

REPORT FOR FITNESS CLUB WEBSITE

AS A PROJECT WORK FOR COURSE

INTERNET PROGRAMMING (CSE326)

Name : Aryan gour

Registration number : 12108932

Roll Number : RK21RSA15

Program : CSE B.Tech

Semester : Second

School : School of Computer Science and Engineering

Name of University : Lovely Professional University

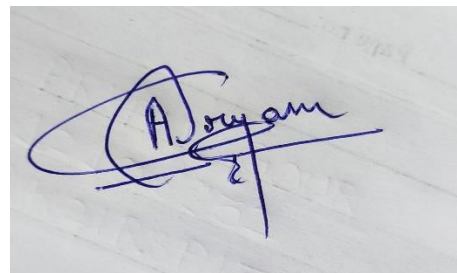
Date of Submission : 23 April 2022



LOVELY
PROFESSIONAL
UNIVERSITY

STUDENT DECLARATION

This is to declare that this report has been written by me . No part of the report is copied from other sources. All information included from other sources been duly acknowledged. I aver that if any part of the report is found to be copied, I shall take full responsibility for it.

A handwritten signature in blue ink, appearing to read 'Aryan Gour', with a large, stylized circular flourish on the left side.

ARYAN GOUR (A-15)

PLACE: NARMADAPURAM, MADHYA PRADESH

DATE: 08th APRIL ,2022

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OBJECTIVE AND GOALS

When I started my discussion and planning on this project, I researched on the online tutoring domain, visited different websites, Forums and YouTube channels. My main aim is to provide the students with a platform where instead of searching and wasting time we have selected the best tutorials for them.

For basic to create my first website I used my knowledge and learnings which I was taught during my CSE subject classes. And my main learning source from which I got most of the confidence was 'code with harry' you tube channel. From his lectures and tutorial's , I learned a lot and created my first website .

While creating this project, I have used different languages and tools which include HTML and CSS. Was unable to use javascript as not having good command on it (and as there was no partner with me).

Html was used for creating the basic skeleton i.e. the basic elements like buttons, Text fields, divisions, classes etc. while CSS was complementary for our web design and layout. it helped us in deciding where which element should appear on our page and moreover it was very helpful in creating

Dropdown menu and labels throughout our web page.

ABSTRACT AND ACKNOWLEDGEMENT

ABSTRACT:-

Fitness Club website provides information about our gym , about nutritions and many things.

People can easily register their names online through this website.

ACKNOWLEDGEMENT:-

I would like to thank my mentor– MD Imran Hussain for his advice and inputs on this project. Many thanks to my friends and parents as well, who spent countless hours to listen and provide feedbacks.

INTRODUCTION:-

1. CONTEXT:-

This project has been done as part of my course for the CSE at Lovely Professional University.

Supervised by MD Imran Hussain sir.

2. MOTIVATIONS:-

Being extremely interested in everything having a relation with the Web Development, the group project was a great occasion to give us the time to learn and confirm our interest for this field. The fact that we can use websites for our gym registration and information. We can use websites almost everywhere. That's why I decided to conduct my project in Web Development.

TEAM MEMBERS:-

(NO TEAM MEMBER)

“BOTH HTML , CSS CODE AND REPORT
PRREPARED BY ARYAN GOUR(ME) ONLY.”

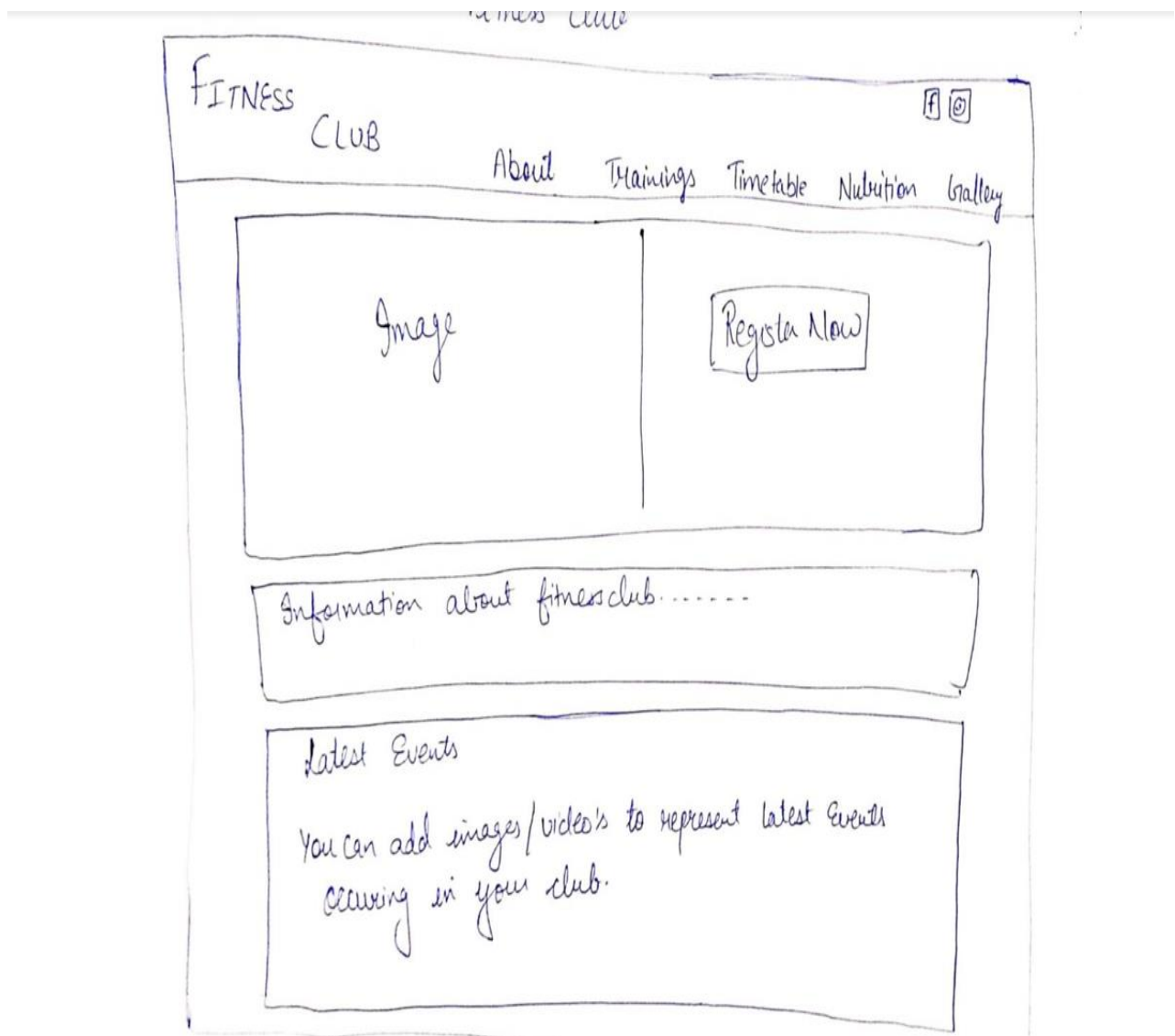
WAS UNABLE TO USE JAVASCRIPT AS NOT
HAVING GOOD COMMAND ON IT (AND AS THERE
WAS NO PARTNER WITH ME).

TOPIC CHOSEN:

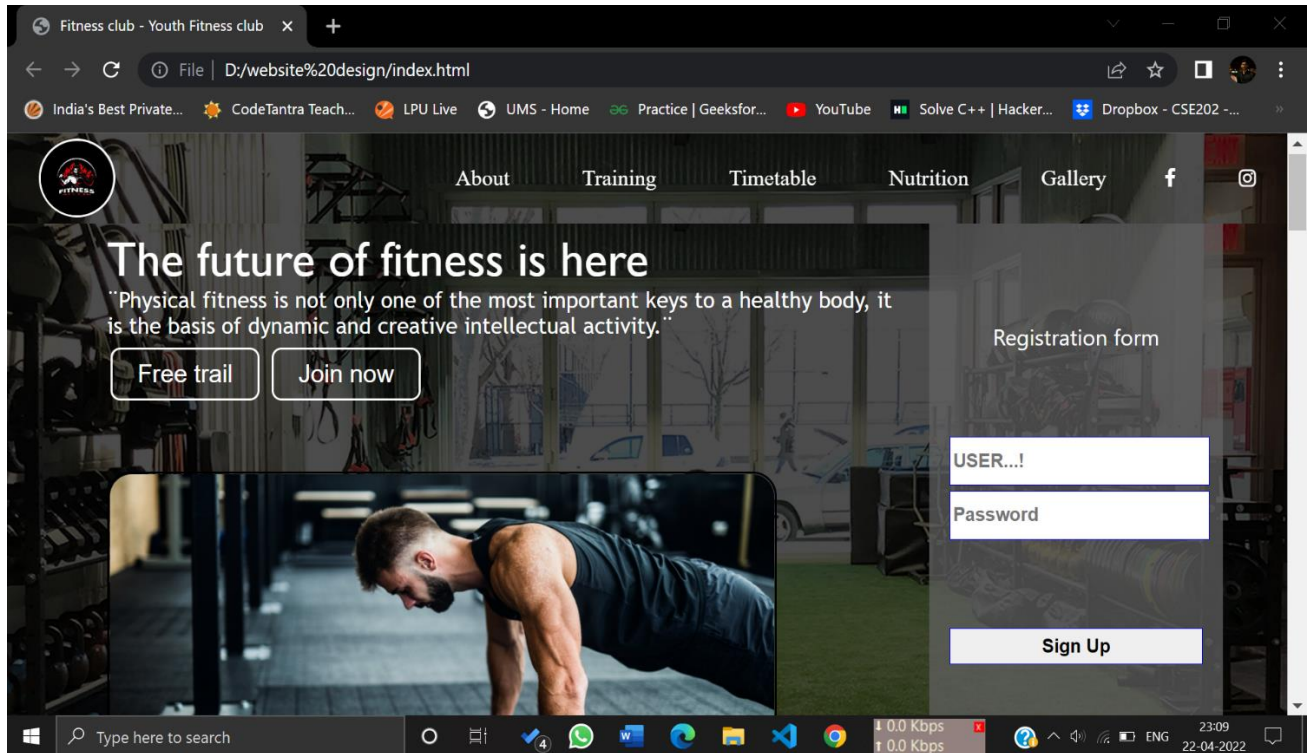
PROJECT NO:6

FITNESS CLUB

ROUGH IMAGE FOR REFERENCE –



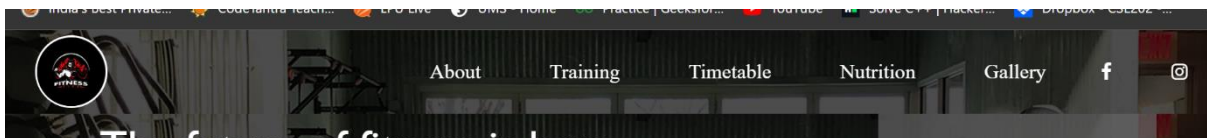
WEBPAGES



MAIN PAGE

This page comprises of interlinked pages and datasheets. It consists of the following:

1) Navigation Bar:-



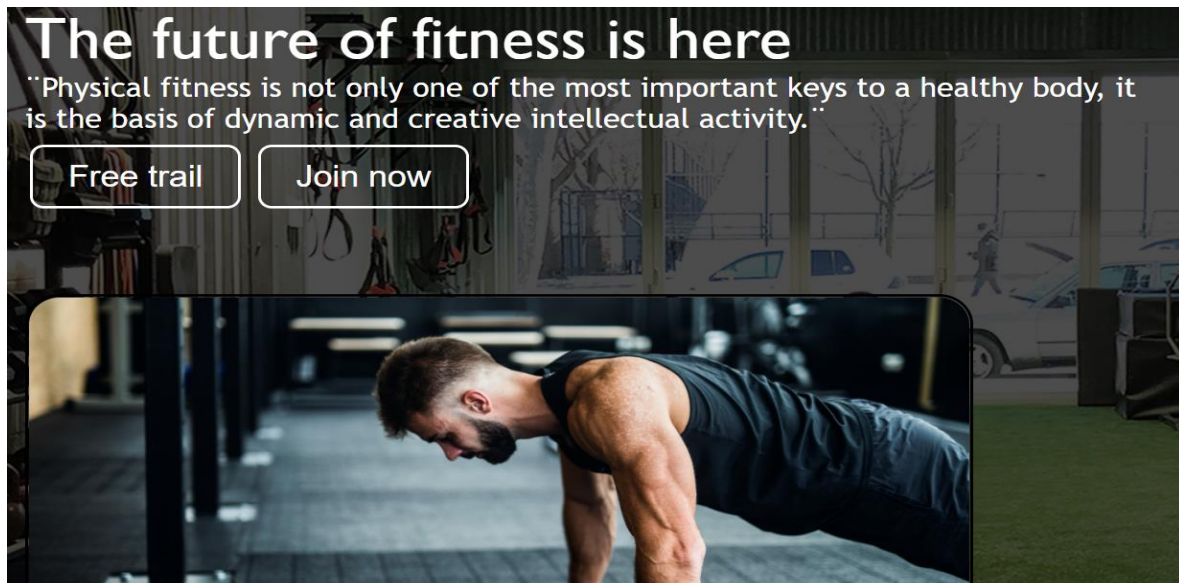
→ Fitness club logo on left of navigation bar-



→ Modules and Instagram, Facebook logo on right of navigation bar-



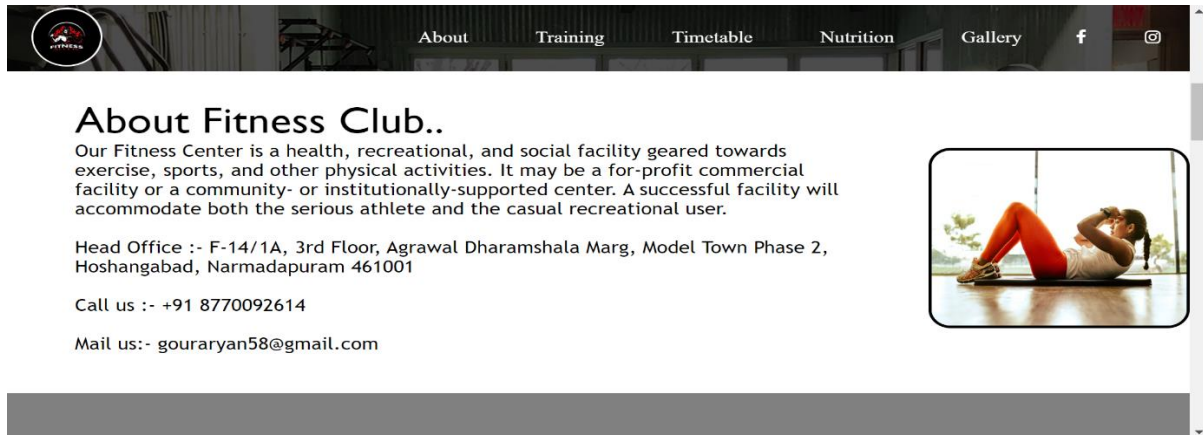
2) Heading with buttons (Join now , Free trail) and an image on left section-



3)Registration form on right section of main page-

A registration form overlay on a dark background. The title 'Registration form' is at the top. Below it are two input fields: the first is labeled 'USER...!' and the second is labeled 'Password'. At the bottom of the form is a button labeled 'Sign Up'.

REST OF THE PAGE CONSISTS OF FOLLOWING INFORMATION ABOUT FITNESS CLUB:



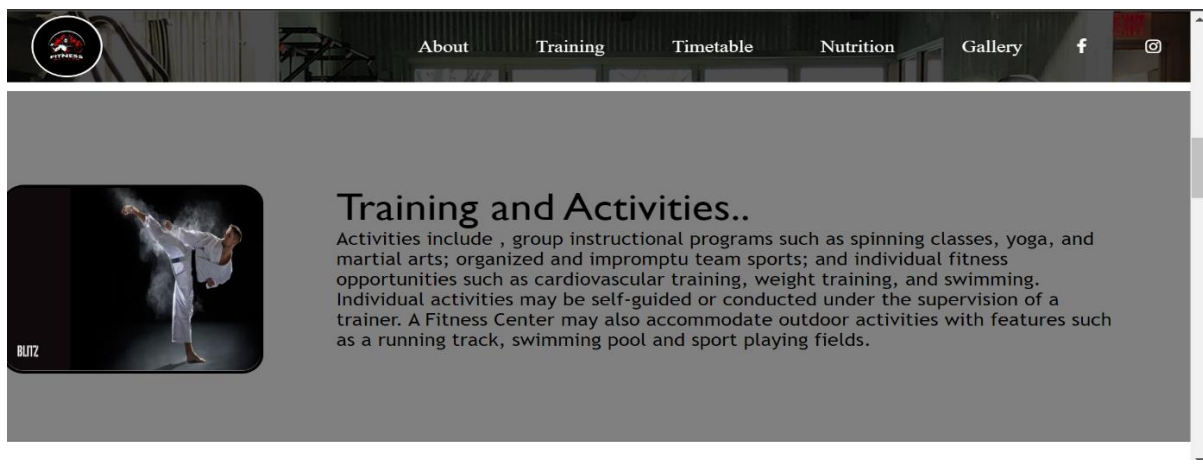
About Fitness Club..

Our Fitness Center is a health, recreational, and social facility geared towards exercise, sports, and other physical activities. It may be a for-profit commercial facility or a community- or institutionally-supported center. A successful facility will accommodate both the serious athlete and the casual recreational user.

Head Office :- F-14/1A, 3rd Floor, Agrawal Dharamshala Marg, Model Town Phase 2, Hoshangabad, Narmadapuram 461001

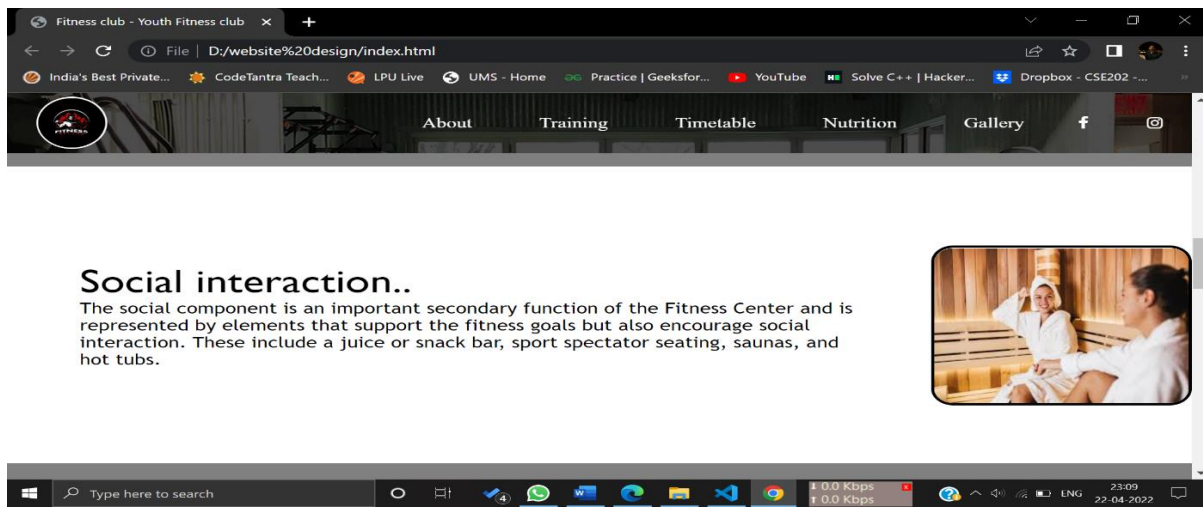
Call us :- +91 8770092614

Mail us:- gouraryan58@gmail.com




Training and Activities..

Activities include , group instructional programs such as spinning classes, yoga, and martial arts; organized and impromptu team sports; and individual fitness opportunities such as cardiovascular training, weight training, and swimming. Individual activities may be self-guided or conducted under the supervision of a trainer. A Fitness Center may also accommodate outdoor activities with features such as a running track, swimming pool and sport playing fields.



Social interaction..

The social component is an important secondary function of the Fitness Center and is represented by elements that support the fitness goals but also encourage social interaction. These include a juice or snack bar, sport spectator seating, saunas, and hot tubs.



[About](#)
[Training](#)
[Timetable](#)
[Nutrition](#)
[Gallery](#)
[f](#)
[@](#)

Your Workout Schedule for a week

Monday	→	Chest & Triceps
Tuesday	→	Lats & Biceps
Wednesday	→	Shoulder & Legs
Thursday	→	Triceps & Abs
Friday	→	Back & Shoulder
Saturday	→	Legs & Chest
Sunday		Rest Day


Workout Timetable..

When it comes to achieving your best physique, a proper strength training program is essential. Whether you're looking to transform your body or just kick your training up a notch, it's important to add training volume (in the form of reps, sets, and weight) to stimulate new muscle growth as you progress. In general, most beginners have been lifting for less than a year, intermediates for at least 1 year, and advanced trainees for at least 2 years. Keep in mind that you should not attempt advanced workouts unless you have appropriate strength training experience.



[About](#)
[Training](#)
[Timetable](#)
[Nutrition](#)
[Gallery](#)
[f](#)
[@](#)

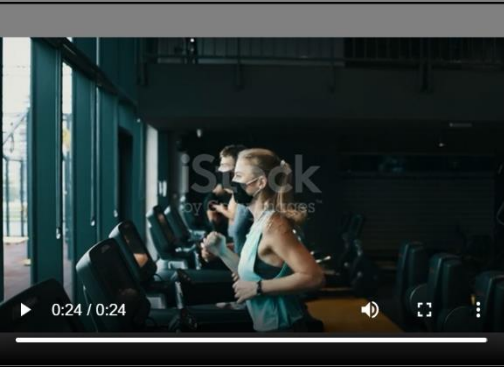
Nutritional Fitness..

Nutritional Fitness is the ability to sustain your performance through foods, dietary supplements, and beverages in adequate quantities, quality, and proportions. Food fuels performance and the right "fuel" can help you perform at your best. A good diet isn't just healthy and nutritious, it must be sustainable. Trendy or gimmick weight-loss diets can offer short-term success, but often are not sustainable and lead to long-term weight gain. Maintaining a healthy, balanced, and sustainable diet helps build wellness across many areas of health.



AND CONTAINS LATEST EVENTS WITH PLAYING VIDEO-


[About](#)
[Training](#)
[Timetable](#)
[Nutrition](#)
[Gallery](#)
[f](#)
[@](#)

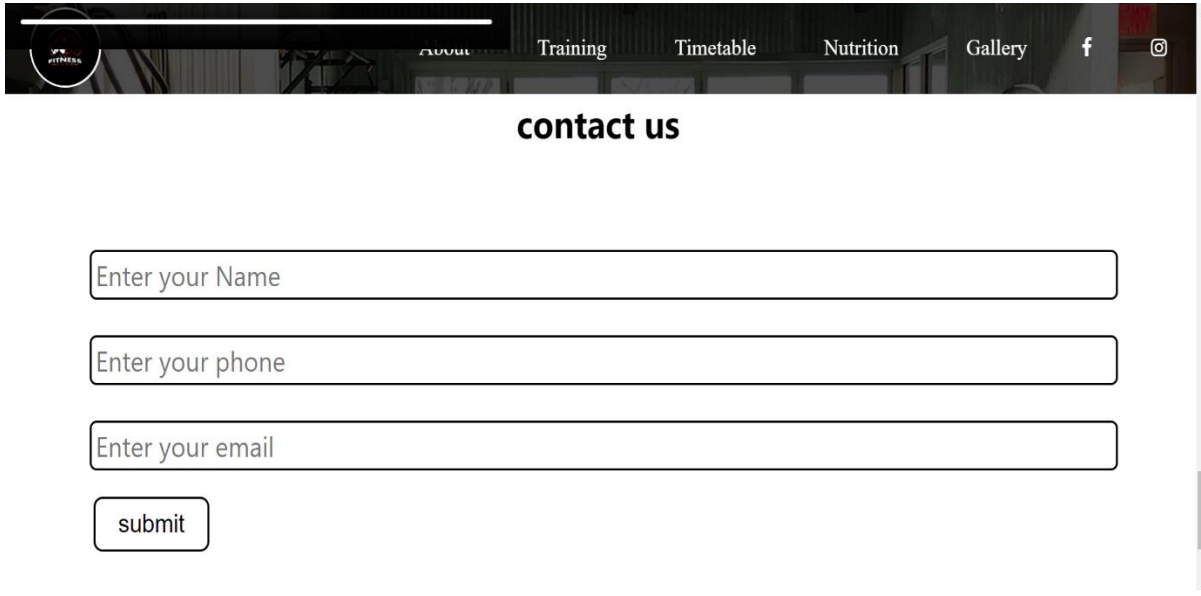


Latest Events And Gallery-

-Returning to the gym post-COVID? Follow proper etiquette: Experts...

Gyms across the country have reopened post the Omicron wave, and many are itching to hit the treadmills and weight racks once again. However, with several gyms operating at 50% capacity and on an appointment-only basis, there's a lot that one has to keep in mind. Fitness experts share gym etiquette that fitness enthusiasts and gym chains can follow for their safety as well as their patrons'.

CONTACT US PAGE-



contact us

Enter your Name

Enter your phone

Enter your email

submit

AND AT LAST FOOTER CONSISTS OF COPYRIGHT-



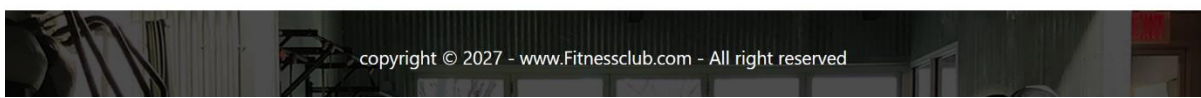
Enter your phone

Enter your email

submit

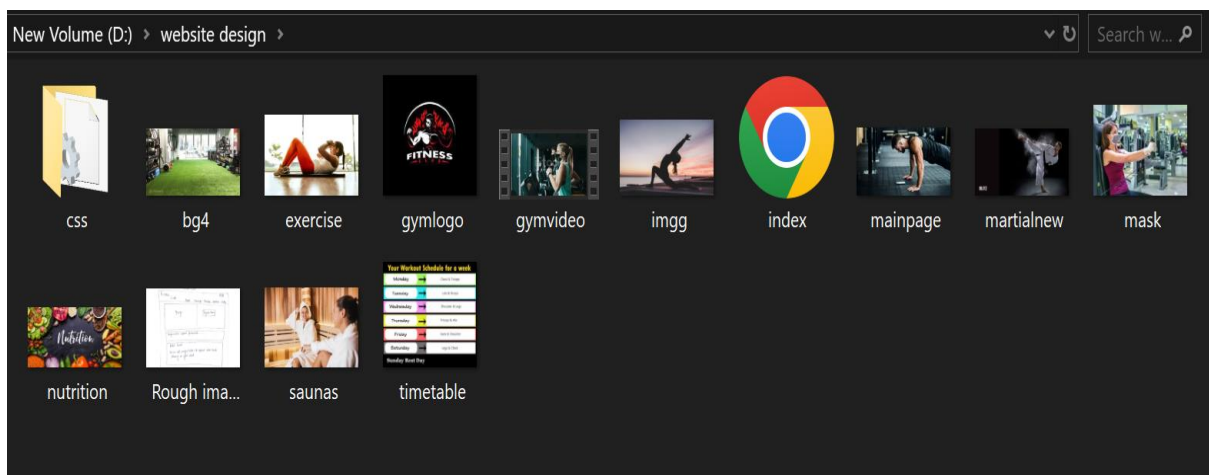
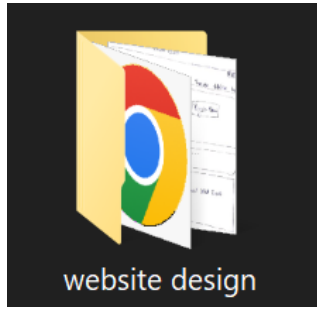
copyright © 2027 - www.Fitnessclub.com - All right reserved

FOOTER-



copyright © 2027 - www.Fitnessclub.com - All right reserved

FOLDERS SCREENSHOT FROM DEVICE:



CODE PASTED FROM VSCODE:

HTML CODE-

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/font-awesome@4.7.0/css/font-awesome.min.css">
  <link rel="stylesheet" href="css/style.css">
  <title>Fitness club - Youth Fitness club</title>
</head>
<body>
  <nav class="navbar background">
    <div class="logo"></div>
    <ul class="nav-list">
      <li><a href="#about">About</a></li>
      <li><a href="#training">Training</a></li>
      <li><a href="#timetable">Timetable</a></li>
      <li><a href="#nutrition">Nutrition</a></li>
      <li><a href="#gallery">Gallery</a></li>
    </ul>
    <a href="#" class="fa fa-facebook"></a>
    <a href="#" class="fa fa-instagram"></a>
  </nav>

  <section class="background firstSection">
    <div class="box-main">
      <div class="firstHalf">
        <p class="text-big">The future of fitness is here</p>
        <p class="text-small">Physical fitness is not only one of the most important keys to a healthy body,
          it is the basis of dynamic and creative intellectual activity.</p>
        <div class="buttons">
          <button class="btn">Free trail</button>
          <button class="btn">Join now</button>
        </div>
        <div class="bigimage">
          
        </div>
      </div>
      <div class="secondHalf">
        <div class="reg_frm">
          <span>Registration form</span>
          <div>
            <input placeholder="USER...!">
            <input placeholder="Password">
          </div>
          <input type="button" value="Sign Up">
        </div>
      </div>
    </div>
  </section>

  <section class="section">
    <div class="paras">
      <p class="sectionTag text-big">About Fitness Club.</p>
      <p class="sectionsSubTag text-small">Our Fitness Center is a health, recreational, and social facility geared towards exercise, sports, and
        other physical activities.
        It may be a for-profit commercial facility or a community- or institutionally-supported center. A successful facility will accommodate
        both the serious athlete and the casual recreational user. <br> <br> Head Office :-
        F-14/1A, 3rd Floor, Agrawal Dharamshala Marg, Model Town Phase 2, Hoshangabad, Narmadapuram 461001 <br> <br> Call us :-
        +91 8770092614 <br> <br> Mail us:-
        gouraryan58@gmail.com
      </p>
    </div>
    <div class="thumbnail">
      
    </div>
  </section>

  <section class="background section section-Left">
    <div class="paras">
      <p class="sectionTag text-big">Training and Activities.</p>
      <p class="sectionsSubTag text-small">Activities include , group instructional programs such as spinning classes, yoga, and martial arts;
        organized and impromptu team sports; and individual fitness opportunities such as cardiovascular training, weight training, and swimming.
        Individual activities may be self-guided or conducted under the supervision of a trainer.
        A Fitness Center may also accommodate outdoor activities with features such as a running track, swimming pool and sport playing
        fields.</p>
    </div>
    <div class="thumbnail">
      
    </div>
  </section>

  <section class="section">
    <div class="paras">
```

```

    <p class="sectionTag text-big">Social interaction.</p>
    <p class="sectionsSubTag text-small">The social component is an important secondary function of the Fitness Center and is represented by
elements that support the fitness goals but also encourage social interaction. These include a juice or snack bar, sport spectator seating, saunas,
and hot tubs. </p>
  </div>
  <div class="thumbnail">
    
  </div>
</section>

<section class="background section section-Left">
  <div class="paras">
    <p class="sectionTag text-big">Workout Timetable.</p>
    <p class="sectionsSubTag text-small">When it comes to achieving your best physique, a proper strength training program is essential.

    Whether you're looking to transform your body or just kick your training up a notch, it's important to add training volume (in the form
of reps, sets, and weight) to stimulate new muscle growth as you progress.
    In general, most beginners have been lifting for less than a year, intermediates for at least 1 year, and advanced trainees for at least
2 years. Keep in mind that you should not attempt advanced workouts unless you have appropriate strength training experience.</p>
  </div>
  <div class="thumbnail">
    
  </div>
</section>

<section class="section">
  <div class="paras">
    <p class="sectionTag text-big">Nutritional Fitness.</p>
    <p class="sectionsSubTag text-small">Nutritional Fitness is the ability to sustain your performance through foods, dietary supplements, and
beverages in adequate quantities, quality, and proportions. Food fuels performance and the right "fuel" can help you perform at your best.
    A good diet isn't just healthy and nutritious, it must be sustainable. Trendy or gimmick weight-loss diets can offer short-term success, but
often are not sustainable and lead to long-term weight gain. Maintaining a healthy, balanced, and sustainable diet helps build wellness across many
areas of health.</p>
  </div>
  <div class="thumbnail">
    
  </div>
</section>

<section class="background section section-Left">
  <div class="paras">
    <p class="sectionTag text-big">Latest Events And Gallery-</p>
    <p class="sectionTag text-big">-Returning to the gym post-COVID? Follow proper etiquette: Experts...</p>
    <p class="sectionsSubTag text-small">Gyms across the country have reopened post the Omicron wave, and many are itching to hit the treadmills
and weight racks once again. However, with several gyms operating at 50% capacity and on an appointment-only basis, there's a lot that one has to
keep in mind. Fitness experts share gym etiquette that fitness enthusiasts and gym chains can follow for their safety as well as their patrons'.</p>
  </div>

  <div class="videogym">
    <video controls><source src="gymvideo.mp4" type="Video/mp4"></video>
  </div>
</section>

<section class="background contact">
  <h2 class="text-center">contact us</h2>
  <div class="form">
    <input class="form-input" type="text" name="name" id="name" placeholder="Enter your Name">
    <input class="form-input" type="text" name="phone" id="phone" placeholder="Enter your phone">
    <input class="form-input" type="email" name="email" id="email" placeholder="Enter your email">
    <button class="btn btn-dark">submit</button>
  </div>
</section>
<footer class="background">
  <p class="text-footer">
    copyright &copy; 2027 - www.Fitnessclub.com - All right reserved
  </p>
</footer>
</body>
</html>

```


CSS CODE-

```
* {
  margin: 0;
  padding: 0;
}

.logo {
  width: 28%;
  display: flex;
  justify-content: left;
  align-items: left;
}

.logo img {
  width: 20%;
  border: 2px solid white;
  border-radius: 50px;
}

.navbar {
  display: flex;
  align-items: center;
  justify-content: space-around;
  position: sticky;
  top: 0;
  cursor: pointer;
}

.navbar a {
  color: #fff;
  text-decoration: none;
}

.nav-list {
  width: 50%;
  justify-content: space-around;
  display: flex;
  align-items: left;
}

.nav-list li {
  list-style: none;
  padding: 26px 30px;
}

.nav-list li a {
  text-decoration: none;
  color: white;
  font-size: 18px;
}

.nav-list li a:hover {
  color: grey;
}

.rightnav {
  width: 50%;
  text-align: right;
}

#search {
  padding: 5px;
  font-size: 17px;
  border: 2px solid grey;
  border-radius: 9px;
}

.background {
  background: rgba(0, 0, 0, 0.7) url('../bg4.webp');
  background-size: cover;
  background-blend-mode: darken;
}

.firstSection {
  height: 110vh;
}

.box-main {
  display: flex;
  justify-content: center;
  align-items: stretch;
  color: white;
  font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;
  max-width: 90%;
  margin: auto;
  height: 100%;
}

.firstHalf {
  width: 80%;
  display: flex;
  flex-direction: column;
  padding: 30px;
  justify-content: center;
}
```

```

.secondHalf {
  width: 30%;
}

.reg_frm {
  font-size: 18px;
  display: flex;
  align-items: center;
  background: rgba(99, 99, 99, 0.722);
  padding: 15px;
  height: 80%;
  flex-direction: column;
  justify-content: space-evenly;
}

.reg_frm input {
  width: 98%;
  padding: 10px 2px;
  margin: 2px;
  border: 1px solid blue;
  font-size: 15px;
  font-weight: bolder;
  cursor: pointer;
}

.reg_frm input[type="button"] {
  padding: 5px;
}

.secondHalf img {
  width: 80%;
  border: 4px solid white;
  border-radius: 150px;
  display: block;
  margin: auto;
}

.text-big {
  font-size: 40px;
  font-family: 'Gill Sans', 'Gill Sans MT', Calibri, 'Trebuchet MS', sans-serif;
}

.text-bigg {
  font-size: 25px;
  font-family: 'Gill Sans', 'Gill Sans MT', Calibri, 'Trebuchet MS', sans-serif;
  color: red;
}

.text-small {
  font-size: 18px;
  font-family: 'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif;
}

.text-smaall {
  font-size: 18px;
  font-family: 'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif;
  color: maroon;
}

.btn {
  padding: 8px 20px;
  margin: 7px 3px;
  border: 2px solid white;
  border-radius: 8px;
  background: none;
  color: white;
  cursor: pointer;
  font-size: 20px;
}

.btn-sm {
  padding: 6px 10px;
  vertical-align: middle;
  font-size: 16px;
}

.btn-dark {
  color: black;
  border: 2px solid black;
  background: white;
}

.background {
  background-color: gray;
  background-size: cover;
  background-blend-mode: darken;
}

.section {
  height: 360px;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  max-width: 100%;
  margin: auto;
}

```

```

    font-family: -apple-system, BlinkMacSystemFont, 'Segoe UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue', sans-serif;
}

.section-left {
    flex-direction: row-reverse;
}

.paras {
    padding: 0px 65px;
}

.gallery {
    background-color: gray;
}

.thumbnail img {
    width: 227px;
    border: 3px solid black;
    border-radius: 20px;
    margin-top: 30px;
    height: 40vh;
}

.bigimage img {
    width: 550px;
    border: 2px solid black;
    border-radius: 20px;
    margin-top: 50px;
    height: 63vh;
}

.contact {
    background: white;
    height: 500px;
}

.text-center {
    text-align: center;
    font-size: 30px;
    padding: 25px;
    font-family: -apple-system, BlinkMacSystemFont, 'Segoe UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue', sans-serif;
}

.form {
    max-width: 900px;
    margin: 42px auto;
    cursor: pointer;
}

.form input {
    margin: 14px 0;
    padding: 3px 3px;
    width: 100%;
    font-size: 22px;
    border: 2px solid black;
    border-radius: 6px;
    font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;
    cursor: pointer;
}

.text-footer {
    text-align: center;
    padding: 30px 0;
    display: flex;
    justify-content: center;
    color: white;
    font-family: -apple-system, BlinkMacSystemFont, 'Segoe UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue', sans-serif;
}

.videogym video {
    width: 450px;
    border: 2px solid black;
    border-radius: -13px;
    margin-top: 30px;
    height: 66vh;
}

```

GITHUB ID AND LINK

GITHUB ID – Gouraryan

PROJECT LINK-

<https://github.com/Gouraryan/ARYAN-GOUR-CSE326-WEBSITE-.git>

CONCLUSION:-

It is our team's hope that this document will be of huge help with understanding of our little project as we have used a different approach which has proved beneficial for us and easy for us to understand the vast ocean that is web development.

REFERENCES

We have used different websites during our project, here are some references to that.

1. Youtube

<https://www.youtube.com/>

2. GeeksForGeeks

<https://www.geeksforgeeks.org/>

3. w3schools

<https://www.w3schools.com/html/>

<https://www.w3schools.com/css/>

<https://www.w3schools.com/j/>

THANKING YOU

NAME - ARYAN GOUR

REG NO. - 12108932

ROLL NO. - RK21RSA15

SECTION - K21RS

GROUP - 1