**Ahram Canadian University**

**Faculty of Computer Science & IT**

**Programming on the web**

**Assoc.Prof.Ahmed Sief**

**GYMX**

**Name:Abdelrahman Ashraf ID:41810111**

**Name:Mohamed Yehia Selim ID:41810136**

**Name:Omar Mohamed ID:41810216**

**Name:Youssef Mahmoud ID:41810001**

**Name:Martin Maged ID:41810076**

**Name:Mohamed Ibrahim ID:41810273**

**REPORT**

Our project is about gym page is written by html, CSS and JavaScript. Our project is 6 pages each page has a specific job and each page has its design first page is registration and login it contains two main buttons registrate and login in you can use the regestrae button if you are new in the gym and then there are some information will appear to you you must fill its to create account on our program. If you already have a program you can choose login then fill the information this is our first page login and registration. In each page of the 6 page there are header and footer. Header contains our logo “***GYMX***” and also contains photo and Stimulating phrases. The footer contains our working time and our contact.

-The second page is home page in this page you can choose your class and your trainer and also you can choose your membership each membership is different from the other in the access to gym, number of classes per week, expired date, drinking package and number of personal trainers in the team challenge there are a background when you scroll up its doesn’t appear it only appear in the team challenge part it also contains header and footer.

- The third page is about us this page contains the modern equipment’s that the gym has. and also contains the healthy nutrition plan that you will work on it and also, we have professing training plan. And our opening hours. This page will help you to know more about our gym it and also it will help you to deserve your goal. We also have more than trainer in each field such as the trainer of fitness is different than the trainer of yoga. If you want to lose weight our gym will help you because we have professional doctors that will help you to loss weight. Our nutritionists help you with your nutritional program. Proper nutrition is an essential complement to exercise for high energy, and lasting health.

- The fourth page is classes this page contains more information about trainers this will help you to choose your trainer that you will work with him and at the end of this page we have the class timetable and the coach that will lead this class you can choose the day and the time that you can come to the gym.

- The fifth class is services in our gym may offer a variety of additional programs and services, such as nutrition advice, weight loss challenges, lifestyle seminars, boot camp, walking groups and personal training. also, we have a juice bar, pool, spa or sauna, or rooms designated for specific activities like stretching and massage. Activities include organized, group instructional programs such as yoga, and martial arts; organized and moved team sports; and individual fitness opportunities such as cardio, weight training, and boxing. We have more than plan we have 12-month plan and also, we have 6 months.

- The last class is our team this page is our trainers and information about them and if you want to take appointment from them if you want to talk with them and know more about the way of training and about the gym, they will help you to know all this information also our trainer has experience in training field.

- In our project we had used CSS is the language for describing the presentation of Web pages, including colors, layout, and fonts. It allows one to adapt the presentation to different types of devices, such as large screens, small screens, or printers. Also, we use database in our project we use php my admin connection database

- Connections are a key concept in data-centric programming. Since some DBMS engines require considerable time to connect, connection pooling was invented to improve performance. No command can be performed against a database without an "open and available" connection to it.

- Connections are built by supplying an underlying driver or provider with a connection string, which is a way of addressing a specific database or server and instance as well as user authentication credentials (for example, once a connection has been built it can be opened and closed at will, and properties (such as the command time-out length, or transaction, if one exists) can be set. The Connection String is composed of a set of key/value pairs as dictated by the data access interface and data provider being used.

- At the end our clubs employ personal trainers who are accessible to members for training/fitness/nutrition/health advice and consultation. Personal trainers can devise a customized fitness routine, sometimes including a nutrition plan, to help clients achieve their goals. They can also monitor and train with members. More often than not, in our clubs include health-shops selling equipment, snack bars, our club have a sauna, steam room, or swimming pool and even nutrition counseling. Health clubs generally charge a fee to allow visitors to use the equipment, courses, and other provided services. the club offer many services and as a result, the monthly membership prices can vary greatly. A recent study of American clubs found that the monthly cost of membership that cater to families and to those seeking social activities in addition to a workout so that we had made 3 membership each one with different price and number of days so that you can choose the suitable for you. Physical activity is also connected to better focus and productivity. Psychophysiology suggests this is because exercise increases the flow of blood and oxygen to the brain.

The mental health and emotional health benefits of physical fitness are some of the most important ones — and often have the biggest effect on someone’s quality of life, Jonesco says. “The satisfaction of pushing your body and seeing it respond breeds not only a stronger, faster, leaner body, but a more peaceful, satisfied, and confident mind.” When you’re physically fit, you know firsthand what you can accomplish when you put your mind to it, and you become empowered to hit your personal, career, and relationship goals in a way you wouldn’t otherwise. For example, studies consistently link physical fitness with improved longevity. when your body becomes fitter.