PROJECT REPORT
(Project Term Jan - April 2022)

Gold's Gym Website

Submitted by

Ashutosh Abhineet   **Registration Number: - 12110725**
Amarjot Singh   **Registration Number: -12113552**

Project Group Number: - 1

Course Code CSE326: Internet Programming Laboratory

Under the Guidance of
Mr. Dipen Saini
(Assistant Professor Lovely Professional University)

School of Computer Science and Engineering

DECLARATION

We hereby declare that the project work entitled **Gold's Gym website** is an authentic record of our own work carried out as requirements of Capstone Project for the award of B.Tech degree in Computer Science and Engineering from Lovely Professional University, Phagwara, under the guidance of **Mr. Dipen Saini** during Jan to April 2022. All the information furnished in this capstone project report is based on our own intensive work and is genuine.

Project Group Number: **1**

Name of Student 1: **Ashutosh Abhineet**
Registration Number: **12110725**

Name of Student 2: **Amarjot Singh**
Registration Number: **12113552**

Ashutosh Abhineet
Date: 16.04.2022

Amarjot Singh
Date: 16.04.2022

ACKNOWLEDGMENT

We would like to express our special thanks of gratitude to my teacher **Mr. Dipen Saini,** who gave me the golden opportunity to do this wonderful project of Internet Programming on "Gold's Gym Website", Who also helped us in completing our project. We came to know about so many new things We are really thankful to them. Secondly, we would also like to thanks our parents and friends who helped us a lot in finalizing this project within the limited time frame.

<div align="right">

Ashutosh Abhineet

12110725

Amarjot Singh

12113552

</div>

CONTENTS

CHAPTER 1

INTRODUCTION

1.1 GOLD'S GYM

Gold's Gym International, Inc. is an American chain of international co-ed fitness centres (commonly referred to as gyms) originally started by Joe Gold in Venice Beach, California. Each gym offers a variety of cardio and strength training equipment as well as group exercise programs. Its headquarters have since relocated to Dallas.

1.2 CORPORATE INFORMATION

Gold's Gym is privately owned. It was acquired from its previous owner, private equity firm Brockway Moran & Partners, by Robert Rowling's TRT Holdings in 2004 for approximately $158 million. Brockway Moran had acquired the company in 1999for more than $50 million. Corporate headquarters are in the Dallas metropolitan area.

Since Gold's Gym opened its first international location in Canada in 1985, the company has expanded its global franchising program to include nearly 180 international gyms including operations in Russia, India, Australia, Costa Rica, Japan, the United Kingdom, Netherlands, Germany, Egypt, Saudi Arabia, Mexico, Peru, Indonesia, Spain, Poland, Venezuela, Mongolia and the Philippines.

There were 58 new Gold's Gym locations developed across the world in 2016. In 2017, the company opened its first location in Amman, Jordan.

1.3 CURRENT OPERATON

In 2017, Gold's Gym launched GOLD'S AMP, a fitness app that is meant to serve as a digital personal trainer for people to use anytime and anywhere. It includes numerous customization workout options led by Gold's Gym coaches and thousands of music mixes.

In July 2020, new parent company RSG Group reported that Gold's Gym had 61 company-owned gyms and over 600 franchise-owned gyms.

1.4 CORPORATE SALES AND WELLNESS PROGRAM

Gold's Gym operates a national corporate wellness program which has over 3000 company partners including Home Depot, Bank of America, Whataburger, and Union Pacific. The

corporate sales and wellness program offers custom health and fitness plans for employees nationwide including memberships, nutrition, and wellness programs.

Gold's is one of two official health clubs of the AARP, where it offers month-to-month memberships, and is the official health club of the Blue Cross and Blue Shield Association. Gold's has begun offering online enrolment.

CHAPTER 2

ABOUT PROJECT

2.1 PROBLEM STATEMENT

With the increasing number of branches of Gold's Gym, it has become a necessity for the owner of Gold's Gym to advertise their gym through a website, from a platform by which they can reach to a greater number of people and showcase their facilities to a greater number of people.

2.2 WEB PAGE

A webpage is a document written in HTML and can be viewed on any web browser. It is contained within the web server, which can be accessed by entering the URL for that web page, and once it is loaded, it appears on the user's web browser. Each webpage is linked with a unique URL; hence two pages cannot have the same URL

A webpage may contain text, links for other pages, graphics, videos, etc. Moreover, it is mainly used to provide information to the user in text, images, etc.

A webpage is a part of a website; it means a website contains different web pages. Such as javaTpoint.com is a website, and the page currently you are accessing is the webpage. It can be understood as an example of a book. So, a website is like a complete book, and a webpage is like a page of that book.

2.3 BASIC TERM USED

2.3.1 WEBISTE

A website is a collection of several web pages. These pages are linked together with hyperlinks. A website has a unique domain name, and we can access it by entering that domain name in the URL.

2.3.3 SEARCH ENGINE

A search engine is an internet service that helps users find any information available on the internet. Some examples of search engines are Google, Yahoo, Bing, It is usually accessed with the help of Web browser.

2.3.3 WEB BROWSER

A web browser or simply browser is application software used to access the internet. Some examples of Web browsers are Google Chrome, Microsoft Internet Explorer, Safari, etc. It does two things:

It connects to a web server on the internet and requests a page that the user wants to view; once it finds that page, it displays it on its device.

It can interpret the set of HTML tags within a page to display the page in the correct format.

2.3.4 WEBSERVER

A web server can be understood as a computer that hosts or provide a website on the internet. It contains webserver software and component files of a website such as HTML document, images, CSS stylesheet, and JS files.

2.4 BASIC KNOWLEDGE REQUIRED

For the creation of this type of website we basically required knowledge of three things: -

2.4.1 HTML

HTML stands for Hyper Text Markup Language. It is used to design web pages using a markup language. HTML is the combination of Hypertext and Markup language. Hypertext defines the link between the web pages. A markup language is used to define the text document within tag which defines the structure of web pages. This language is used to annotate (make notes for the computer) text so that a machine can understand it and manipulate text accordingly. Most markup languages (e.g., HTML) are human-readable. The language uses tags to define what manipulation has to be done on the text.

2.4.2 CSS

Cascading Style Sheets, fondly referred to as CSS, is a simple design language intended to simplify the process of making web pages presentable.

CSS handles the look and feel part of a web page. Using CSS, you can control the colour of the text, the style of fonts, the spacing between paragraphs, how columns are sized and laid out, what background images or colours are used, layout designs, variations in display for different devices and screen sizes as well as a variety of other effects.

CSS is easy to learn and understand but it provides powerful control over the presentation of an HTML document. Most commonly, CSS is combined with the markup languages HTML or XHTML.

2.4.3 JAVASCRIPT

JavaScript is a dynamic computer programming language. It is lightweight and most commonly used as a part of web pages, whose implementations allow client-side script to interact with the user and make dynamic pages. It is an interpreted programming language with object-oriented capabilities.

JavaScript was first known as LiveScript, but Netscape changed its name to JavaScript, possibly because of the excitement being generated by Java. JavaScript made its first appearance in Netscape 2.0 in 1995 with the name LiveScript. The general-purpose core of the language has been embedded in Netscape, Internet Explorer, and another web browser

2.5 OBJECTIVE OF THE PROJECT

The main objective of our Project is the create a business website (only frontend) for Gold's Gym. A website in which the Gold's Gym can showcase its facilities to the people all across the world. In this website we are highlighting the main features of the Gym through some pictures and further the Plans offers by the gym. Basically, this website advertises the Gym and helps the Gold's gym to reach a greater number of people.

CHAPTER 3

DESIGN

3.1 A SHORT BRIEF

The website is divided into mainly three sections Home, Plans and Contact us. Further it also links with another web page of About us. In the Home section we have shown the facilities available in the gym with some photos. In the Plans section we have shown the Subscription plans available in the Gym. In the Contact us section, we have provided various platform to reach the gym. In last in the About us page we have provided a detailed information about the history and present of the Gold's Gym.

3.2 PARTS OF THE WEBISTE

3.2.1 NAVIGATOIN BAR

We have provided a navigation bar at the top of the website which remain fixed at the top all though the website. The user can navigate through various parts of the webpage using this navigation Bar. We have also placed the logo of the Gold's gym at the left corner of the Navigation bar. Figure 1 shows the Navigation bar.

Figure 1: Navigation Bar

3.2.2 HOME

In the home section we have created an Image gallery in a slider type container which changes the picture when the next or previous button is clicked. We have further added a heading with a caption for the title of the Gym. Figure 2 depicts the home page.
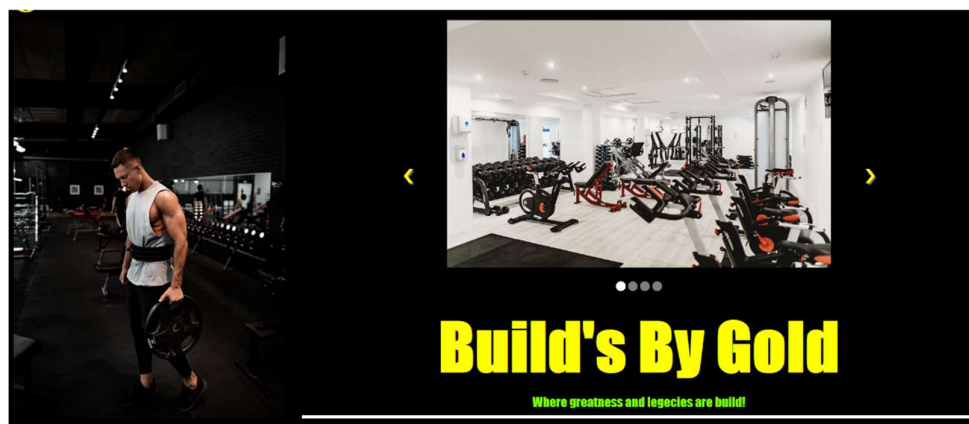

Figure 2: Home

3.2.3 PLANS

Plans section is divided into three blocks. First block is the selection block which is used to select different type of plans. Second block is the detail block which displays the detail of the plans selected by the user. And the third block, the fixed block which shows one of the offers of the gym. Figure 3 shows the Plans section.

Figure 3: Plans Section

3.2.4 CONTACT US

In the contact us section, we have added an option to share your email id so that the owners can directly contact the person whose is trying to reach for them. Further we have added some of the social media handle with them so that they can be in touch with the gym for the upcoming events and plans which are going to happens in the gym. In the contact us section, we have also given an option to download the Gold's Gym website from Play Store or App Store. Figure 4 shows the Contact us section.
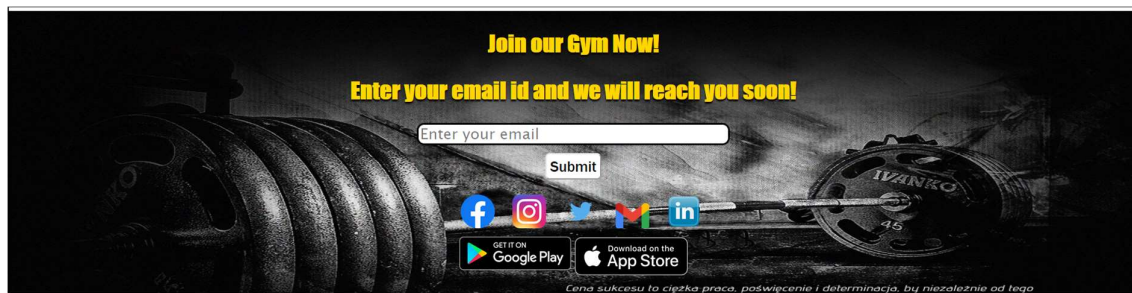
Figure 4: Contact us Section

3.2.5 ABOUT US

In the about us page first we have placed an option in the top to return back to the home page. Then we have placed the Gym logo and its title as a heading followed by the detail and history of the Gold's Gym, and at the last we have provided the social medial links in addition with the link to download the Gold's Gym app. Figure 5 represents the About us page.

7

Gold's gym!
Where greatness and legecies are build!

What do we do?

Gold's Gym has been the authority in fitness since 1965 dating back to the original Gold's Gym in Venice, California. It was the place for serious fitness. Opened long before the modern-day health club existed, the original Gold's Gym featured homemade equipment and a dedication to getting results. It was an instant hit. Gold's Gym quickly became known as "The

Why Choose us!

Known for the unrivaled success of providing state-of-the-art equipment and fitness knowledge with a globally proven fitness training module and with certified trainers and nutritional counseling we have had a comprehensive approach to the overall health and wellbeing of the members. At Gold's Gym, it's not only about working out but having a

Figure 5: A part of About us Page

CHAPTER 4

SOURCE CODE

4.1 NAVIGATION BAR

4.1.1 HTML

```html
<header id="header">
    <div id="Gym-logo">
        <img id="logo" alt="Gold's Gym Logo" src="logo.png">
    </div>
    <nav id="nav-bar">
        <ul>
            <li><a href="#home">Home</a></li>
            <li><a href="#plans">Plans</a></li>
            <li><a href="#contacts">Contact us</a></li>
            <li><a href="about_us.html">About us</a></li>
        </ul>
    </nav>
</header>
```

4.1.2 CSS

```css
#header{
    background-color: black;
    position: fixed;
    width: 100%;
    top:0;
    left: 0;
}
#nav-bar{
    font-weight: 500;
    font-size: 20px;
    font-family:'Lobster';
}
#nav-bar>ul{
    display: flex;
    flex-direction: row;
    width: 100%;
    list-style: none;
}
#nav-bar>ul>li>a{
    text-decoration: none;
    color: white;
}
#nav-bar>ul>li{
    padding-right:20px;
    padding-left: 20px;
}
```

4.2 HOME

4.2.1 IMAGE GALLERY

4.2.1.1 HTML

```html
<div class="image-gallery">
        <div class="images fade">
            <img src="GymPhoto1.avif"
                style="width: 100%">
        </div>
        <div class="images fade">
            <img src="GymPhoto2.jpg"
                style="width:100%">
        </div>
        <div class="images fade">
            <img src="GymPhoto3.jpg"
                style="width:100%">
        </div>
        <div class="images fade">
            <img src="GymPhoto4.jpg"
                style="width: 100%;">
        </div>
        <a class="prev" onclick="plusSlides(-1)">&#10094;</a>
        <a class="next" onclick="plusSlides(1)">&#10095;</a>
    </div>
    <br>
    <div style="text-align:center">
        <span class="dot" onclick="currentSlide(1)"></span>
        <span class="dot" onclick="currentSlide(2)"></span>
        <span class="dot" onclick="currentSlide(3)"></span>
        <span class="dot" onclick="currentSlide(4)"></span>
    </div>
```

4.2.1.2 CSS

```css
.image-gallery{
    width:100%;
    margin-top: 50px;
    margin-left:0px;
    margin-right: 0px;
}
.images{
    display: none;
    width:100%;
    border-radius: 150px 150px 150px 150px;
    object-fit:cover;
}
.images img{
    height:400px;
    border-radius: 150px 150px 150px 150px;
```

```css
        object-fit:contain;
        padding: 0;
}
.prev, .next{
        cursor: pointer;
        position: absolute;
        top:40%;
        width:auto;
        margin-top:-22px;
        padding: 16px ;
        color:yellow;
        text-shadow: 2px 2px 2px grey;
        font-weight: bold;
        font-size:30px;
        transition: 0.6s ease;
        border-radius: 0 3px 3px 0;
        user-select: none;

}
.prev{
        left:600px
}
.next{
        right:150px;
        border-radius: 3px 0 0 3px;
}
.prev:hover, .next:hover{
        background-color: grey;
}
.dot{
        cursor: pointer;
        height: 15px;
        width: 15px;
        margin: 0;
        background-color: grey;
        border-radius: 50%;
        display: inline-block;
        transition: background-color 0.6s ease;
}
.active, .dot:hover{
        background-color: white;
}
.fade{
        -webkit-animation-name: fade;
        -webkit-animation-duration: 1.5s;
        animation-name: fade;
        animation-duration: 1.5s;
}
@-webkit-keyframes fade {
        from {opacity: .4}
        to {opacity: 1}
```

```
  }

  @keyframes fade {
    from {opacity: .4}
    to {opacity: 1}
  }
```

4.2.1.3 JAVASCRIPT

```javascript
var slideIndex = 1;
showSlides(slideIndex);

// Next/previous controls
function plusSlides(n) {
  showSlides(slideIndex += n);
}

// Thumbnail image controls
function currentSlide(n) {
  showSlides(slideIndex = n);
}

function showSlides(n) {
  var i;
  var slides = document.getElementsByClassName("images");
  var dots = document.getElementsByClassName("dot");
  if (n > slides.length) {slideIndex = 1}
  if (n < 1) {slideIndex = slides.length}
  for (i = 0; i < slides.length; i++) {
      slides[i].style.display = "none";
  }
  for (i = 0; i < dots.length; i++) {
      dots[i].className = dots[i].className.replace(" active", "");
  }
  slides[slideIndex-1].style.display = "block";
  dots[slideIndex-1].className += " active";
}
```

4.2.2 HEADING

4.2.2.1 HTML

```html
  <div class="Main_heading">
          <h1>Build's By Gold</h1>
          <p>Where greatness and legecies are build!</p>
      </div>
```

4.2.2.2 CSS

```css
.Main_heading {
    text-align: center;
```

```
    font-family:Impact, Haettenschweiler, 'Arial Narrow Bold', sans-serif;
    display: block;
    height:100%;
    padding: 0;
    width: 100%;
    line-height: 2px;
    border-bottom: 5px solid white;
}
.Main_heading h1{
    color: yellow;
    font-size: 100px;
    text-shadow: 2px 2px 2px black;
}
.Main_heading p{
    color:chartreuse;
    font-size: 20px;
```

4.3 PLANS

4.3.1 HTML

```
<section id="plans">
    <div class="pak">
        <div class="Package">
            <table border="5" style="border-color: yellow;">
                <tr>
                    <th>Membership Plan</th>
                </tr>
                <tr>
                    <td><a class="packa" onclick="currentPackage(1)">Bronze</span></td>
                </tr>
                <tr>
                    <td><a class="packa" onclick="currentPackage(2)">Silver</span></td>
                </tr>
                <tr>
                    <td><a class="packa" onclick="currentPackage(3)">Gold</span></td>
                </tr>
                <tr>
                    <td><a class="packa" onclick="currentPackage(4)">Prime</span></td>
                </tr>
            </table>
        </div>
        <div class="detail" id="bronze">
            <h1>Bronze<br>Membership</h1>
            <h1 class="price">@&#x20b9;1,500</h1>
            <p>for 1 month</p>
        </div>
        <div class="detail" id="silver">
            <h1>Silver<br>Membership</h1>
            <h1 class="price">@&#x20b9;3,000</h1>
            <p>for 3 months</p>
```

```html
        </div>
        <div class="detail" id="gold">
            <h1>Gold<br>Membership</h1>
            <h1 class="price">@&#x20b9;6,000</h1>
            <p>for 6 months+1 month free training</p>
        </div>
        <div class="detail" id="prime">
            <h1>Prime<br>Membership</h1>
            <h1 class="price">@&#x20b9;10,000</h1>
            <p>for 12 months +2 month free training</p>
        </div>
        <div class="extra">
            <h1 align="center"  style="color:yellow;">Personal training and extra
guidance</h1>
            <h1 align="center"  style="color:yellow;text-shadow:0px 0px 2px red">Starts at
just Rs.2000/month.</h1>
            <h1 align="center" >Under guidance of Professoinal trainer </h1>
            <h1 align="center">So, Don't wait join our nearest gym!</h1>
        </div>
    </div>
</section>
```

4.3.2 CSS

```css
.Package{
    padding-top: 50px;
    padding:10px;
    line-height: 100px;
}
th{
    font-size: 35px;
    background-color: white;
    color:black;
}
td{
    padding:15px 110x;
    width:350px;
    height: 110px;
    text-align: center;
    font-size: 35px;
    color: yellow;
    background-color:black;
    font-family: 'Lobster', cursive;
    font-family: 'Luckiest Guy', cursive;
}
.detail{
    border: 3px solid yellow;
    margin:10px;
    padding-left: 20px;
    width: 50%;
    display:none;
```

```css
        font-size: 35px;
        line-height:80px;
}
.detail h1{
        text-align: center;
        font-size: 70px;
        font-family: 'Lobster',cursive;
        color: black;
        text-shadow: 0px 0px 4px white ;
}
.detail .price{
        color:black;
        text-shadow: 3px 3px 3px white;
}
.detail p{
        text-align: center;
        font-size: 30px;
        color:darkred;
        text-shadow: 1px 1px 1px black;
        font-family: 'Luckiest Guy',cursive;
}
#bronze{
        background-image: linear-gradient(to bottom right,#CD7F32,white);
}
#silver{
        background-image: linear-gradient(to bottom right,silver,white);
}
#gold{
        background-image: linear-gradient(to bottom right,gold, white);
}
#prime{
        background-image: linear-gradient(to bottom right,#b9f2ff,white);
}
.packa{
        cursor: pointer;
        transition: transform .2s;
        background-color:blakc1;
        transition: all .3s;
        text-shadow:10px 10px 15px black ;
}
.tac{
        font-size:50px;
        text-shadow: 20px 20px 15px black;
}
.packa:hover{
        font-size:50px;
        font-size-adjust: 50px;
transition: all .3s;
}
.pak{
        padding: 10px;
```

```css
        display: flex;
}
.extra{
    border: 2px solid yellow;
    color: yellow;
    text-shadow: 1px 1px 1px yellow;
    font-family:Arial, Helvetica, sans-serif;
    width: 40%;
    font-size: 25px;
    margin:10px;
    background-color: black;
    background-image: url("GymPhoto5.jpg");
    background-size: 500px 600px;
    background-repeat: no-repeat;
}
.topic{
    color:blue;
    text-shadow: 1px 1px 1px black;
}
```

4.3.3 JAVASCRIPT

```javascript
var currentpack=1;
showpack(currentpack);
 function currentPackage(n){showpack(currentpack=n)};
function showpack(n){
  var i;
  var pos=document.getElementsByClassName("packa")
  var de=document.getElementsByClassName("detail");
  if(n>de.length){currentpack=1}
  if(n<1){currentpack=de.length}
  for(i=0;i<de.length;i++){
    de[i].style.display="none";
  }
  for(i=0;i<pos.length;i++){
    pos[i].className=pos[i].className.replace(" tac", "");
  }
  de[currentpack-1].style.display="block";
  pos[currentpack-1].className +=" tac";
}
```

4.4 CONTACT US & FOOTER

4.4.1 HTML

```html
section id="contacts">
    <div id="contact">
        <h1>Join our Gym Now!</h1>
        <h2>Enter your email id and we will reach you soon!</h2>
        <input id="input" type="email" name="email" placeholder="Enter your email"
maxlength="40" size="40">
```

```html
        <br><button type="button" class="button" onclick="myfuntion()">Submit</button>
<div class="footer">
    <div class="facebook">
        <a href="https://www.facebook.com/"><img class="facebook1"
                src="facebook.png"></a>
    </div>
    <div class="facebook"><a href="https://www.instagram.com/"><img class="facebook1"
                src="instagram.png"></a>

    </div>
    <div class="facebook"><a href="https://twitter.com/i/flow/login"><img class="facebook1"
                src="twiter.png"></a>

    </div>
    <div class="facebook"><a href="https://mail.google.com/"><img class="facebook1"
                src="gmail.png"></a>

    </div>
    <div class="facebook"><a href="linkedin.com/"><img src="linkedin.png"
                class="facebook1"></a>
    </div>
    <div class="download">
        <div class="get_it"><a
href="https://play.google.com/store/apps/details?id=in.goldsstudio.android"><img
                    src="PlayStore.png"
                    class="get" width="10%"></a></div>
        <div class="get_it"><a href="https://apps.apple.com/in/app/golds-gym-
india/id1468463465"><img
                    src="appstore.png"
                    class="get" width="10%"></a></div>
    </div>
</div>
</div>
</section>
```

4.4.2 CSS

```css
#contact{
    border-top: 5px solid white;
    background-image:url("gym.jpg");
    background-size:1600px 500px;
    background-repeat: no-repeat;
    padding-top: 0px;
    color:gold;
    text-shadow: 0px 2px 2px black;
    text-align: center;
    font-size: 20px;
    font-family: Impact, Haettenschweiler, 'Arial Narrow Bold', sans-serif;
    border-bottom: 5px solid white;
    padding-bottom: 20px;
    width: 100%;
```

```css
}
#contact input{
    font-size: 20px;
    border-radius: 10px;
    color: black;
    font-family: 'Lucida Sans', 'Lucida Sans Regular', 'Lucida Grande', 'Lucida Sans
Unicode', Geneva, Verdana, sans-serif;
    border: 3px solid black
}
#contact button{
    font-family: 'Franklin Gothic Medium', 'Arial Narrow', Arial, sans-serif;
    margin-top: 10px;
    font-size: 20px;
    background-color: white;
    border-radius: 5px;
    padding: 5px;
}
.footer{
    text-align: center;
    padding-top: 20px;
}
.line{
    text-align: left;

}
.facebook{
    display: inline;
    padding-left: 20px;
}
.facebook1{
    width: 3%;
}
.get_it{
    display: inline;
```

4.5 ABOUT US

4.5.1 HTML

```html
<!DOCTYPE html>
<html>

<head>
    <title>About us</title>
    <link rel="stylesheet" href="about_us.css">
</head>

</html>
<header id="header">
    <nav id="nav-bar">
        <ul>
```

```html
                <li><a href="Gold_gym.html">&#8617 Back to Home</a></li>
            </ul>
        </nav>
</header>
<div class="main-body">
    <img src="logo.png" id="image">
    <h1>Gold's gym!<br> Where greatness and legecies are build!</h1>
</div>
<div class="sub">
    <div class="sub-body">
        <h1>What do we do?</h1>
        <p>Gold's Gym has been the authority in fitness since 1965 dating back to the
original Gold's Gym in Venice,
            California. It was the place for serious fitness. Opened long before the
modern-day health club existed, the
            original Gold's Gym featured homemade equipment and a dedication to getting
results. It was an instant hit.
            Gold's Gym quickly became known as "The Mecca of Bodybuilding.''
            In 1977, Gold's Gym received international attention when it was featured in
the movie Pumping Iron that
            starred
            Arnold Schwarzenegger and Lou Ferrigno. From that first gym in Venice, Gold's
Gym has become the largest
            co-ed
            gym chain in the world with over 700+ clubs in 27 countries. Today, Gold's Gym
has expanded its fitness
            profile
            to offer all of the latest equipment and services, including group exercise,
personal training,
            cardiovascular
            equipment, spinning, and yoga, while maintaining its core weight lifting
tradition.

            Gold's Gym has become the preferred gym of celebrities, athletes, bodybuilders,
the military, and fitness
            enthusiasts all over the world. Most importantly, Gold's Gym continues to
change lives by helping people
            achieve
            their individual potential.
            The year 2019 marked the 17th Anniversary of Gold's Gym India. In these
glorious 17 years, Gold's Gym has
            cut
            out for itself 150 gyms in India across 95+ cities and a few more ready to
start in the near future.
        </p>
    </div>
    <div class="sub-body">
        <h1>Why Choose us!</h1>
        <p>
```

```
                Known for the unrivaled success of providing state-of-the-art equipment and
fitness knowledge with a
                globally
                proven fitness training module and with certified trainers and nutritional
counseling we have had a
                comprehensive approach to the overall health and wellbeing of the members. At
Gold's Gym, it's not only
                about
                working out but having a healthy lifestyle
                We have also been doing a lot of Corporate & Community Wellness Programs,
reaching out to people who want to
                get
                fitter but cannot make it to the gym. We have focused on the overall
experience. It is not just about
                getting
                into a particular shape but it's all about FITNESS, a healthy lifestyle, and, a
complete transformation.

                We feel proud and glad to say that with the support of Gold's Gym
International, Our Members, Employees,
                Vendor
                Partners & Franchisee Partners the brand has grown leaps and bounds and has
been able to contribute to the
                betterment of the nation. We are working towards #MakingIndiaFit and we are
hopeful of spreading fitness
                awareness to as many people as possible
        </p>
    </div>
</div>
<div class="footer">
    <div class="facebook">
        <a href="https://www.facebook.com/"><img class="facebook1"
                src="facebook.png"></a>
    </div>
    <div class="facebook"><a href="https://www.instagram.com/"><img class="facebook1"
                src="instagram.png"></a>
    </div>
    <div class="facebook"><a href="https://twitter.com/i/flow/login"><img class="facebook1"
                src="twiter.png"></a>
    </div>
    <div class="facebook"><a href="https://mail.google.com/"><img class="facebook1"
                src="gmail.png"></a>
    </div>
    <div class="facebook"><a href="linkedin.com/"><img src="linkedin.png"
                class="facebook1"></a>
    </div>
    <div class="download">
        <div class="get_it"><a
href="https://play.google.com/store/apps/details?id=in.goldsstudio.android"><img
                    src="PlayStore.png"
                    class="get" width="10%"></a></div>
```

```
        <div class="get_it"><a href="https://apps.apple.com/in/app/golds-gym-
india/id1468463465"><img
                    src="appstore.png"
                    class="get" width="10%"></a></div>
    </div>
</div>
```

4.5.2 CSS

```css
body{
    background-color: black;
    background-image: url("BACKGORUND.jpeg");
    color: white;
}
#header{
    background-color: black;
    position: fixed;
    width: 100%;
    top:0;
    left: 0;
}
#nav-bar{
    font-weight: 500;
    font-size: 20px;
    font-family:'Lobster';
}
#nav-bar>ul{
    display: flex;
    flex-direction: row;
    width: 100%;
    list-style: none;
}
#nav-bar>ul>li>a{
    text-decoration: none;
    color: white;
}
#nav-bar>ul>li{
    padding-right:20px;
    padding-left: 20px;
}
.main-body{
    background-image: url("background2.jpg");
    background-repeat: no-repeat;
    background-size: 1500px 550px;
    margin-top: 70px;
    display: flex;
}
.main-body h1{
    font-size: 70px;
    color: blue;
    text-decoration: underline black;
```

```css
        text-shadow: 0px 0px 2px gold;
}
#image{
    width: 20%;
}
.sub-body{
    background-color: transparent;
    padding:50px;
    padding-top: 5px;
    margin: 30px;
    width: 38%;
    height:1100px;
    display: inline-table;
    border: 2px solid yellow;
    border-radius: 100px 100px 100px 100px;
}
.sub-body h1{
    font-size: 50px;
    text-shadow: 0px 0px 1px black;
    color: white;
    text-decoration: underline yellow;
}
.sub-body p{
    font-size: 25px;
    color:white;
    text-shadow: 0px 0px 1px yellow;
    font-weight: 700;
    font-family:fantasy;
}
.footer{
    text-align: center;
  position: relative;
  bottom: 0;
    padding-top: 20px;
}
.line{
    text-align: left;
}
.facebook{
    display: inline;
    padding-left: 20px;
}
.facebook1{
    width: 3%;
}
.get_it{
    display: inline;
}
```

CHAPTER 5

BIBLIOGRAPHY

- **https://en.wikipedia.org/wiki/Gold%27s_Gym**
- **https://www.goldsgym.com/**
- **https://unsplash.com/**
- **https://www.w3schools.com/**
- **https://www.geeksforgeeks.org/**
- **https://www.youtube.com/**