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index.html

```
1 <!DOCTYPE html>
 2
   <!-- Brynner, ch08 index.html, 5/22/2024 -->
 3
    <html lang="en">
    <head>
 4
 5
        <title>Forward Fitness Club</title>
 6
        <meta charset="utf-8">
 7
        <meta name="viewport" content="width=device-width, initial-scale=1">
        <link rel="stylesheet" href="css/styles.css">
 8
 9
        <link rel="preconnect" href="https://fonts.googleapis.com">
        <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
10
        <link href="https://fonts.googleapis.com/css2?family=Francois+One&family=</pre>
11
    Roboto+Slab:wght@100..900&display=swap" rel="stylesheet">
        <link rel="shortcut icon" href="images/favicon.ico">
12
        <link rel="icon" type="image/png" sizes="32x32" href="images/favicon-32.png">
13
        <link rel="apple-touch-icon" sizes="180x180" href="images/apple-touch-icon.png">
14
        <link rel="icon" sizes="192x192" href="images/android-chrome-192.png">
15
    </head>
16
17
18
    <body>
19
        <div id="container">
20
21
22
            <!-- Use the header area for the website name or logo -->
23
            <header>
                <a href="index.html"><img src="images/forward-fitness-logo.png" alt="Forward</pre>
24
    Fitness Club logo"></a>
25
            </header>
26
            <!-- Use the nav area to add hyperlinks to other pages within the website -->
27
28
            <nav>
29
               <u1>
                    <a href="index.html">Home</a>
30
                    <a href="about.html">About Us</a>
31
                    <a href="classes.html">Classes</a>
32
33
                    <a href="nutrition.html">Nutrition</a>
                    <a href="contact.html">Contact Us</a>
34
35
                </nav>
36
37
38
            <!-- Hero Image -->
            <div id="hero" class="tablet-desktop">
39
                <img src="images/hero-image.jpg" alt="left arm extended holding a weight">
40
41
            </div>
42
43
            <!-- Use the main area to add the main content of the webpage -->
            <main>
44
45
46
                <div class="mobile">
47
48
                    Welcome to Forward Fitness Club. Our mission is to help our clients meet
    their fitness and nutrition goals.
49
50
                    <h3>FREE One-Week Trial Membership!</h3>
                    Call Us Today to Get Started
51
```

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```
<a href="tel:8145559608">(841) 555-9608</a>
52
53
54
                   <h4>Fitness Club Hours:</h4>
55
56
                   class="hours">
57
                       \langle 1i > Mon-Thu: 6:00am-6:00pm 
58
                       Friday: 6:00am-4:00pm
59
                       Saturday: 8:00am-6:00pm
60
                       Sunday: Closed
61
                   62
               </div>
63
64
65
               <div class="tablet-desktop">
66
67
                    <p>Welcome to Forward Fitness Club. Our mission is to help our clients meet
   their fitness and nutrition goals.
68
                   If you have struggled with getting healthy and need the motivation and
69
    resources to make a healthy lifestyle change, contact us today. Our facility includes state-of-
    the-art equipment, convenient group training classes, and nutrition tips and information to
    keep you healthy.
70
71
                    >We provide a FREE one-week membership so you can experience the benefits of
   our equipment and facility. This one-week trial gives you complete access to our equipment,
   training classes, and nutrition planning. Contact us today to <span class="action">start your
   free trial!</span>
               </div>
73
74
               <div class="grid">
75
76
77
                   <figure class="frame">
                        <a href="classes.html"><img src="images/fitness-group.jpg" alt="group of
78
   fitness people"></a>
79
                       <figcaption class="pic-text">Group Fitness</figcaption>
80
                   </figure>
81
82
                   <figure class="frame">
83
                        <a href="nutrition.html"><img src="images/food-heart.jpg" alt="healthy food
    in the shape of a heart"></a>
                       <figcaption class="pic-text">Meal Plans</figcaption>
84
85
                   </figure>
86
87
                   <figure class="frame">
88
                       <a href="contact.html"><img src="images/personal-trainer.jpg" alt="personal</pre>
   trainer with a clipboard"></a>
89
                       <figcaption class="pic-text">Start Today</figcaption>
                   </figure>
90
91
               </div>
92
93
            </main>
94
95
96
            <!-- Use the footer area to add webpage footer content -->
97
            <footer>
98
               © Copyright 2024. All Rights Reserved.
99
               <a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a>
```

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100 | </footer>
101 |
102 | </div>
103 |
104 | </body>
105 | </html>