

A Field Project Report on
FITNESS WEBSITE

Submitted

In partial fulfillment of the requirements for the award of the degree

BACHELOR OF TECHNOLOGY

In

COMPUTER SCIENCE and ENGINEERING

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VIGNAN'S
FOUNDATION FOR SCIENCE, TECHNOLOGY & RESEARCH

(Deemed to be University) - Estd. u/s 3 of UGC Act 1956

DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING

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CERTIFICATE

This is to certify that the field project entitled **FITNESS WEBSITE** is being submitted by [Y.Jayendra Srinivas], [231FA04748], [K.Yamini], [231FA04755], [Ch.Dhanush], [231FA04762], and [G.Bindu], [231FA04794] in partial fulfilment of the requirements for the degree of **Bachelor of Technology (B.Tech.) in Computer Science and Engineering** at Vignan's Foundation for Science, Technology and Research (Deemed to be University), Vadlamudi, Guntur District, Andhra Pradesh, India.

This is a bonafide work carried out by the aforementioned students under my guidance and supervision.


Guide


Project Review Committee


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(Deemed to be University) - Estd. u/s 3 of UGC Act 1956

DECLARATION

Date: 19-04-2025

We hereby declare that the work presented in the field project titled "Fitness Website" is the result of our own efforts and investigations.

This project is being submitted under the supervision of **Mr.T.Narasimha Rao, Assistant Professor, CSE** in partial fulfillment of the requirements for the Bachelor of Technology (B.Tech.) degree in Computer Science and Engineering at Vignan's Foundation for Science, Technology and Research (Deemed to be University), Vadlamudi, Guntur, Andhra Pradesh, India.

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1. INTRODUCTION

Our aim is to construct a FITNESS website named using Html, CSS and JavaScript. This website aims to provide users with information about various fitness, booking services, packages, services offered and an about section to understand how to be fit in these days.

With the increasing awareness of health and wellness, fitness apps have emerged as a convenient solution for individuals seeking to achieve their fitness goals. These apps promise to offer structured workout plans, progress tracking, and motivational tools to help users stay active and maintain a healthy lifestyle. However, despite their widespread use, many fitness apps fail to provide a truly personalized experience, making it difficult for users to adhere to their routines effectively.

One of the biggest limitations of existing fitness apps is their reliance on generic workout plans and recommendations. Most applications offer predefined exercise routines based on broad categories such as beginner, intermediate, or advanced levels, without taking into account the unique needs, preferences, or physical conditions of each user. This lack of personalization can lead to ineffective workouts, increased risk of injury, and reduced motivation over time. Additionally, users with specific fitness goals—such as weight loss, muscle gain, or rehabilitation from an injury—often struggle to find suitable programs tailored to their requirements.

Another major challenge users face is maintaining motivation. Fitness apps often provide basic tracking features and static workout routines, but they lack engaging elements such as gamification, social challenges, or real-time feedback that can keep users interested. Without dynamic content, AI-driven adjustments, or interactive coaching, users may find their workouts repetitive and uninspiring, leading to a decline in long-term adherence.

Furthermore, tracking progress can be cumbersome and fragmented. Many fitness enthusiasts rely on multiple platforms and devices—such as smartwatches, health-tracking apps, and fitness wearables—to monitor different aspects of their workouts and overall health. However, the lack of seamless integration between these tools often results in disorganized and incomplete data, making it difficult for users to gain meaningful insights into their progress. Without a centralized system that consolidates this information, users may struggle to track improvements or adjust their routines effectively.

To address these issues, the next generation of fitness apps must go beyond basic tracking and generic workout plans. By incorporating artificial intelligence, machine learning, and real-time analytics, these platforms can offer hyper-personalized fitness plans that evolve based on user behavior, progress, and preferences. Additionally, integrating gamification, social networking, and interactive coaching can significantly enhance user engagement and motivation. A seamless,

all-in-one fitness solution that unifies data from multiple devices and platforms can further simplify tracking and ensure a comprehensive approach to health and wellness.

By overcoming these limitations, modern fitness apps can empower users to take control of their fitness journeys, stay motivated, and achieve their goals in a more efficient and enjoyable way.

1.1 Problem Definition:

Many existing fitness apps fail to address individual user needs, providing generic workout plans and recommendations.

Users often experience a lack of motivation to adhere to their fitness goals due to limited interactive and engaging features.

Tracking progress can be cumbersome, with fragmented data across multiple platforms and devices.

The rise of fitness apps has made it easier for individuals to access workout programs, track progress, and maintain an active lifestyle. However, despite the availability of numerous fitness applications, many fail to meet the personalized needs of users. These apps often provide generic workout plans, lack engaging features to sustain motivation, and make progress tracking inconvenient due to fragmented data across multiple platforms.

Many fitness apps offer predefined workout routines categorized by general fitness levels such as beginner, intermediate, or advanced. While this structure may be helpful for some users, it fails to address individual fitness goals, physical conditions, and personal preferences. For instance,

One of the key factors in sustaining long-term adherence to a fitness routine is motivation. However, many fitness apps provide static workout instructions without interactive elements, making workouts feel repetitive and uninspiring. Several factors contribute to the lack of engagement.

Tracking progress is essential for monitoring improvements, identifying weaknesses, and staying motivated. However, many fitness apps provide limited tracking features or require users to manually log workouts, which can be time-consuming and inaccurate. Additionally, data fragmentation across multiple platforms creates confusion and inefficiency. Consider the following challenges.

1.2 Existing Software:

Generic fitness tracking apps like step counters, calorie trackers, or basic workout guides.

Limited integration with wearable devices and health monitoring tools.

Minimal personalization based on user preferences, goals, or physical condition.

Lack of community support or motivational features.

While fitness tracking apps have become widely accessible, many still fail to provide a truly comprehensive and personalized experience. Most of these applications offer only basic functionality, such as step counting, calorie tracking, and predefined workout guides. However, their effectiveness is often hindered by a lack of integration with modern health monitoring tools, minimal personalization, and limited community-driven engagement. Below are some of the key limitations of generic fitness tracking apps.

1.3 Proposed software:

The proposed fitness app will include:

AI-driven personalized fitness and nutrition plans tailored to individual user profiles.

Real-time integration with wearable devices for seamless health metric tracking.

Gamified features such as achievements, leaderboards, and challenges to keep users motivated.

Social sharing and community support to foster accountability and encouragement.

Comprehensive dashboards for detailed insights into progress and areas for improvement.

To address the limitations of existing fitness apps, the proposed solution integrates AI-driven personalization, real-time tracking, gamification, social engagement, and comprehensive progress analysis. This holistic approach ensures that users receive a customized, engaging, and interactive fitness experience tailored to their unique goals and preferences.

The proposed fitness app goes beyond generic tracking by integrating AI-driven personalization, real-time health monitoring, gamification, community support, and detailed analytics. This all-in-one platform ensures that users receive a tailored, engaging, and scientifically-backed fitness experience, ultimately making workouts more effective, enjoyable, and sustainable.

By addressing personalization, motivation, and tracking inefficiencies, this next-generation fitness app has the potential to revolutionize digital fitness and enhance long-term user adherence to health goals.

1.4 Literature Survey:

Fitness apps serve as powerful tools to help individuals achieve their health and wellness goals. Whether you're aiming to lose weight, build muscle, improve endurance, or simply maintain a healthy lifestyle, a well-designed fitness app can provide structure, motivation, and accountability. With features such as workout tracking, nutrition logging, progress monitoring, and integration with fitness devices, these apps offer a comprehensive approach to fitness. They make it easier to stay on track, personalize your routine, and stay motivated with community support and challenges. Ultimately, fitness apps are valuable companions on your journey to better physical and mental health, making it easier to integrate fitness into your everyday life.

2. SYSTEM REQUIREMENTS

- **Frontend:**

HTML, CSS, JavaScript UI

Design (Sketch)

- **Backend:**

Languages (Node.js, Java)

- **Payment Gateway:** Stripe, PayPal, Razorpay

- **Security:**

SSL, 2FA, Encryption

2.1 Hardware and software requirements:

For a small fitness website aimed at learning, you need minimal hardware and software requirements. Use a shared hosting plan or a local server, such as your own computer, for hosting. The site should be accessible on basic devices like laptops, desktops, and mobile phones, with a stable internet connection for hosting and testing. For software, use simple text editors like Visual Studio Code to code in HTML, CSS, and JavaScript. Test the website's functionality and responsiveness on browsers like Chrome or Firefox. Optionally, you can use frameworks like Bootstrap for quick and responsive designs and platforms like GitHub Pages or Netlify for easy deployment. This setup provides everything needed to create and host a basic fitness website while honing your skills. Let me know if you'd like specific guidance on any of these steps!

2.2 Software Requirements Specification (SRS):

The Software Requirements Specification (SRS) for a simple fitness website includes basic needs like pages for workout tips, meal plans, and a contact form, all built using HTML, CSS, and JavaScript. It should be mobile-friendly, load quickly, and work on browsers like Chrome and Firefox. Hosting can be done on a local computer or shared hosting. Optional features like a timer or calorie calculator can be added for more interactivity. This keeps the website simple, functional, and easy to use.

The purpose of this Software Requirements Specification (SRS) document is to outline the functional and non-functional requirements for a simple fitness website.

The website aims to provide users with workout tips, meal plans, and a contact form, ensuring a smooth and user-friendly experience. This simple yet functional fitness website will provide valuable health and fitness resources while ensuring ease of use, fast performance, and mobile compatibility. The flexibility of adding interactive features ensures that it remains engaging, scalable, and future-proof.

3.SYSTEM DESIGN

1. Architecture

- **Frontend:** Built using React or Angular for a responsive and interactive user interface.
- **Backend:** Node.js or Django for handling business logic and API integration.

2. Security

- Use HTTPS for secure communication.
- Implement firewalls and regular vulnerability scanning.
- Protect against SQL injection, XSS, and CSRF attacks.

3.1 Modules of System:

The modules of a simple fitness website system can include several key components. The User Interface Module handles the design and layout of pages like the homepage, workout tips, and meal plans using HTML and CSS. The Interactive Features Module, powered by JavaScript, adds functionality such as timers, calculators, or dynamic content updates. The Contact Form Module manages user input and includes validation to ensure proper data submission. The Responsive Design Module ensures the website is mobile-friendly and adapts to various screen sizes. Lastly, the Testing and Debugging Module focuses on identifying and fixing errors to provide a smooth user experience. Together, these modules create a functional and user-friendly website. **The modular approach ensures that the fitness website is structured, scalable, and efficient. By integrating these key modules—User Interface, Interactive Features, Contact Form, Responsive Design, and Testing—the website will offer a seamless, engaging, and user-friendly experience. Future modules can be added to expand functionality based on user needs and technological advancements.**

3.2 UML DIAGRAMS:

1. Use Case Diagram:

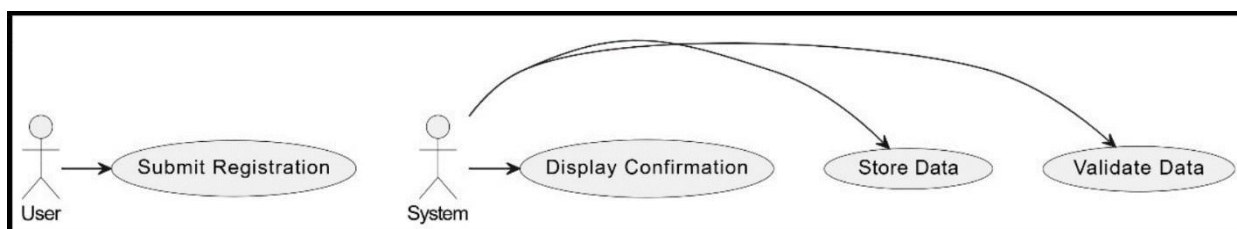


Fig :3.2.1

2. Class Diagram:

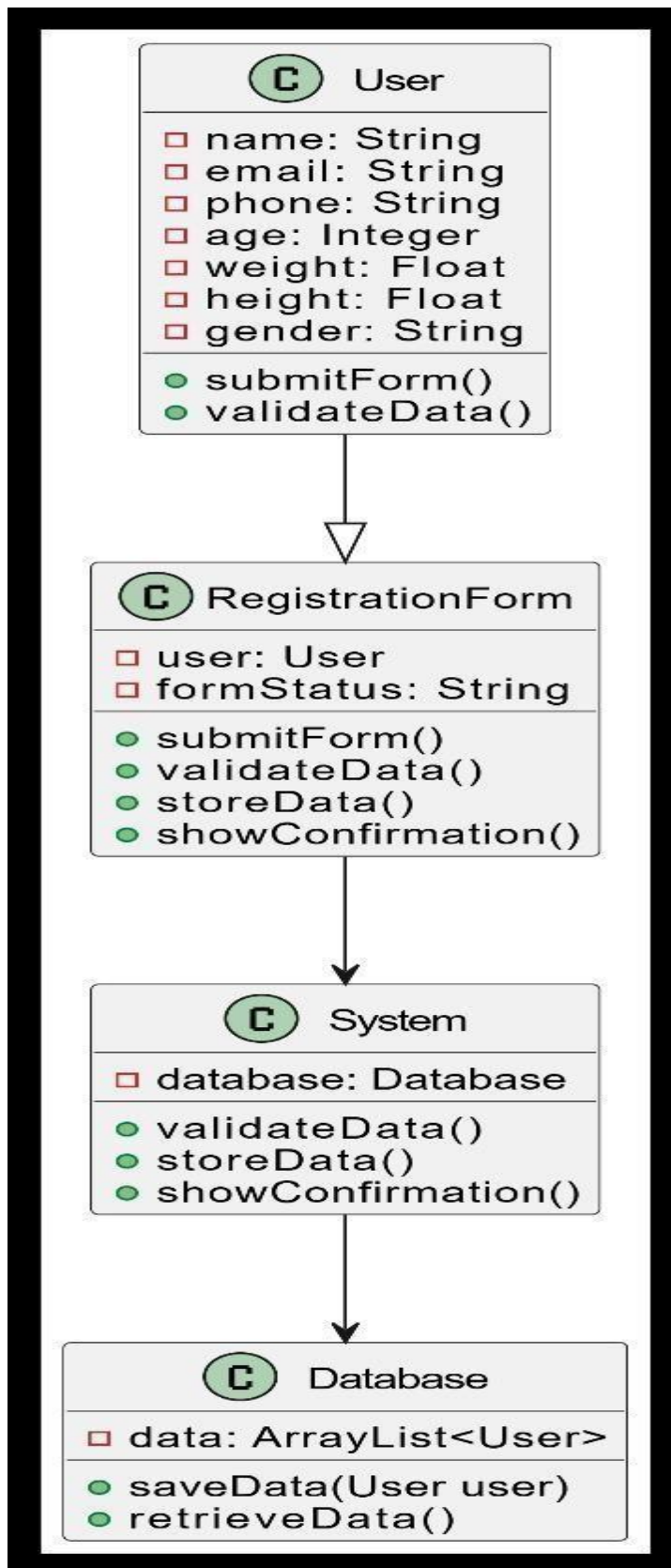


Fig :3.2.2

3.Activity Diagram:

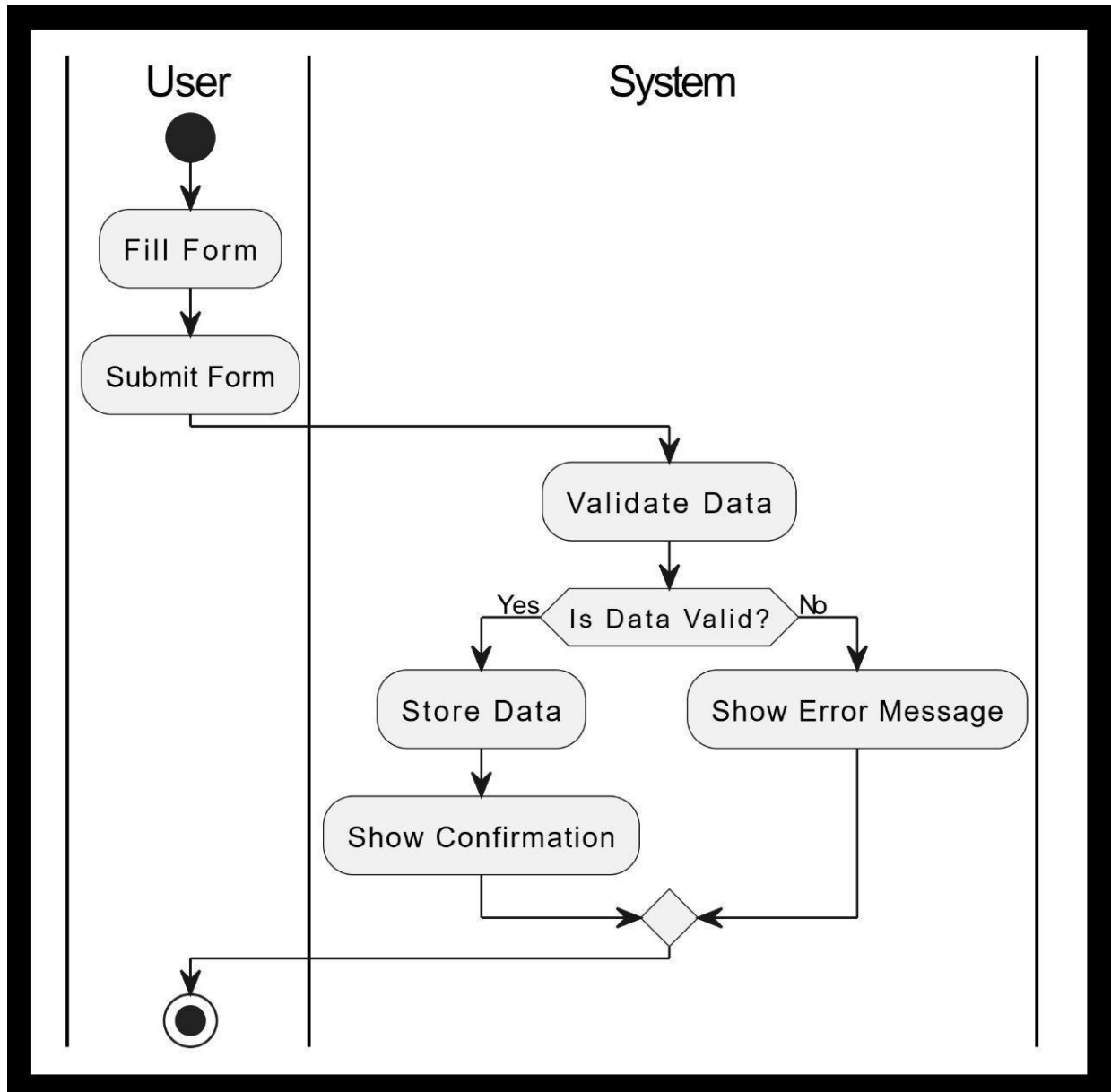


Fig:3.3.3

4. IMPLEMENTATION

4.1 Sample code:

Index

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <link rel="shortcut icon" href="./assets/mentor-2.jpg" type="image/x-icon">
    <meta charset="UTF-8" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <link
href="https://cdn.jsdelivr.net/npm/remixicon@4.3.0/fonts/remixicon.css"    rel="stylesheet"
  />
    <link rel="stylesheet" href="styles.css" />
    <title>Web Design Mastery | FitnessPoint</title>
  </head>
  <body>
    <header>
      <nav>
        <div class="nav__header">
          <div class="nav__logo">
            <a href="#">
              
              
            </a>
          </div>
          <div class="nav__menu__btn" id="menu-btn">
            <i class="ri-menu-line"></i>
          </div>
          <div>
            <ul class="nav__links" id="nav-links">
<li><a href="#home">Home</a></li>
              <li><a href="#about">About</a></li>
              <li><a href="#service">Services</a></li>
              <li><a href="#class">Classes</a></li>
              <li><a href="#contact">Blog</a></li>
              <li><a href="#">Join Now</a></li>
            </ul>
            <div class="nav__btns">
              <button class="btn"><a href="/register.html" target="_blank">Join Now</a></button>
            </div>
          </div>
        </div>
      </nav>
    </header>
  </body>
</html>
```

```

</div>
</nav>
<div class="section__container header__container" id="home">
  <div class="header__content">
    <h1>DON'T STOP TILL YOUR SUCCESS!</h1>
    <h2>GET FIT TO HAPPY</h2>
    <p>
      Unlock your full potential with our expert training and
      state-of-the-art facilities. Every step you take brings you closer      to
      a healthier, happier you. Let's make fitness a lifestyle!
    </p>

```

```

    <div class="header__btn">
      <button class="btn">Explore More</button>
    </div>
  </div>
  <div class="header__image">
    
  </div>
</div>
</header>

```

```

<div class="about" id="about">
  <div class="section__container about__container">
    <div class="about__image">
      
    </div>
    <div class="about__content">
      <h2 class="section__header">Ready To Make A Change?</h2>
      <p>
        Taking the first step towards a healthier, stronger you can be the
        most challenging part of the journey, but it's also the most      rewarding.
        Whether you're a beginner or a seasoned athlete, our      personalized
        training programs are designed to help you reach your      goals faster
        and more efficiently.
      </p>

```

```

      <p>
        With our motivating trainers, energizing classes, and      stateof-the-
        art equipment, you'll have everything you need to stay      committed and
        see real results.
      </p>
    </div>
  </div>
</div>

```

```

    </p>
    <div class="about__btn">
      <button class="btn">Get Started</button>
    </div>
  </div>
</div>
</div>
</div>

<section class="service" id="service">
  <div class="section__container service__container">
    <h2 class="section__header">Services We Provide</h2>
    <div class="service__grid">
      <div class="service__card">
<span>01</span>
        <h4>Fitness Training</h4>
        <p>
          Our fitness training programs are tailored to help you build
          strength, improve endurance, and achieve your personal fitness goals.
        </p>
      </div>
      <div class="service__card">
<span>02</span>
        <h4>Yoga</h4>
        <p>
          Perfect for all levels, our sessions focus on improving
          flexibility, balance, and mental clarity while helping you manage stress.
        </p>
      </div>
      <div class="service__card">
<span>03</span>
        <h4>Gymnastics</h4>
        <p>
          Our gymnastics classes are designed to boost coordination, flexibility, and
          core strength through a series of fun and challenging exercises.
        </p>
      </div>
      <div class="service__card">
<span>04</span>
        <h4>Karate</h4>
        <p>

```

Suitable for all ages and skill levels, our martial arts program emphasizes technique, respect, and personal growth while building confidence.

```
</p>
</div>
<div class="service__image">
  
</div>
</div>
</div>
</section>

<section class="popular" id="class">
  <div class="section__container popular__container">
    <h2 class="section__header">What Do You Want To Join Today?</h2>
    <div class="popular__grid">
      <div class="popular__card">
        <div>
          <h4>Cardio Strength</h4>
          <p>Full-body workout with cardio</p>
        </div>
        <span>
          <i class="ri-arrow-right-fill"></i>
        </span>
      </div>
      <div class="popular__card">
        <div>
          <h4>Weight Training</h4>
          <p>Build muscle strength</p>
        </div>
        <span>
          <i class="ri-arrow-right-fill"></i>
        </span>
      </div>
      <div class="popular__card">
        <div>
          <h4>Yoga for Flexibility</h4>
          <p>Improve flexibility and relax</p>
        </div>
        <span>
```

```

        <i class="ri-arrow-right-fill"></i>
    </span>
</div>
<div class="popular__card">
    <div>
        <h4>HIIT</h4>
        <p>Short bursts of intense exercise</p>
    </div>
    <span>
        <i class="ri-arrow-right-fill"></i>
    </span>
</div>
<div class="popular__card">
    <div>
        <h4>Personal Training</h4>
        <p>Customized workout plans</p>
    </div>
    <span>
        <i class="ri-arrow-right-fill"></i>
    </span>
</div>
<div class="popular__card">
    <div>
        <h4>Group Fitness Classes</h4>
        <p>Stay motivated and have fun</p>
    </div>
    <span>
        <i class="ri-arrow-right-fill"></i>
    </span>
</div>
<div class="popular__card">
    <div>
        <h4>Boxing Training</h4>
        <p>Enhance agility and stamina</p>
    </div>
    <span>
        <i class="ri-arrow-right-fill"></i>
    </span>
</div>
<div class="popular__card">

```



```

<div>
  <h4>Pilates Core Workout</h4>
  <p>Strengthen your core</p>
</div>
<span>
  <i class="ri-arrow-right-fill"></i>
</span>
</div>
<div class="popular__card">
  <div>
    <h4>Spin Class</h4>
    <p>High-energy cycling sessions</p>
  </div>
  <span>
    <i class="ri-arrow-right-fill"></i>
  </span>
</div>
</div>
</div>
</section>

```

```

<section class="facility__container">
  <div class="facility__image">
    
  </div>
  <div class="facility__content">
    <h2 class="section__header">It's About Who You Can Become</h2>
    <p>

```

At our gym, we believe that fitness is more than just physical—it's about transforming your mindset, pushing your limits, and realizing your full potential. Every workout is a step toward becoming the strongest, healthiest, and most confident version of yourself.

```
</p>
```

```
<p>
```

It's not about quick fixes or temporary results; it's about adopting a lifestyle that fuels your passion for self-improvement. With the right mindset and the right support, you can overcome obstacles, break barriers, and achieve goals you never thought possible.

```
</p>
```

<p>

Who you become is entirely up to you, but we believe in your potential. With the right training, dedication, and focus, you can turn your goals into reality.

</p>

</div>

</section>

<section class="section__container mentor__container">

<h2 class="section__header">Having Your Own Coach And Mentor</h2>

<div class="mentor__grid">

<div class="mentor__card">

<h4>DAVID WILLIAMS</h4>

<p>Body Builder Coach</p>

</div>

<div class="mentor__card">

<h4>ROSY RIVERA</h4>

<p>Cardio Coach</p>

</div>

<div class="mentor__card">

<h4>MATT STONIE</h4>

<p>Fitness Coach</p>

</div>

</div>

</section>

<section class="banner" id="contact">

<div class="banner__content">

<h2>THE BEST TRAINERS OUT THERE</h2>

<p>ARE YOU A TRAINER? JOIN US</p>

</div>

<div class="banner__image">

</div>

</section>

```

<section class="footer">
  <div class="section__container footer__container">
    <div class="footer__col">
      <a href="#" class="footer__logo">
        
      </a>
      <ul class="footer__links">
        <li>
          <a href="#">
            <span><i class="ri-phone-line"></i></span> +91 0987654321
          </a>
        </li>
        <li>
          <a href="#">
            <span><i class="ri-map-pin-line"></i></span> Vadlamidi India
          </a>
        </li>
        <li>
          <a href="#">
            <span><i class="ri-mail-line"></i></span> info@fitnesspoint
          </a>
        </li>
      </ul>
    </div>
    <div class="footer__col">
      <h4>Quick Links</h4>
      <ul class="footer__links">
        <li><a href="#">Home</a></li>
        <li><a href="#">About</a></li>
        <li><a href="#">Classes</a></li>
        <li><a href="#">Gallery</a></li>
        <li><a href="#">Membership</a></li>
      </ul>
    </div>
    <div class="footer__col">
      <h4>Gym Hours</h4>
      <ul class="footer__links">
        <li>Monday 5am - 10pm</li>
        <li>Tuesday 5am - 10pm</li>

```

```

        <li>Wednesday 5am - 10pm</li>
        <li>Thursday 5am - 10pm</li>
        <li>Friday 5am - 10pm</li>
        <li>Saturday 5am - 10pm</li>
        <li>Sunday 5am - 1pm</li>
    </ul>
</div>
</div>
<div class="footer__bar">
    Copyright © 2025 Web Design Mastery. All rights reserved.
</div>
</section>

<script src="https://unpkg.com/scrollreveal"></script>
<script src="./index.js"></script>
</body>
</html>
Style (css) @import
url("https://fonts.googleapis.com/css2?family=Poppins:ital,wght@0,100;0,200;0,300;0,400;0,500;0,600;0,700;0,800;0,900;1,100;1,200;1,300;1,400;1,500;1,600;1,700;1,800;1,900&display=swap");

:root {
    --primary-color: #42c8c9;
    --secondary-color: #d6abd8;
    --text-dark: #020617;
    --text-light: #94a3b8;
    --extra-light: #e2e8f0;
    --white: #ffffff;
    --gradient-1: linear-gradient(to right, #eeb5c6, #b2b4e4, #b3b4e4);
    --gradient-2: linear-gradient(to right, #eeb5c4, #beb0e1, #7ed6d8);
    --max-width: 1200px;
}

* {
    padding: 0;
    margin: 0;
    box-sizing: border-box;
}

```

```
.section__container {  maxwidth:
var(--max-width);  margin: auto;
padding: 5rem
1rem;
}
```

```
.section__header {
position: relative;
isolation: isolate;  fontsize:
2rem;  line-height:
2.75rem;  max-width:
400px;
}
```

```
.section__header::before {
position: absolute;  top: -
3rem;  width: maxcontent;
font-size: 6rem;  font-weight:
800;  lineheight: 6rem;  color:
rgba(0, 0, 0, 0.05);  zindex: -
1;
}
```

```
.btn {  padding: 0.75rem 1.5rem;
outline: none;  border: none;  fontsize:
1rem;  color: var(--white);
background-color: var(--text-dark);
border-radius: 5px;  transition:
0.3s;  cursor: pointer;

}
```

```
.btn:hover {
  background-color: var(--primary-color);
}
```



```
img      {
display: flex;
width: 100%;
}

a {  text-decoration: none
; transition: 0.3s; color:
white;
}

ul {  list-style: none;
}

html, body {  scroll-
behavior:
smooth;
}

body {
font-family: "Poppins", sans-serif;
}

header {
overflow: hidden;
}

nav {  position:
fixed; isolation:
isolate; top: 0;
width: 100%;
zindex: 9; }

.nav__header {  padding: 1rem;
width: 100%; display: flex;
alignitems: center; justify-content:
space-between; background-color:
var(--text-dark);
}
```

```
.nav__logo img {  maxwidth:
175px;
}
```

```
.nav__logo .logo-dark {  display:
none;
}
```

```
.nav__menu__btn {  font-size:
1.5rem;
color: var(--white);
cursor: pointer;
}
```

```
.nav__links {  position: absolute;
bottom: 0; left: 0;  width: 100%;
padding: 2rem;  display: flex;
align-items: center; justify-content:
center; flexdirection: column; gap:
2rem;  background-color: var(--
text-dark);  transition: transform
0.5s; z-index:
-1;
}
```

```
.nav__links.open {  transform:
translateY(100%); }
```

```
.nav__links a {  fontweight:
600; color: var(-white);
white-space:
```

```
nowrap; } .nav__links
a:hover {  color: var(-
primary-color); }
```

```
.nav__btns {  display:
none;
}
```

```
.header__container {
display: grid; gap:
2rem;
```

```
}
```

```
.header__container h1 {  
position: relative; isolation:  
isolate; font-size: 4rem; font-  
weight: 800; line-height:  
5rem; color: var(--  
secondarycolor); font-style:  
italic; text-align: center;  
}  
.header__container h1::before { position:  
absolute;  
content: "GROW YOUR STRENGTH";  
top: -5rem; left: -5rem;  
font-size: 8rem; fontweight:  
800; line-height: 10rem;  
color: rgba(0, 0,  
0, 0.05); z-index: -1;  
} .header__container  
h2 { margin-bottom:  
2rem; font-size: 4rem;  
font-weight: 800; line-  
height: 5rem; color:  
var(--text-dark); font-  
style: italic; text-align:  
center; }  
.header__container p {  
margin-bottom: 2rem;  
color: var(--text-light);  
text-align: center; }  
.header__btn {
```

```
}
```

```
text-align: center;
```

```
.header__image img { maxwidth:
300px; margin-inline:
auto; } .about {
overflow:
hidden;
}
.about__container
{ display: grid;
gap: 2rem; }
.about__image {
position: relative; isolation: isolate;
} .about__image::before { position:
absolute; content: ""; top: 50%;
left: 50%; transform: translate(-
75%, -50%); width: calc(100% -
5rem); aspect-ratio: 1; background-
image: var(--gradient-2); border-
radius:
100%; z-index: -1; }
.about__image img { maxwidth:
550px; margin-inline:
auto;
}
.about__content .section__header::before
{ content: "About Us"; }
.about__content p { margin-
top: 1rem; color: var(--textlight);

.about__content p:nth-child(3) {
marginbottom: 2rem; } .service {
background-color: var(--text-dark);
overflow: hidden;
}
```

```

}

.service__container .section__header { color:
var(--white);
}
.service__container .section__header::before
{ content: "Our Services"; color: rgba(255,
255, 255, 0.1); }
.service__grid {
margin-top:
4rem; display:
grid; gap: 2rem;
}
.service__card span { font-size:
2rem; font-weight: 800; -
webkittext-fill-color: transparent; -
webkittext-stroke: 1px var(--white);
opacity: 0.75; } .service__card h4 {
margin-bottom: 0.5rem; font-size:
1.2rem; font-weight: 600; color:
var(--white); }
.service__card p {
color: var(--text-light);
}
.service__image {
display: none;

.popular {
overflow: hidden;
}
.popular__container .section__header::before {
content: "Popular Classes"; } .popular__grid {
margin-top: 4rem; display: grid; gap: 1rem;
} .popular__card { padding: 1rem; display:
flex; align-items: center; gap: 1rem; border:
1px solid var(--extra-light); box-shadow: 5px
5px 20px rgba(0, 0, 0, 0.05); transition: 0.3s;
}
.popular__card:hover {
box-shadow: 5px 5px 20px rgba(0, 0, 0, 0.1);

```



```

}

}
.popular__card div {
flex: 1;
} .popular__card h4 {
margin-bottom: 5px;
font-size: 1.2rem; font-
weight: 700; color:
var(--text-dark);
}
.popular__card span { fontsize:
1.5rem; font-weight: 600;
color: var(--primarycolor);
transition: 0.3s;

.popular__card:hover span {
transform: translateX(10px);
}
.popular__card p {
color: var(--text-light); }
.facility__container {
position: relative;
isolation: isolate;
display: grid;
overflow: hidden;
}

.facility__content {
padding: 5rem 1rem;
}

.facility__content::before { position:
absolute; content: ""; backgroundimage:
var(--gradient-2); grid-area:
1/1/3/2; inset: 0; z-index: -1;

}

```

```
}
```

```
.facility__content .section__header  
{ margin-bottom: 1rem; color:  
var(--white);  
}
```

```
.facility__content .section__header::before {  
content: "Facilities";  
color: rgba(255, 255, 255, 0.2);  
}
```

```
.facility__content p { color:
var(--white);
}
```

```
.facility__content p:not(:last-child) { marginbottom:
1rem;
}
```

```
.mentor__container { overflow:
hidden;
}
```

```
.mentor__container .section__header::before { content:
"Best Team";
}
```

```
.mentor__grid {
margin-top: 4rem;
display: grid; gap:
4rem 1rem;
}
```

```
.mentor__card img { marginbottom:
1rem; border-radius: 2rem;
}
```

```
.mentor__card h4 {
font-size: 1.25rem;
font-weight: 700; color:
var(--text-dark); text-
align: center;
}
```

```
.mentor__card p { fontweight:
500; color:
```

```
var(--text-light); text-align:
center;
}
```

```
.banner { position:
relative; isolation:
isolate; display:
grid; overflow:
hidden;
}
```

```
.banner__content {
padding: 5rem 1rem;
}
```

```
.banner__content::before { position:
absolute; content: ""; inset: 0; grid-
area: 1/1/2/4; backgroundimage: var(-
-gradient-1); z-index: -1;
}
```

```
.banner__content h2 {
margin-bottom: 1rem; font-
size: 5rem; lineheight:
6rem; color: var(--white);
}
```

```
.banner__content p {
font-size: 1.2rem; color:
var(--white);
}
```

```
.banner__content p a { text-decoration:
underline; color:
var(--white);
}
```

```
.footer {
background-color: var(--text-dark);
```

```
}
```

```
.footer__container {  
display: grid; gap:  
4rem 2rem;  
}
```

```
.footer__logo img { margin-bottom:  
2rem; max-width: 250px;  
}
```

```
.footer__col h4 { margin-  
bottom: 1rem; font-size:  
1.2rem; fontweight: 600;  
color: var(--white);  
}
```

```
.footer__links {  
display: grid; gap:  
1rem;  
}
```

```
.footer__links :is(li, a) { color:  
var(--text-light);  
}
```

```
.footer__links a:hover { color:  
var(--white);  
}
```

```
.footer__links a span { fontsize:  
1.2rem; margin-right:  
10px;  
}
```

```
.footer__bar { padding: 1rem;  
fontsize: 0.9rem; color: var(--text-
```

```

light); text-align: center; border-top:
1px solid var(--text-light);
}

@media (width > 540px) { .service__grid
{
    grid-template-columns: repeat(2, 1fr);
}

.popular__grid {
    grid-template-columns: repeat(2, 1fr);
}

.mentor__grid {
    grid-template-columns: repeat(2, 1fr);
}

.footer__container {    grid-templatecolumns:
repeat(2, 1fr);
}
}

@media (width > 768px)
{ header {    position: relative;
isolation:
isolate;
}

    header::before {    position:
absolute;    content: ""; left:
50%; bottom:
0;
    width: 65%;    aspect-ratio: 1;    background-
image: var(--gradient-1);    border-radius: 100%;    z-
index: -1;
}

    nav {    position: static;
padding: 2rem 1rem;    maxwidth:
var(--max-width);    margin-inline:

```

```
auto; display: flex; align-
items: center; justify-content:
space-between; gap: 2rem;
}
```

```
.nav__header { flex: 1;
padding: 0; background-
color: transparent;
}
```

```
.nav__logo img { maxwidth:
200px;
}
```

```
.nav__logo .logo-dark { display:
flex;
}
```

```
.nav__logo .logo-white { display:
none;
}
```

```
.nav__menu__btn {
display: none;
}
```

```
.nav__links { position: static;
width: fit-content; padding: 0; flex-
direction: row; background-color:
transparent; transform: none
!important;
}
```

```
.nav__links a { color:
var(--text-dark);
}
```

```
.nav__links li:last-child { display: none; }
```

```
.nav__btns { flex: 1; display: flex; justifycontent: flex-end; }
```

```
.header__container { padding-top: 0; grid-template-columns: repeat(2, 1fr); align-items: center; }
```

```
.header__container :is(h1, h2, p, .header__btn) { textalign: left; }
```

```
.about__container { grid-templatecolumns: repeat(2, 1fr); align-items: center; }
```

```
.popular__grid { grid-template-columns: repeat(3, 1fr); }
```

```
.facility__container { grid-templatecolumns: minmax(0, 1fr) minmax(0, calc(var(--max-width) / 2)) minmax(0, calc(var(--max-width) / 2)) minmax(0, 1fr); }
```

```
.facility__image { gridarea: 1/1/2/3; }
```

```
.facility__image img { height: 100%; object-fit: cover; border-top-right-
```



```
radius: 8rem; border-bottom-right-  
radius: 8rem;  
}
```

```
.facility__content { gridarea:  
1/3/2/4;  
}
```

```
.facility__content::before { gridarea:  
1/2/2/5;  
}
```

```
.mentor__grid {  
grid-template-columns: repeat(3, 1fr);  
}
```

```
.banner { grid-templatecolumns:  
minmax(0, 1fr) minmax(0,  
calc(var(--max-width) / 2))  
minmax(0, calc(var(--max-width) / 2))  
minmax(0, 1fr);  
}
```

```
.banner__content { gridarea:  
1/2/2/3;  
}
```

```
.banner__image { gridarea:  
1/3/2/5;  
}
```

```
.banner__image img { height: 100%; object-fit: cover; clip-path:  
polygon(10% 0, 100% 0, 100% 100%, 0 100%);  
}
```

```
.footer__container {  
grid-template-columns: repeat(3, 1fr);  
}
```

```
}
```

```
@media (width > 1024px) {  
.service__grid {  grid-templatecolumns:  
repeat(3, 1fr);  
}
```

```
.service__image {  
position: relative;  
isolation: isolate;  
display: flex;  height:  
100%; width:  
100%;  grid-area:  
1/2/3/3;  
}
```

```
.service__image img {  
position: absolute;  top:  
-10rem;  
}
```

```
.popular__card {  
padding: 1.5rem;  
}
```

```
.facility__content {  paddinginline:  
4rem 1rem;  
}
```

```
.mentor__grid {  gap:  
4rem 2rem;  
}  
}
```

(Js)

```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
<link rel="shortcut icon" href="./assets/mentor-2.jpg" type="image/x-icon">
```

```
<meta charset="UTF-8" />
```

```
<meta name="viewport" content="width=device-width, initial-scale=1.0" />
```

```

<link
href="https://cdn.jsdelivr.net/npm/remixicon@4.3.0/fonts/remixicon.css"    rel="stylesheet"
/>
<link rel="stylesheet" href="styles.css" />
<title>Web Design Mastery | FitnessPoint</title>
</head>
<body>
<header>
<nav>
<div class="nav__header">
<div class="nav__logo">
<a href="#">


</a>
</div>
<div class="nav__menu__btn" id="menu-btn">
<i class="ri-menu-line"></i>
</div>
</div>
<ul class="nav__links" id="nav-links">
<li><a href="#home">Home</a></li>
<li><a href="#about">About</a></li>
<li><a href="#service">Services</a></li>
<li><a href="#class">Classes</a></li>
<li><a href="#contact">Blog</a></li>
<li><a href="#">Join Now</a></li>
</ul>
<div class="nav__btns">
<button class="btn"><a href="/register.html" target="_blank">Join Now</a></button>
</div>
</nav>
<div class="section__container header__container" id="home">
<div class="header__content">
<h1>DON'T STOP TILL YOUR SUCCESS!</h1>
<h2>GET FIT TO HAPPY</h2>
<p>

```

Unlock your full potential with our expert training and state-of-the-art facilities. Every step you take brings you closer to a healthier, happier you. Let's make fitness a lifestyle!

```
</p>
<div class="header__btn">
  <button class="btn">Explore More</button>
</div>
</div>
<div class="header__image">
  
</div>
</div>
</header>
```

```
<div class="about" id="about">
  <div class="section__container about__container">
    <div class="about__image">
      
    </div>
    <div class="about__content">
      <h2 class="section__header">Ready To Make A Change?</h2>
      <p>
```

Taking the first step towards a healthier, stronger you can be the most challenging part of the journey, but it's also the most rewarding. Whether you're a beginner or a seasoned athlete, our personalized training programs are designed to help you reach your goals faster and more efficiently.

```
</p>
<p>
```

With our motivating trainers, energizing classes, and state-of-the-art equipment, you'll have everything you need to stay committed and see real results.

```
</p>
<div class="about__btn">
  <button class="btn">Get Started</button>
</div>
</div>
</div>
</div>
```

```

<section class="service" id="service">
  <div class="section__container service__container">
    <h2 class="section__header">Services We Provide</h2>
    <div class="service__grid">
      <div class="service__card">
<span>01</span>
        <h4>Fitness Training</h4>
        <p>
          Our fitness training programs are tailored to help you build strength, improve
          endurance, and achieve your personal fitness goals. </p>
        </div>
        <div class="service__card">
<span>02</span>
          <h4>Yoga</h4>
          <p>
            Perfect for all levels, our sessions focus on improving
            flexibility, balance, and mental clarity while helping you manage stress.
          </p>
        </div>
        <div class="service__card">
<span>03</span>
          <h4>Gymnastics</h4>
          <p>
            Our gymnastics classes are designed to boost coordination,
            flexibility, and core strength through a series of fun and challenging
            exercises.
          </p>
        </div>
        <div class="service__card">
<span>04</span>
          <h4>Karate</h4>
          <p>
            Suitable for all ages and skill levels, our martial arts program
            emphasizes technique, respect, and personal growth while building confidence.
          </p>
        </div>
      <div class="service__image">

```

```

        
    </div>
</div>
</div>
</section>

<section class="popular" id="class">
    <div class="section__container popular__container">
        <h2 class="section__header">What Do You Want To Join Today?</h2>
        <div class="popular__grid">
            <div class="popular__card">
                <div>
                    <h4>Cardio Strength</h4>
                    <p>Full-body workout with cardio</p>
                </div>
                <span>
                    <i class="ri-arrow-right-fill"></i>
                </span>
            </div>
            <div class="popular__card">
                <div>
                    <h4>Weight Training</h4>
                    <p>Build muscle strength</p>
                </div>
                <span>
                    <i class="ri-arrow-right-fill"></i>
                </span>
            </div>
            <div class="popular__card">
                <div>
                    <h4>Yoga for Flexibility</h4>
                    <p>Improve flexibility and relax</p>
                </div>
                <span>
                    <i class="ri-arrow-right-fill"></i>
                </span>
            </div>
            <div class="popular__card">
                <div>
                    <h4>HIIT</h4>

```

```

    <p>Short bursts of intense exercise</p>
  </div>
  <span>
    <i class="ri-arrow-right-fill"></i>
  </span>
</div>
<div class="popular__card">
  <div>
    <h4>Personal Training</h4>
    <p>Customized workout plans</p>
  </div>
  <span>
    <i class="ri-arrow-right-fill"></i>
  </span>
</div>
<div class="popular__card">
  <div>
    <h4>Group Fitness Classes</h4>
    <p>Stay motivated and have fun</p>
  </div>
  <span>
    <i class="ri-arrow-right-fill"></i>
  </span>
</div>
<div class="popular__card">
  <div>
    <h4>Boxing Training</h4>
    <p>Enhance agility and stamina</p>
  </div>
  <span>
    <i class="ri-arrow-right-fill"></i>
  </span>
</div>
<div class="popular__card">
  <div>
    <h4>Pilates Core Workout</h4>
    <p>Strengthen your core</p>
  </div>

```

```
<span>
  <i class="ri-arrow-right-fill"></i>
</span>
</div>
<div class="popular__card">
  <div>
    <h4>Spin Class</h4>
    <p>High-energy cycling sessions</p>
  </div>
  <span>
    <i class="ri-arrow-right-fill"></i>
  </span>
</div>
</div>
</div>
</section>
```

```
<section class="facility__container">
  <div class="facility__image">
    
  </div>
  <div class="facility__content">
    <h2 class="section__header">It's About Who You Can Become</h2>
    <p>
```

At our gym, we believe that fitness is more than just physical—it's about transforming your mindset, pushing your limits, and realizing your full potential. Every workout is a step toward becoming the strongest, healthiest, and most confident version of yourself.

```
</p>
```

```
<p>
```

It's not about quick fixes or temporary results; it's about adopting a lifestyle that fuels your passion for self-improvement. With the right mindset and the right support, you can overcome obstacles, break barriers, and achieve goals you never thought possible.

```
</p>
```

```
<p>
```

Who you become is entirely up to you, but we believe in your potential. With the right training, dedication, and focus, you can turn your goals into reality.

```
</p>
```



```

</div>
</section>

<section class="section__container mentor__container">
  <h2 class="section__header">Having Your Own Coach And Mentor</h2>
  <div class="mentor__grid">
    <div class="mentor__card">
      
      <h4>DAVID WILLIAMS</h4>
      <p>Body Builder Coach</p>
    </div>
    <div class="mentor__card">
      
      <h4>ROSY RIVERA</h4>
      <p>Cardio Coach</p>
    </div>
    <div class="mentor__card">
      
      <h4>MATT STONIE</h4>
      <p>Fitness Coach</p>
    </div>
  </div>
</section>

<section class="banner" id="contact">
  <div class="banner__content">
    <h2>THE BEST TRAINERS OUT THERE</h2>
    <p>ARE YOU A TRAINER? <a href="#">JOIN US</a></p>
  </div>
  <div class="banner__image">
    
  </div>
</section>

<section class="footer">
  <div class="section__container footer__container">
    <div class="footer__col">
      <a href="#" class="footer__logo">
        
      </a>
    </div>
  </div>
</section>

```

```

<ul class="footer__links">
  <li>
    <a href="#">
      <span><i class="ri-phone-line"></i></span> +91 0987654321
    </a>
  </li>
  <li>
    <a href="#">
      <span><i class="ri-map-pin-line"></i></span> Vadlamidi India
    </a>
  </li>
  <li>
    <a href="#">
      <span><i class="ri-mail-line"></i></span> info@fitnesspoint
    </a>
  </li>
</ul>
</div>
<div class="footer__col">
  <h4>Quick Links</h4>
  <ul class="footer__links">
    <li><a href="#">Home</a></li>
    <li><a href="#">About</a></li>
    <li><a href="#">Classes</a></li>
    <li><a href="#">Gallery</a></li>
    <li><a href="#">Membership</a></li>
  </ul>
</div>
<div class="footer__col">
  <h4>Gym Hours</h4>
  <ul class="footer__links">
    <li>Monday 5am - 10pm</li>
    <li>Tuesday 5am - 10pm</li>
    <li>Wednesday 5am - 10pm</li>
    <li>Thursday 5am - 10pm</li>
    <li>Friday 5am - 10pm</li>
    <li>Saturday 5am - 10pm</li>
    <li>Sunday 5am - 1pm</li>
  </ul>
</div>

```

```

</div>
<div class="footer__bar">
  Copyright © 2025 Web Design Mastery. All rights reserved.
</div>
</section>
<script src="https://unpkg.com/scrollreveal"></script>
<script src="./index.js"></script>
</body>
</html>
(Register)
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <link rel="shortcut icon" href="./assets/mentor-2.jpg" type="image/x-icon">
  <title>Registration Form</title>
  <link rel="stylesheet" href="styles.css">
<style>
  :root {
    --gradient-1: linear-gradient(to right, #eeb5c6, #b2b4e4, #b3b4e4);
    --gradient-2: linear-gradient(to right, #eeb5c4, #beb0e1, #7ed6d8);
  }
  body {
    fontfamily:
    Arial, sans-serif;
    background:
    var(--gradient-1);
    display: flex;
    justify-content: center;
    align-items: center;
    height: 100vh;
    margin: 0;
  }
  .container {
    background: white;
    padding: 20px;
    border-radius: 10px;
    box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.1);
    width: 350px;
    text-align: center;
  }
  h2 {
    margin-bottom: 20px;

```

```

        } form { display:
flex; flexdirection:
column;
        } label { text-
align: left; margin-top:
10px; font-weight: bold;
        } input, select {
padding: 10px; margin-
top: 5px; border: 1px
solid #ccc; border-
radius: 5px;
        } button { margintop:
20px; padding: 10px;
background: var(--gradient-2);
color: white; border: none;
border-radius: 5px; cursor:
pointer; font-size: 16px;
        }
button:hover {
background: var(--gradient-1);
        }
</style>
</head>
<body>
<div class="container">
<h2>Register Now</h2>
<form action="#" method="POST">
<label for="name">Full Name</label>
<input type="text" id="name" placeholder="Full Name" name="name" required>

<label for="email">Email</label>
<input type="email" placeholder="Email" id="email" name="email" required>

<label for="phone">Phone Number</label>
<input type="tel" id="phone" placeholder="Phone Number" name="phone" required>

<label for="age">Age</label>
<input type="number" id="age" placeholder="Age" name="age" required>

<label for="weight">Weight (kg)</label>

```

```
<input type="number" id="weight" placeholder="Weight (kg)" name="weight"
required>
```

```
<label for="height">Height (cm)</label>
```

```
<input type="number" id="height" placeholder="Height (cm)" name="height"
required>
```

```
<label for="gender">Gender</label>
```

```
<select id="gender" name="gender" required>
```

```
<option value="">Select</option>
```

```
<option value="male">Male</option>
```

```
<option value="female">Female</option>
```

```
<option value="other">Other</option>
```

```
</select>
```

```
<button type="submit">Submit</button>
```

```
</form>
```

```
</div>
```

```
</body>
```

```
</html>
```

```
(Backend) <?php include
```

```
'config.php';
```

```
if ($_SERVER['REQUEST_METHOD'] === 'POST') {
```

```
    $username = $_POST['username'];
```

```
    $password = $_POST['password'];
```

```
    // Simple admin validation    if ($username == "admin" &&
$password == "admin123") {
```

```
        $sql = "SELECT * FROM users";
```

```
        $result = $conn->query($sql);
```

```
        if ($result->num_rows > 0) {
($row = $result->fetch_assoc()) {
$row['progress_streak'] . "<br>";
        }
```

```
    } else {        echo "No users
found";
```

```
        echo "<h1>Client Details</h1>";        while
        echo "User: " . $row['user_name'] . " | Progress: " .
```

```

    }
    } else {      echo
"Permission denied.";
    }
}
?>
<form method="POST">
    <input type="text" name="username" placeholder="Admin Username">
    <input type="password" name="password" placeholder="Admin Password">
    <button type="submit">Login</button>
</form> <?php
include 'config.php';

if ($_SERVER['REQUEST_METHOD'] === 'POST') {
    $user_id = $_POST['user_id'];
    $sql = "SELECT progress_streak FROM users WHERE user_id='$user_id'";
    $result = $conn->query($sql);    if ($result->num_rows >
0) {      $row = $result->fetch_assoc();      if
($row['progress_streak'] > 50) { // Example condition      echo
"Your diet plan is: High protein and low carbs.";
        } else {      echo "Improve your streak to
receive a diet plan."
        }
    } else {      echo "User not
found.";
    }
}
?>
<form method="POST">
    <input type="number" name="user_id" placeholder="Enter User ID">
    <button type="submit">Calculate BMI</button>
</form>
<?php
$host = "localhost";
$user = "root";
$password = "";
$dbname = "fitness_db";
$conn = new mysqli($host, $user, $password,
$dbname); if ($conn->connect_error) {
die("Connection failed: " . $conn->connect_error);

```

```

}
?>
<?php
include 'config.php';
$sql = "
CREATE TABLE IF NOT EXISTS users (   user_id
INT AUTO_INCREMENT PRIMARY KEY,
user_name VARCHAR(100),   trainer_name
VARCHAR(100),   progress_streak INT
);
CREATE TABLE IF NOT EXISTS trainers (   trainer_id
INT AUTO_INCREMENT PRIMARY KEY,   trainer_name
VARCHAR(100),   specialty
VARCHAR(100),   payment VARCHAR(50)
); ";
if ($conn->multi_query($sql) === TRUE) {
echo "Database and tables created successfully"; }
else {   echo "Error: " .
$conn->error;
}
?>
<?php include
'config.php';
if ($_SERVER['REQUEST_METHOD'] === 'POST') {
    $username = $_POST['username'];
    $password = $_POST['password'];   // Simple admin validation
if ($username == "admin" && $password == "admin123") {
    $sql = "SELECT * FROM users";    $result = $conn->query($sql);    if
($result->num_rows > 0) {        echo "<h1>Client Details</h1>";        while ($row =
$result->fetch_assoc()) {            echo "User: " . $row['user_name'] . " | Progress: " .
$row['progress_streak'] . "<br>";
        }
    } else {        echo "No users
found";
    }
    } else {        echo
"Permission denied.";

```

```

    }
}
?>
<form method="POST">
    <input type="text" name="username" placeholder="Admin Username">
    <input type="password" name="password" placeholder="Admin Password">
    <button type="submit">Login</button>
</form> <?php
include 'config.php';
if ($_SERVER['REQUEST_METHOD'] === 'POST') {
    $user_id = $_POST['user_id'];
    $sql = "SELECT progress_streak FROM users WHERE user_id='$user_id'";
    $result = $conn->query($sql);    if ($result-
>num_rows > 0) {        $row = $result->fetch_assoc();
if ($row['progress_streak'] > 50) { // Example condition
echo "Your diet plan is: High protein and low carbs.";
    } else {        echo "Improve your streak to receive a
diet plan.";
    }
    } else {        echo "User not
found.";
    }
}
?>
<form method="POST">
    <input type="number" name="user_id" placeholder="Enter User ID">
    <button type="submit">Calculate BMI</button>
</form>
<?php
$host = "localhost";
$user = "root";
$password = "";
$dbname = "fitness_db";

$conn = new mysqli($host, $user, $password, $dbname);

if ($conn->connect_error) {    die("Connection
failed: " . $conn->connect_error);
}
?>

```


4.2 Test Cases:

Register Now

Full Name

Email

Phone Number

Age

Weight (kg)

Height (cm)

Gender

Male

▼

Submit

Fig:4.2.1

5.RESULTS:

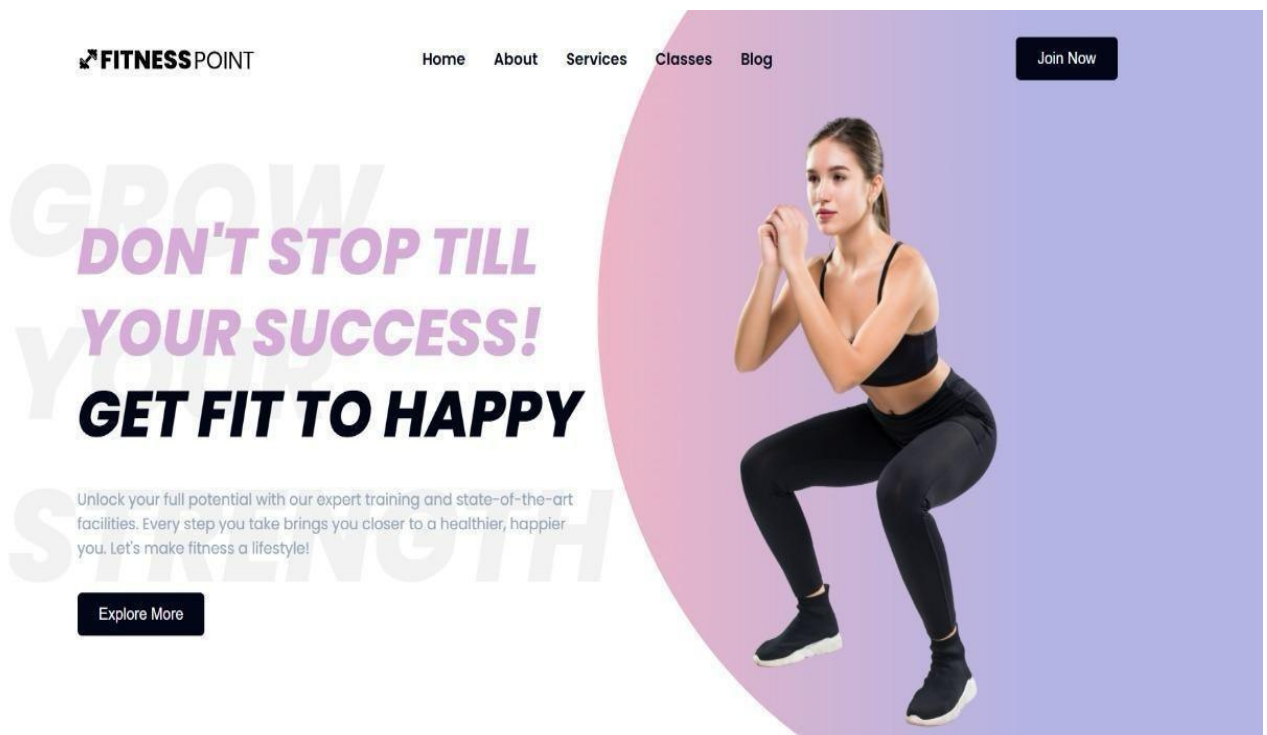
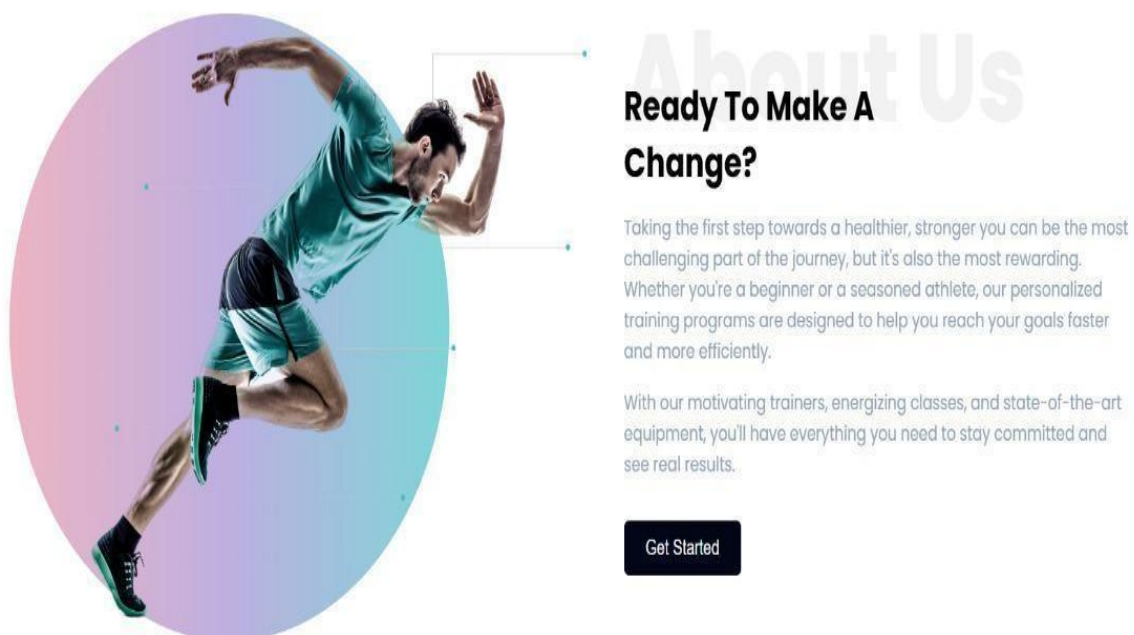


Fig5.1

5.1 Output Screens:

Fig:5.1.1



Our Services

Services We Provide

01

Fitness Training

Our fitness training programs are tailored to help you build strength, improve endurance, and achieve your personal fitness goals.

03

Gymnastics

Our gymnastics classes are designed to boost coordination, flexibility, and core strength through a series of fun and challenging exercises.



02

Yoga

Perfect for all levels, our sessions focus on improving flexibility, balance, and mental clarity while helping you manage stress.

04

Karate

Suitable for all ages and skill levels, our martial arts program emphasizes technique, respect, and personal growth while building confidence.

Fig:5.1.2

Popular Classes

What Do You Want To Join Today?

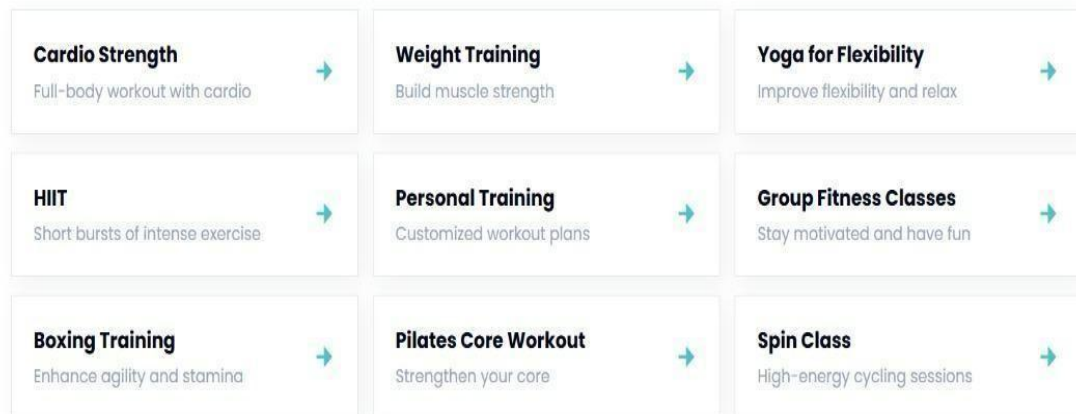
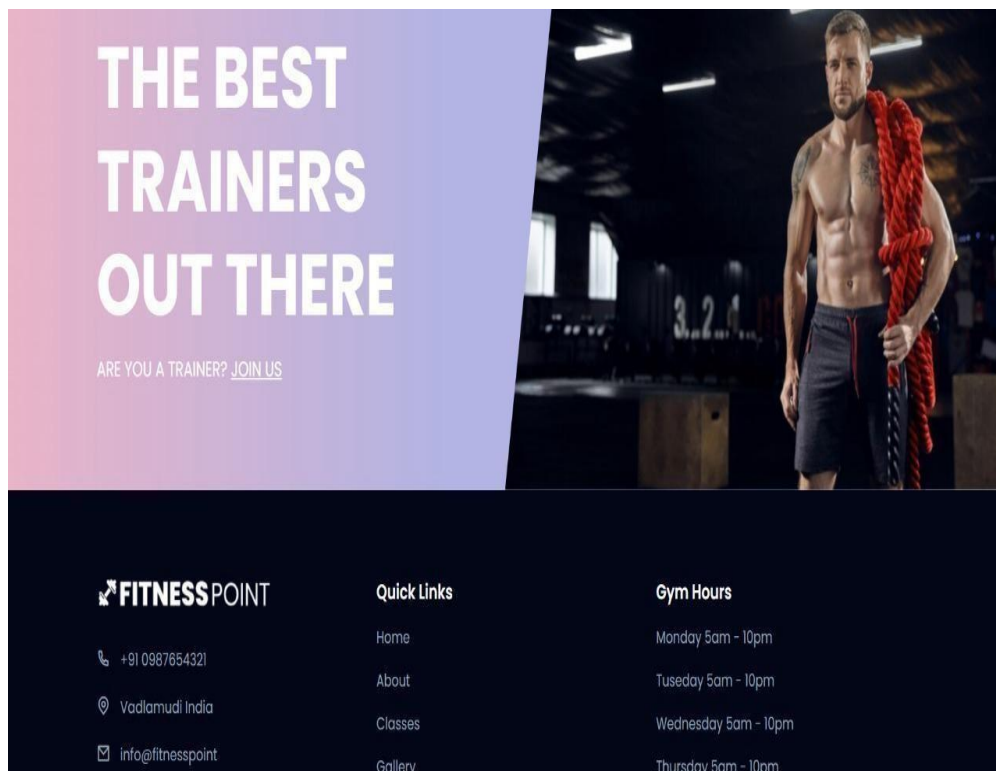


Fig:5.1.3

Fig:5.1.4



6.CONCLUSION

Fitness apps serve as powerful tools to help individuals achieve their health and wellness goals. Whether you're aiming to lose weight, build muscle, improve endurance, or simply maintain a healthy lifestyle, a well-designed fitness app can provide structure, motivation, and accountability. With features such as workout tracking, nutrition logging, progress monitoring, and integration with fitness devices, these apps offer a comprehensive approach to fitness. They make it easier to stay on track, personalize your routine, and stay motivated with community support and challenges. Ultimately, fitness apps are valuable companions on your journey to better physical and mental health, making it easier to integrate fitness into your everyday life.

REFERENCES

Caspersen CJ, Powell KE, Christenson GM. (1985). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. Public Health Rep, 100 (2): 126–31.

Feinstein RA, Francis KT, Lorish C. (1991). Physical activity and fitness assessment. *Ala Med*, 61 (2): 10–2, 4.

Project Link:

<https://github.com/Bindu-sai29/fitpage2.git>