5 {                                                        _utilities.scss:74
   padding-top: 3rem !important;
   padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,    _container.scss:4
.container-sm, .container-xl, .container-xxl {
   --bs-gutter-x: 1.5rem;
   --bs-gutter-y: 0;
   width: 100%;
   padding-right: calc(var(--bs-gutter-x) * .5);
   padding-left: calc(var(--bs-gutter-x) * .5);
   margin-right: auto;
   margin-left: auto;
}
*, ::after, ::before {                                         _reboot.scss:19
   box-sizing: border-box;
```


L9 Fitness Gym Online Manag
Project Charter with SRS - Go
Course: Capstone Project - T
L9 Fitness Gym
localhost/CAPSTONE/public/memberships.php
New Chrome available
Dimensions: iPhone 14 Pro Max ▾ 430 × 932 93% ▾ No throttling ▾
WHY CHOOSE THE BEAST PIT?
Experience raw power with our hardcore facilities and savage training protocols
24/7 WAR ZONE
Battle never sleeps. Train whenever the beast awakens
BEAST MASTERS
Elite warriors who forge champions from the weak
WAR MACHINES
Brutal equipment designed to destroy your limits
Elements
Console
Sources
Network
Styles
Computed
Layout
Event Listeners
DOM Breakpoints
Properties
Filter
:hov .cls
Console
AI assistance
What's new
What's new in DevTools 139
See all new features
See past highlights from Chrome 138

```
<!DOCTYPE html>
<html lang="en"> scroll
 ▸<head> ⋯ </head>
 ▾<body class="d-flex flex-column min-vh-100 loaded"> flex
    ::before
   ▸<nav class="navbar navbar-expand-lg navbar-dark bg-dark" style="transform: tr
    anslateY(0px); transition: transform 0.8s cubic-bezier(0.4, 0, 0.2, 1);"> ⋯
    </nav> flex
   ▾<main class="flex-grow-1">
     ▸<div class="membership-hero" style="opacity: 1; transform: translateY(0px)
      scale(1); filter: blur(0px); transition: 1.2s cubic-bezier(0.16, 1, 0.3, 1)
      ;"> ⋯ </div>
 ⋯   ▾<div class="container py-5"> == $0
       ▸<div class="row g-4 justify-content-center"> ⋯ </div> flex
      </div>
      <!-- Benefits Section -->
     ▸<div class="benefits-section"> ⋯ </div>
     ▸<script> ⋯ </script>
     ▸<style> ⋯ </style>
    </main>
   ▸<footer class="bg-dark text-light py-4"> ⋯ </footer>
    <!-- Scripts -->
    <script src="https://code.jquery.com/jquery-3.7.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.b

html  body.d-flex.flex-column.min-vh-100.loaded  main.flex-grow-1  div.container.py-5

element.style {
}
.py-5 {                                                        _utilities.scss:74
   padding-top: 3rem !important;
   padding-bottom: 3rem !important;
}
.container, .container-fluid, .container-lg, .container-md,    _container.scss:4
.container-sm, .container-xl, .container-xxl {
   --bs-gutter-x: 1.5rem;
   --bs-gutter-y: 0;
   width: 100%;
   padding-right: calc(var(--bs-gutter-x) * .5);
   padding-left: calc(var(--bs-gutter-x) * .5);
   margin-right: auto;
   margin-left: auto;
}
*, ::after, ::before {                                         _reboot.scss:19
   box-sizing: border-box;
```

SQL file.



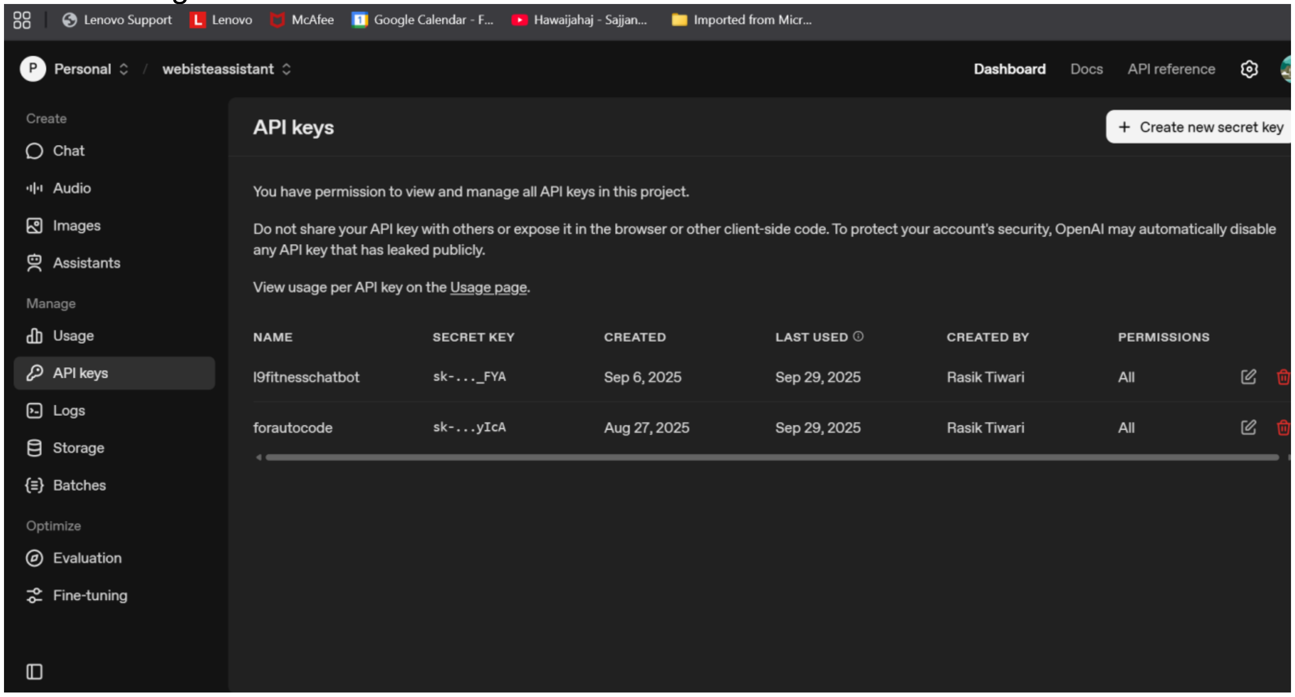
Containing the word:

	Table	Action							Rows	Type	Collation	Size	Overhead
☐	announcements	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	32.0 KiB	-
☐	attendance	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	48.0 KiB	-
☐	bookings	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	48.0 KiB	-
☐	classes	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	48.0 KiB	-
☐	equipment	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
☐	feedback	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	64.0 KiB	-
☐	memberships	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	80.0 KiB	-
☐	membership_plans	★	Browse	Structure	Search	Insert	Empty	Drop	3	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
☐	nutrition_plans	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	48.0 KiB	-
☐	packages	★	Browse	Structure	Search	Insert	Empty	Drop	3	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
☐	payments	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	64.0 KiB	-
☐	trainers	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
☐	users	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	48.0 KiB	-
☐	user_roles	★	Browse	Structure	Search	Insert	Empty	Drop	4	InnoDB	utf8mb4_unicode_ci	32.0 KiB	-
☐	workout_plans	★	Browse	Structure	Search	Insert	Empty	Drop	0	InnoDB	utf8mb4_unicode_ci	48.0 KiB	-
	15 tables	**Sum**							**10**	**InnoDB**	**utf8mb4_unicode_ci**	**624.0 KiB**	**0 B**

☐ Check all   With selected:

Print Data dictionary

AI API configuration.



Personal / webisteassistant

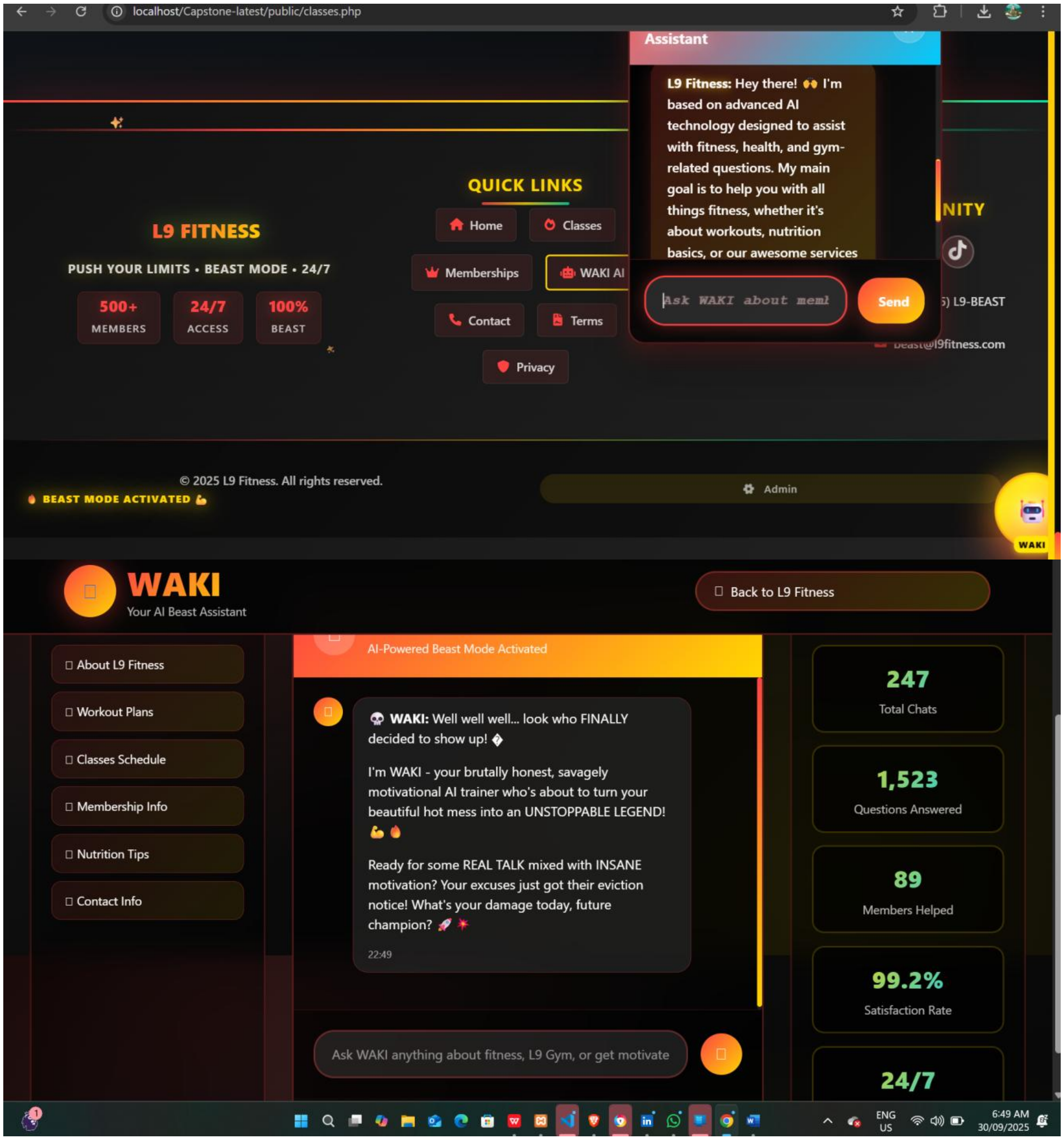
API keys

You have permission to view and manage all API keys in this project.

Do not share your API key with others or expose it in the browser or other client-side code. To protect your account's security, OpenAI may automatically disable any API key that has leaked publicly.

View usage per API key on the Usage page.

NAME	SECRET KEY	CREATED	LAST USED	CREATED BY	PERMISSIONS
l9fitnesschatbot	sk-..._FYA	Sep 6, 2025	Sep 29, 2025	Rasik Tiwari	All
forautocode	sk-...yIcA	Aug 27, 2025	Sep 29, 2025	Rasik Tiwari	All


localhost/Capstone-latest/public/classes.php

Assistant

L9 Fitness: Hey there! 🙌 I'm based on advanced AI technology designed to assist with fitness, health, and gym-related questions. My main goal is to help you with all things fitness, whether it's about workouts, nutrition basics, or our awesome services

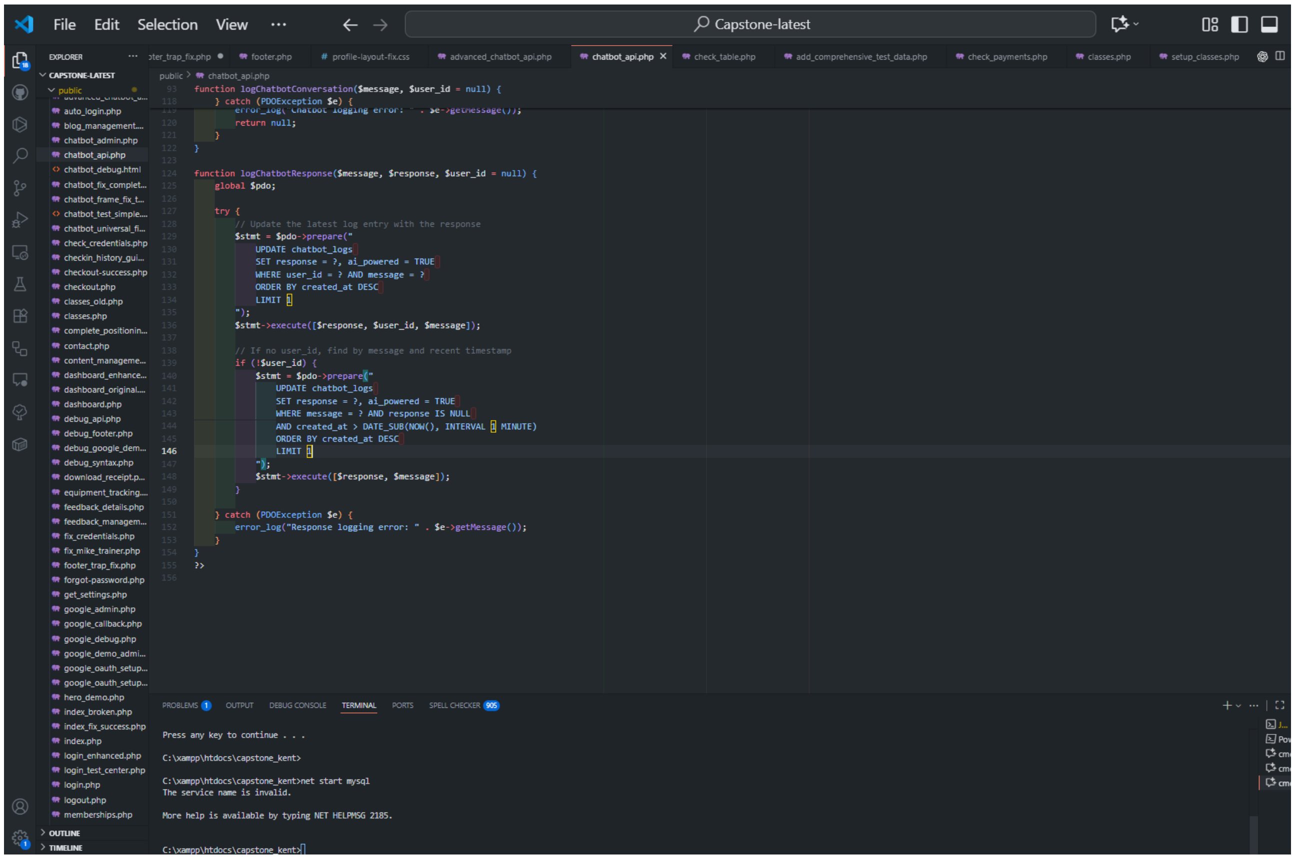
© 2025 L9 Fitness. All rights reserved.

💀 **WAKI:** Well well well... look who FINALLY decided to show up! �

I'm WAKI - your brutally honest, savagely motivational AI trainer who's about to turn your beautiful hot mess into an UNSTOPPABLE LEGEND! 💪🔥

Ready for some REAL TALK mixed with INSANE motivation? Your excuses just got their eviction notice! What's your damage today, future champion? 🚀💥

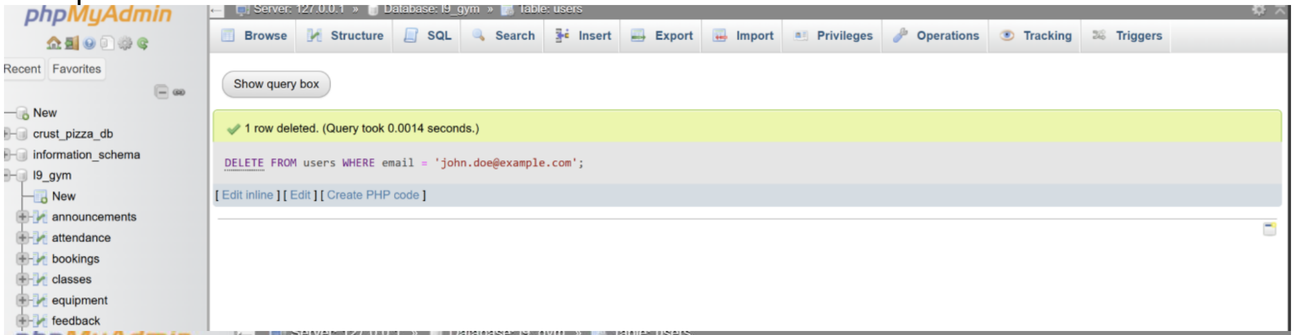
22:49



```php
function logChatbotConversation($message, $user_id = null) {
    } catch (PDOException $e) {
        error_log("Chatbot logging error: " . $e->getMessage());
        return null;
    }
}

function logChatbotResponse($message, $response, $user_id = null) {
    global $pdo;

    try {
        // Update the latest log entry with the response
        $stmt = $pdo->prepare("
            UPDATE chatbot_logs
            SET response = ?, ai_powered = TRUE
            WHERE user_id = ? AND message = ?
            ORDER BY created_at DESC
            LIMIT 1
        ");
        $stmt->execute([$response, $user_id, $message]);

        // If no user_id, find by message and recent timestamp
        if (!$user_id) {
            $stmt = $pdo->prepare("
                UPDATE chatbot_logs
                SET response = ?, ai_powered = TRUE
                WHERE message = ? AND response IS NULL
                AND created_at > DATE_SUB(NOW(), INTERVAL 1 MINUTE)
                ORDER BY created_at DESC
                LIMIT 1
            ");
            $stmt->execute([$response, $message]);
        }

    } catch (PDOException $e) {
        error_log("Response logging error: " . $e->getMessage());
    }
}
?>
```

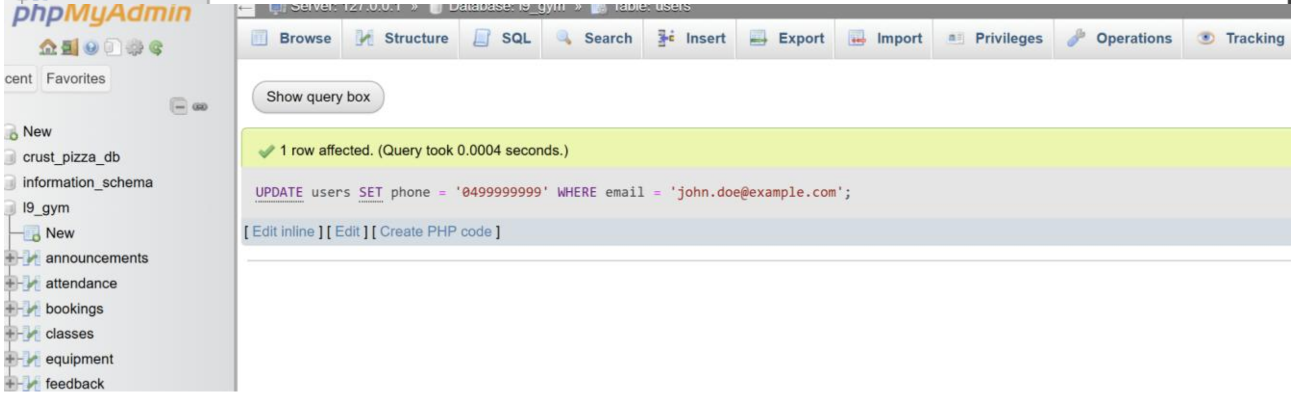
```
Press any key to continue . . .

C:\xampp\htdocs\capstone_kent>

C:\xampp\htdocs\capstone_kent>net start mysql
The service name is invalid.

More help is available by typing NET HELPMSG 2185.


C:\xampp\htdocs\capstone_kent>
```

Test plans and results.



✓ 1 row deleted. (Query took 0.0014 seconds.)

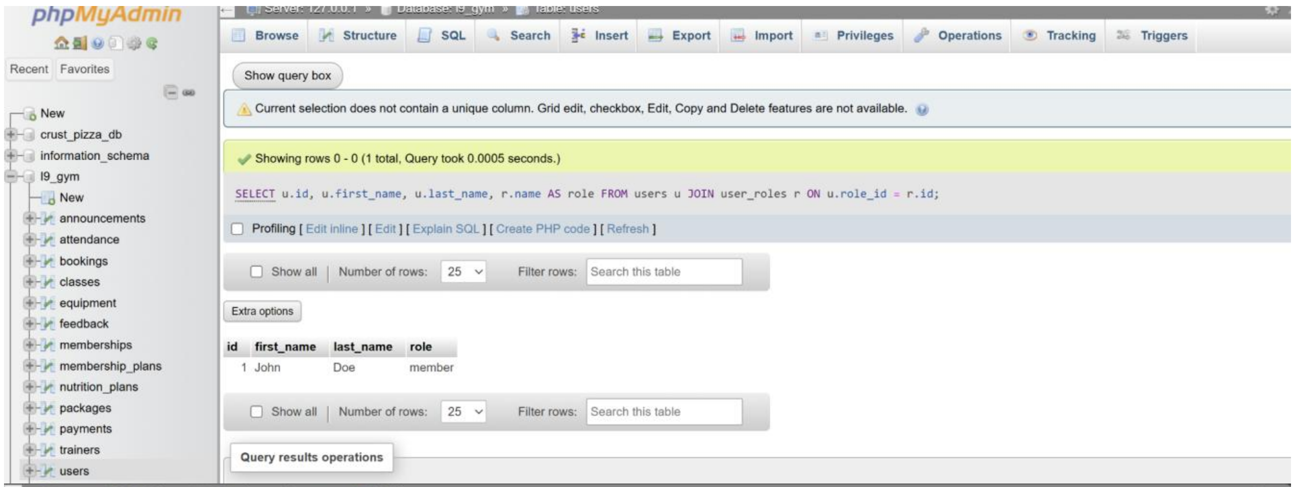
```sql
DELETE FROM users WHERE email = 'john.doe@example.com';
```



✓ 1 row affected. (Query took 0.0004 seconds.)

```sql
UPDATE users SET phone = '0499999999' WHERE email = 'john.doe@example.com';
```

30/09/2025

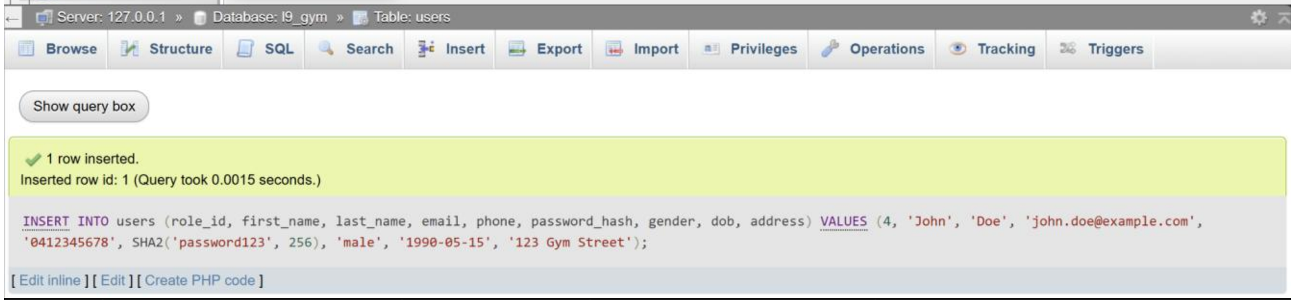

phpMyAdmin
Recent Favorites
New
crust_pizza_db
information_schema
l9_gym
New
announcements
attendance
bookings
classes
equipment
feedback
memberships
membership_plans
nutrition_plans
packages
payments
trainers
users
Server: 127.0.0.1 » Database: l9_gym » Table: users
Browse Structure SQL Search Insert Export Import Privileges Operations Tracking Triggers
Show query box
Profiling [Edit inline] [Edit] [Explain SQL] [Create PHP code] [Refresh]
Show all | Number of rows: 25 Filter rows: Search this table
Extra options
Query results operations

⚠ Current selection does not contain a unique column. Grid edit, checkbox, Edit, Copy and Delete features are not available.

✓ Showing rows 0 - 0 (1 total, Query took 0.0005 seconds.)

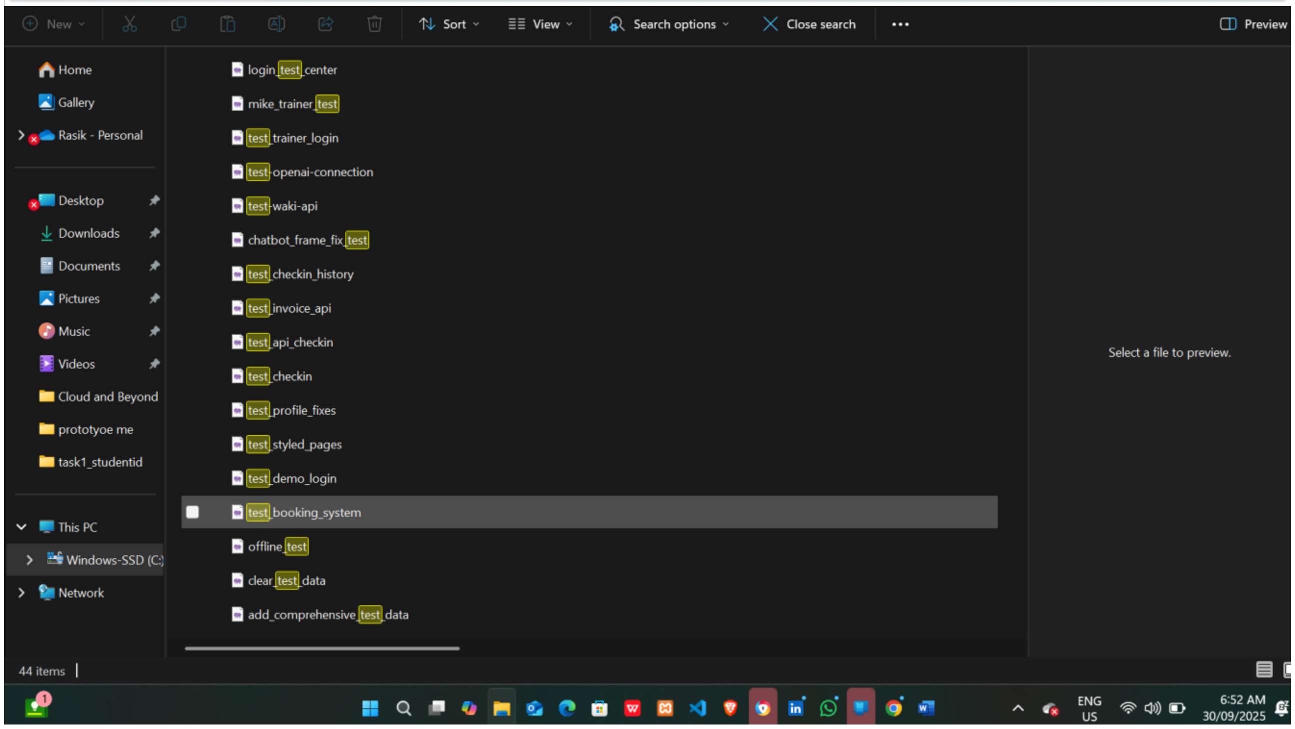
```
SELECT u.id, u.first_name, u.last_name, r.name AS role FROM users u JOIN user_roles r ON u.role_id = r.id;
```

id	first_name	last_name	role
1	John	Doe	member

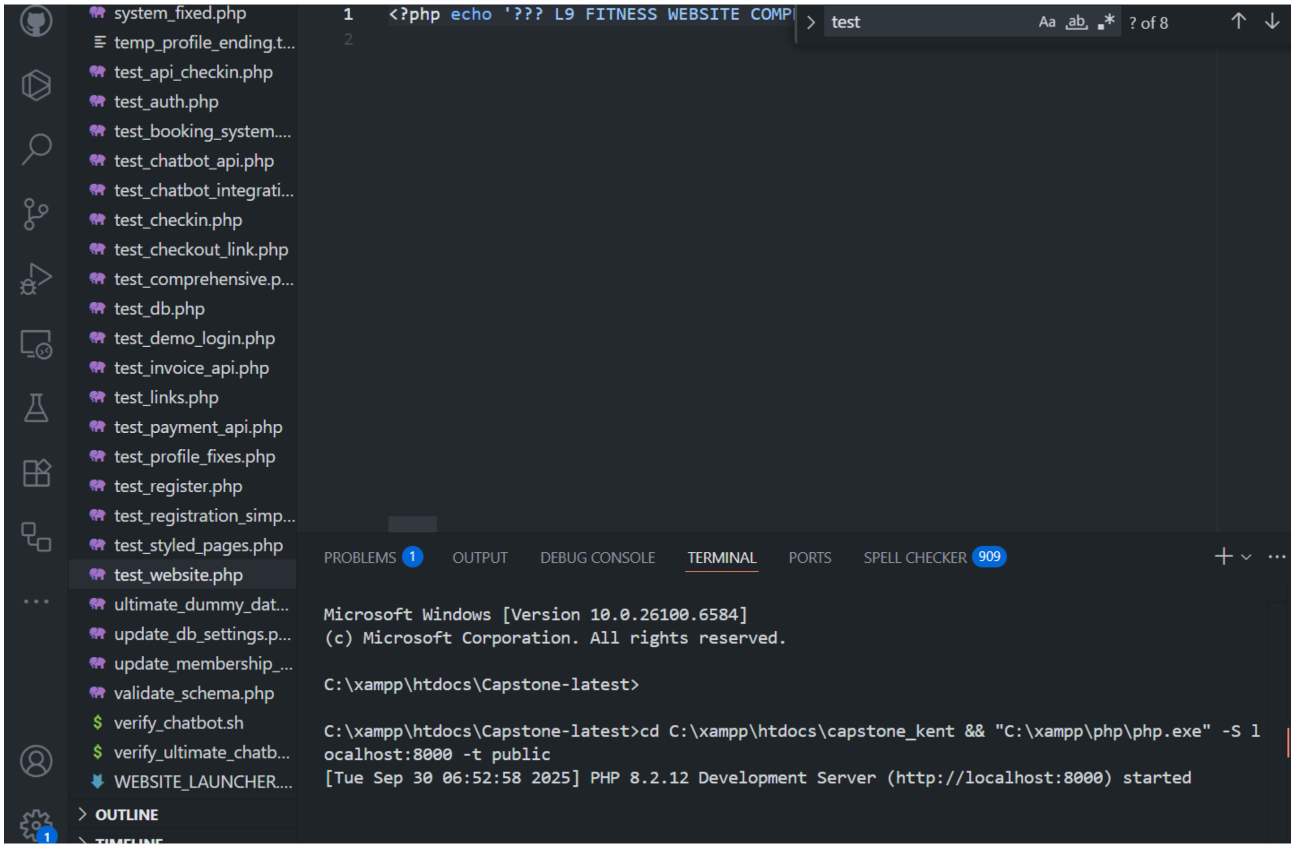

Server: 127.0.0.1 » Database: l9_gym » Table: users
Browse Structure SQL Search Insert Export Import Privileges Operations Tracking Triggers
Show query box
[Edit inline] [Edit] [Create PHP code]

✓ 1 row inserted.
Inserted row id: 1 (Query took 0.0015 seconds.)

```
INSERT INTO users (role_id, first_name, last_name, email, phone, password_hash, gender, dob, address) VALUES (4, 'John', 'Doe', 'john.doe@example.com',
'0412345678', SHA2('password123', 256), 'male', '1990-05-15', '123 Gym Street');
```

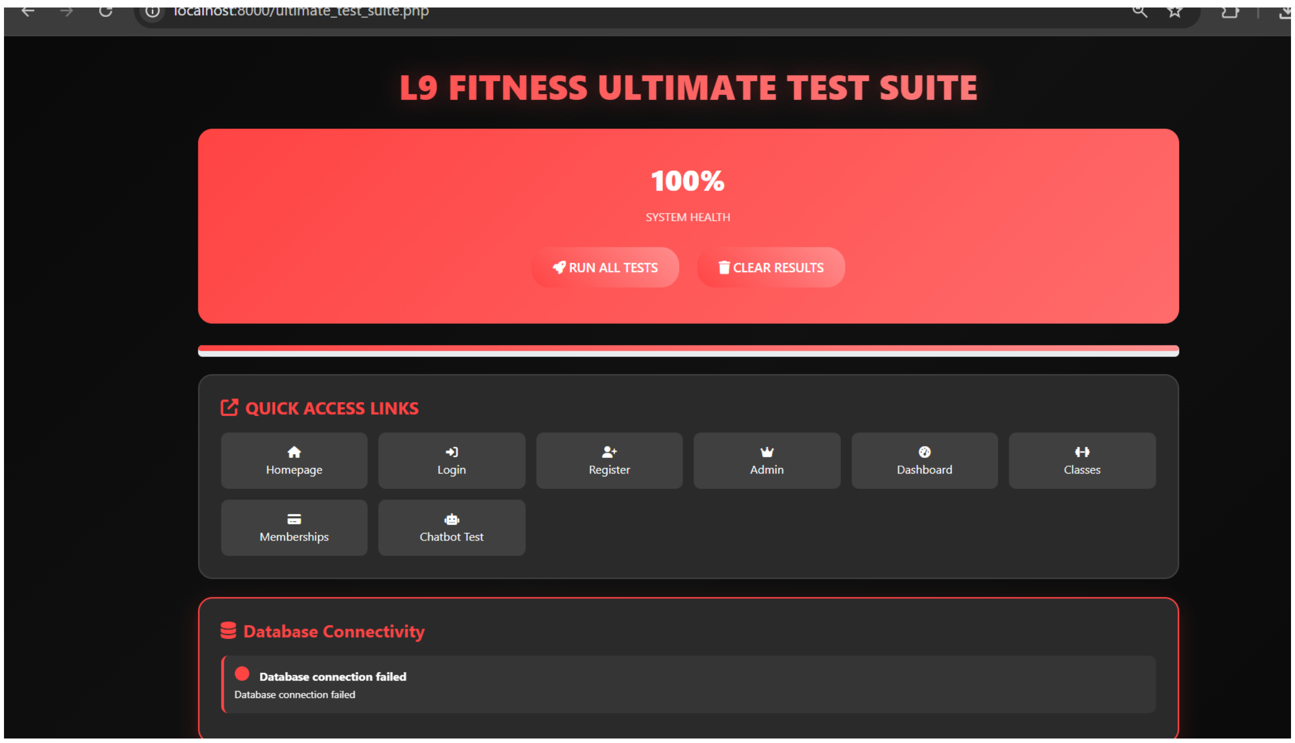


login_test_center
mike_trainer_test
test_trainer_login
test-openai-connection
test-waki-api
chatbot_frame_fix_test
test_checkin_history
test_invoice_api
test_api_checkin
test_checkin
test_profile_fixes
test_styled_pages
test_demo_login
test_booking_system
offline_test
clear_test_data
add_comprehensive_test_data



```
<?php echo '??? L9 FITNESS WEBSITE COMP
```

```
Microsoft Windows [Version 10.0.26100.6584]
(c) Microsoft Corporation. All rights reserved.

C:\xampp\htdocs\Capstone-latest>

C:\xampp\htdocs\Capstone-latest>cd C:\xampp\htdocs\capstone_kent && "C:\xampp\php\php.exe" -S l
ocalhost:8000 -t public
[Tue Sep 30 06:52:58 2025] PHP 8.2.12 Development Server (http://localhost:8000) started
```

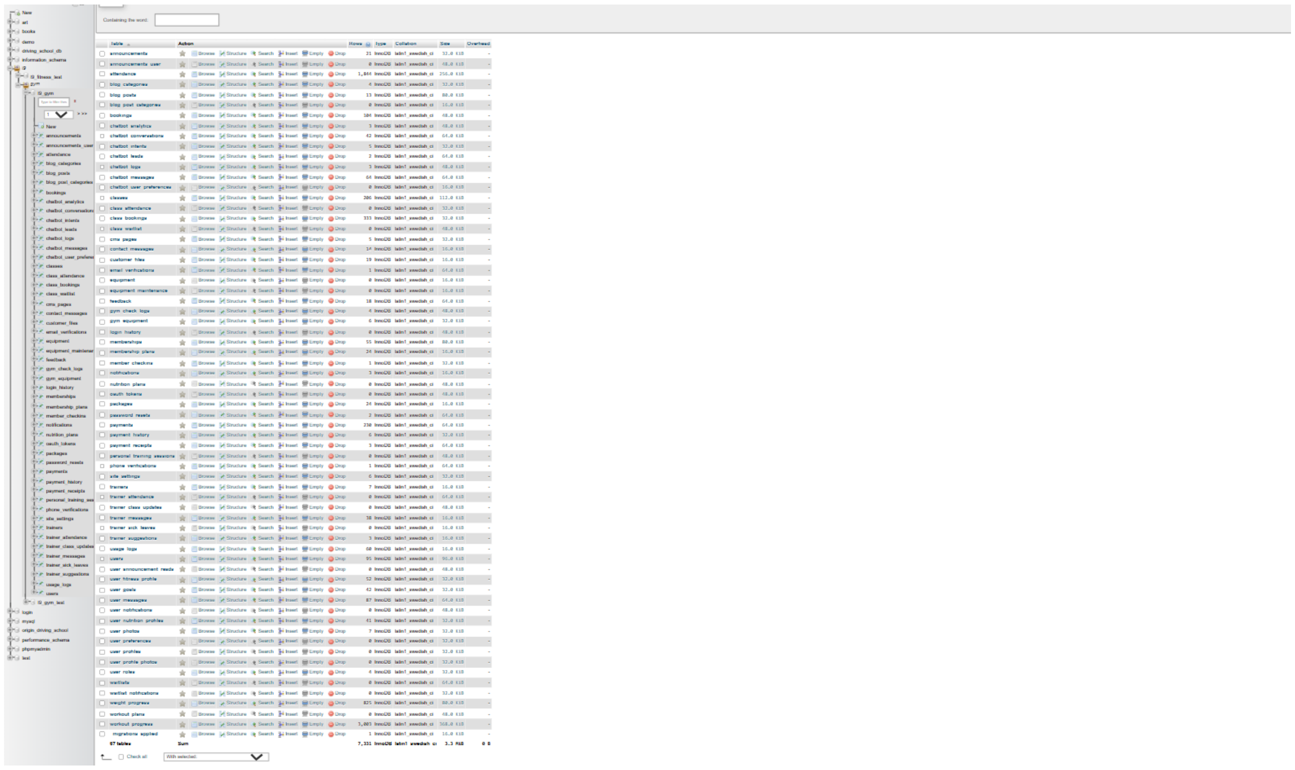


L9 FITNESS ULTIMATE TEST SUITE

100%
SYSTEM HEALTH

Database Connectivity

Database connection failed
Database connection failed



- New
- ari
- books
- demo
- driving_school_db
- information_schema
- fl
  - fl_fitness_test
  - gym
    - fl_gym
      - New
      - announcements
      - announcements_user
      - attendance
      - blog_categories
      - blog_posts
      - blog_post_categories
      - bookings
      - chatbot_analytics
      - chatbot_conversations
      - chatbot_intents
      - chatbot_leads
      - chatbot_logs
      - chatbot_messages
      - chatbot_user_prefere
      - classes
      - class_attendance
      - class_bookings
      - class_waitlist
      - cms_pages
      - contact_messages
      - customer_files
      - email_verifications
      - equipment
      - equipment_maintenar
      - feedback
      - gym_check_logs
      - gym_equipment
      - login_history
      - memberships
      - membership_plans
      - member_checkins
      - notifications
      - nutrition_plans
      - oauth_tokens
      - packages
      - password_resets
      - payments
      - payment_history
      - payment_receipts
      - personal_training_ses
      - phone_verifications
      - site_settings
      - trainers
      - trainer_attendance
      - trainer_class_updates
      - trainer_messages
      - trainer_sick_leaves
      - trainer_suggestions
      - usage_logs
      - users
    - fl_gym_test
- login
- mysql
- origin_driving_school
- performance_schema
- phpmyadmin
- test

Containing the word:

Table	Action	Rows	Type	Collation	Size	Overhead
announcements	Browse Structure Search Insert Empty Drop	21	InnoDB	latin1_swedish_ci	32.0 KiB	-
announcements_user	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
attendance	Browse Structure Search Insert Empty Drop	1,844	InnoDB	latin1_swedish_ci	256.0 KiB	-
blog_categories	Browse Structure Search Insert Empty Drop	4	InnoDB	latin1_swedish_ci	32.0 KiB	-
blog_posts	Browse Structure Search Insert Empty Drop	13	InnoDB	latin1_swedish_ci	80.0 KiB	-
blog_post_categories	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	16.0 KiB	-
bookings	Browse Structure Search Insert Empty Drop	104	InnoDB	latin1_swedish_ci	48.0 KiB	-
chatbot_analytics	Browse Structure Search Insert Empty Drop	3	InnoDB	latin1_swedish_ci	48.0 KiB	-
chatbot_conversations	Browse Structure Search Insert Empty Drop	42	InnoDB	latin1_swedish_ci	64.0 KiB	-
chatbot_intents	Browse Structure Search Insert Empty Drop	5	InnoDB	latin1_swedish_ci	32.0 KiB	-
chatbot_leads	Browse Structure Search Insert Empty Drop	2	InnoDB	latin1_swedish_ci	64.0 KiB	-
chatbot_logs	Browse Structure Search Insert Empty Drop	3	InnoDB	latin1_swedish_ci	48.0 KiB	-
chatbot_messages	Browse Structure Search Insert Empty Drop	64	InnoDB	latin1_swedish_ci	64.0 KiB	-
chatbot_user_preferences	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	16.0 KiB	-
classes	Browse Structure Search Insert Empty Drop	206	InnoDB	latin1_swedish_ci	112.0 KiB	-
class_attendance	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	32.0 KiB	-
class_bookings	Browse Structure Search Insert Empty Drop	333	InnoDB	latin1_swedish_ci	32.0 KiB	-
class_waitlist	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
cms_pages	Browse Structure Search Insert Empty Drop	5	InnoDB	latin1_swedish_ci	32.0 KiB	-
contact_messages	Browse Structure Search Insert Empty Drop	14	InnoDB	latin1_swedish_ci	16.0 KiB	-
customer_files	Browse Structure Search Insert Empty Drop	19	InnoDB	latin1_swedish_ci	16.0 KiB	-
email_verifications	Browse Structure Search Insert Empty Drop	1	InnoDB	latin1_swedish_ci	64.0 KiB	-
equipment	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	16.0 KiB	-
equipment_maintenance	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	16.0 KiB	-
feedback	Browse Structure Search Insert Empty Drop	18	InnoDB	latin1_swedish_ci	64.0 KiB	-
gym_check_logs	Browse Structure Search Insert Empty Drop	4	InnoDB	latin1_swedish_ci	48.0 KiB	-
gym_equipment	Browse Structure Search Insert Empty Drop	6	InnoDB	latin1_swedish_ci	32.0 KiB	-
login_history	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
memberships	Browse Structure Search Insert Empty Drop	55	InnoDB	latin1_swedish_ci	80.0 KiB	-
membership_plans	Browse Structure Search Insert Empty Drop	24	InnoDB	latin1_swedish_ci	16.0 KiB	-
member_checkins	Browse Structure Search Insert Empty Drop	1	InnoDB	latin1_swedish_ci	32.0 KiB	-
notifications	Browse Structure Search Insert Empty Drop	3	InnoDB	latin1_swedish_ci	16.0 KiB	-
nutrition_plans	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
oauth_tokens	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
packages	Browse Structure Search Insert Empty Drop	24	InnoDB	latin1_swedish_ci	16.0 KiB	-
password_resets	Browse Structure Search Insert Empty Drop	2	InnoDB	latin1_swedish_ci	64.0 KiB	-
payments	Browse Structure Search Insert Empty Drop	230	InnoDB	latin1_swedish_ci	64.0 KiB	-
payment_history	Browse Structure Search Insert Empty Drop	6	InnoDB	latin1_swedish_ci	32.0 KiB	-
payment_receipts	Browse Structure Search Insert Empty Drop	3	InnoDB	latin1_swedish_ci	64.0 KiB	-
personal_training_sessions	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
phone_verifications	Browse Structure Search Insert Empty Drop	1	InnoDB	latin1_swedish_ci	64.0 KiB	-
site_settings	Browse Structure Search Insert Empty Drop	6	InnoDB	latin1_swedish_ci	32.0 KiB	-
trainers	Browse Structure Search Insert Empty Drop	7	InnoDB	latin1_swedish_ci	16.0 KiB	-
trainer_attendance	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	64.0 KiB	-
trainer_class_updates	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
trainer_messages	Browse Structure Search Insert Empty Drop	38	InnoDB	latin1_swedish_ci	16.0 KiB	-
trainer_sick_leaves	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	16.0 KiB	-
trainer_suggestions	Browse Structure Search Insert Empty Drop	3	InnoDB	latin1_swedish_ci	16.0 KiB	-
usage_logs	Browse Structure Search Insert Empty Drop	60	InnoDB	latin1_swedish_ci	16.0 KiB	-
users	Browse Structure Search Insert Empty Drop	95	InnoDB	latin1_swedish_ci	96.0 KiB	-
user_announcement_reads	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
user_fitness_profile	Browse Structure Search Insert Empty Drop	52	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_goals	Browse Structure Search Insert Empty Drop	42	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_messages	Browse Structure Search Insert Empty Drop	87	InnoDB	latin1_swedish_ci	64.0 KiB	-
user_notifications	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
user_nutrition_profiles	Browse Structure Search Insert Empty Drop	41	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_photos	Browse Structure Search Insert Empty Drop	7	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_preferences	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_profiles	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_profile_photos	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	32.0 KiB	-
user_roles	Browse Structure Search Insert Empty Drop	4	InnoDB	latin1_swedish_ci	32.0 KiB	-
waitlists	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	64.0 KiB	-
waitlist_notifications	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	32.0 KiB	-
weight_progress	Browse Structure Search Insert Empty Drop	825	InnoDB	latin1_swedish_ci	80.0 KiB	-
workout_plans	Browse Structure Search Insert Empty Drop	0	InnoDB	latin1_swedish_ci	48.0 KiB	-
workout_progress	Browse Structure Search Insert Empty Drop	3,003	InnoDB	latin1_swedish_ci	368.0 KiB	-
_migrations_applied	Browse Structure Search Insert Empty Drop	1	InnoDB	latin1_swedish_ci	16.0 KiB	-
67 tables	Sum	7,331	InnoDB	latin1_swedish_ci	3.3 MiB	0 B

Check all   With selected:

Fig: Sql structure