



INTERNET PROGRAMMING LABORATORY

PROJECT REPORT

ON

Fitness Club Website

Submitted by

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Discipline of CSE/IT

Lovely School of Computer Science & Engineering

Lovely Professional University, Phagwara

DECLARATION

We, students of Computer Science and Engineering under CSE discipline at Lovely Professional University, Punjab, hereby declare that all the information furnished in this project report is based on our own intensive work and is genuine.

Dated: 2 December 2022

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INTRODUCTION

The “Fitness Club Website” has been developed using HTML, CSS and JavaScript. This Website has support for Mobile, Tablet and Computer devices.

The website is developed as simple as possible to avoid errors. It also provides error message while there is an empty data in the form. No formal knowledge is needed for the user to use this website. Thus, by this all it provides it is user-friendly.

This website can help organization in better utilization of resources.

Every Club, whether big or small, has challenges to overcome and managing the information's of videos, photos. This website can help fitness clubs to ensure that their club is equipped with the right level of information and details for their future goals. This website will ultimately allow clubs to better manage resources.

SOFTWARE REQUIREMENT

This application will be operating in webpages through browser. The Fitness Club is a static website and can be operated through browser in web pages.

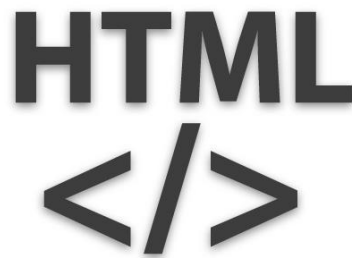


The only requirement to use this website would be the internet connection and a device which can access high speed internet.

TECHNOLOGY USED

- **HTML:**

Hypertext Markup Language (HTML) is the standard markup language for creating web pages and web applications. With Cascading Style Sheets (CSS) and JavaScript, it forms a triad of cornerstone technologies for the World Wide Web.



Web browsers receive HTML documents from a web server or from local storage and render the documents into multimedia web pages. HTML describes the structure of a web page semantically and originally included cues for the appearance of the document.

- **CSS:**

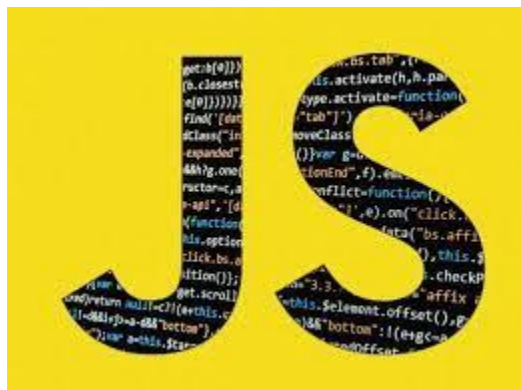
Cascading Style Sheets (CSS) is a style sheet language used for describing the presentation of a document written in a markup language like HTML. CSS is a cornerstone technology of the World Wide Web, alongside HTML and JavaScript.



CSS is designed to enable the separation of presentation and content, including layout, colours, and fonts. This separation can improve content accessibility, provide more flexibility and control in the specification of presentation characteristics, enable multiple web pages to share formatting by specifying the relevant CSS in a separate .css file, and reduce complexity and repetition in the structural content.

- **JavaScript:**

JavaScript often abbreviated as JS, is a high-level, interpreted programming language. It is a language which is also characterized as dynamic, weakly typed, prototype-based and multi-paradigm.



Alongside HTML and CSS, JavaScript is one of the three core technologies of the World Wide Web. JavaScript enables interactive web pages and thus is an essential part of web applications.

The vast majority of websites use it, and all major web browsers have a dedicated JavaScript engine to execute it.

Features of Project

This is a mock-gym website project teaching the fundamentals of HTML 5, CSS & JS. It includes a variety of features including internal/external links, images, custom fonts, consistent and detailed page styling, and support for mobile, tablet, and desktop devices.

- **Logo:**

Appear high up on the homepage. Logos are small, easy-to-remember graphics that create a link in a customer's brain between your company and that image.

- **Images:**

Images help retain attention as they are easier to process than an overwhelming amount of text.

- **Internal Links:**

Used homepage to spur visitors to other parts of the site.

- **Website Footer:**

The footer sits at the bottom of each page, providing links that help visitors navigate to popular site pages.

- **Social Media Icons:**

The power of social media marketing cannot be overstated. In order to get visitors over to your Facebook pages, included social media icons on the footer at the bottom of each page.

- **Map:**

A map leads users to Fitness club location.

- **Contact Info:**

Contact information gives users a way to contact regarding any query.

- **Contact Form:**

A contact form is another way of making the Fitness club available to users. Contact forms gather an individual's information while giving them a message box where they can voice their concerns.

- **Media:**

Included audio and video components.

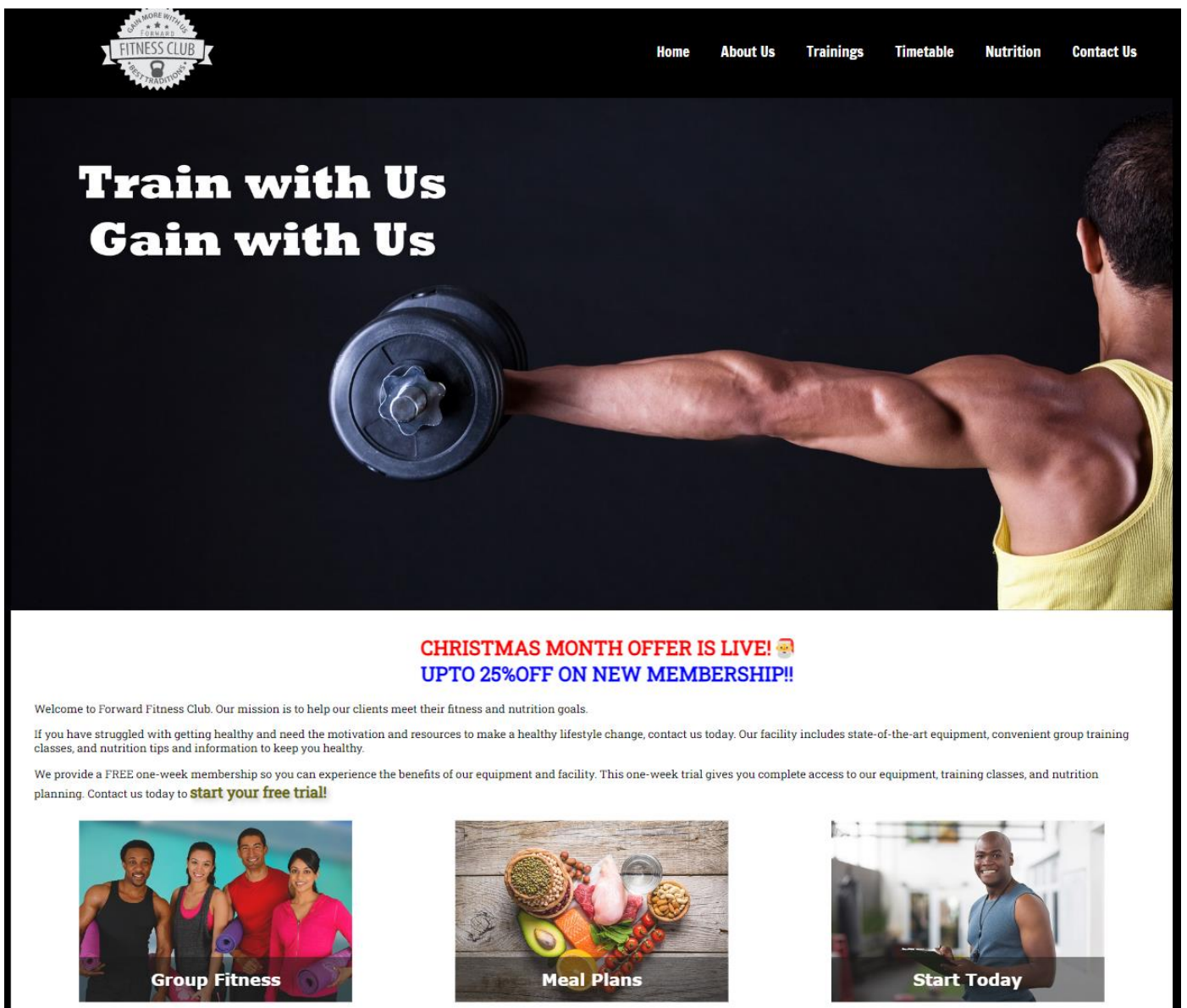
- **Header:**

Headers appear on every single page of the website.


- **Tables:**
Organize data to make it easier to read and pleasing to look at.
- **Navigation menu:**
Organized list of links to other internal pages.
- **Marquee:**
Small section of the browser window that displays text that rolls across the screen.

Screenshots

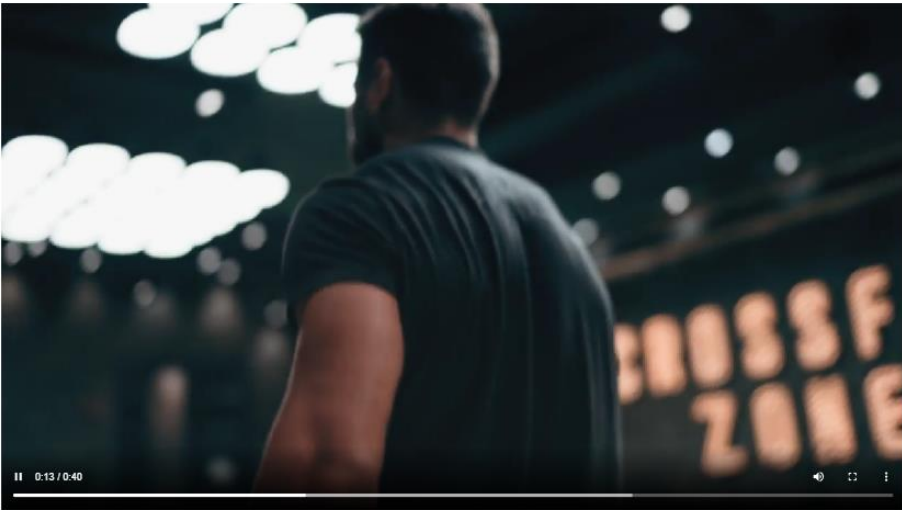
- [Index.html](#)




- [about.html](#)



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Weights



Our facility includes a weight training area with several weight options. Build lean muscle with weights and improve your core with weight training.

- Dumbbells
- Kettle bells
- Barbells


Cardio



Burn fat through cardio workouts. Experts recommend 150 minutes of cardio each week. We have several equipment choices for your workout.

- Treadmills
- Elliptical Machines
- Exercise Bikes

Personal Training



Our certified personal trainers work with you to help you obtain your fitness goals and track your progress. Personal training has many benefits.

- Accountability
- Personalized Program
- Consistent Support and Motivation

"The body achieves what the mind believes."

• training.html



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Common Exercises

The following are common exercises that we encourage our clients to do as part of their daily exercise routine.

Burpee

Burpees are a great full-body exercise to increase your strength and endurance. Begin in a standing position, drop into a squat and extend your hands forward, kick your feet back and then forward again quickly, and then jump up from a squatted position. **View Example.**

Plank

Planks build your core strength. To perform a plank, get in a push-up position and rest your forearms on the floor. Hold the position as long as you can. **View Example.**


Mountain Climber

Mountain climbers are a good cardio exercise. Place your hands on the floor in a push-up position, bring one knee up to your chest, and then switch as quickly as you can (as though you are climbing a mountain). **View Example.**


For more information about how to stay active, visit the [U.S. Department of Health and Human Services](#).



- timetable.html



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Classes Designed to Meet Your Busy Schedule

Group Fitness Class Schedule

Class	Days	Times	Instructor	Room
Cardio	Mon, Wed, Fri	6:00am, 6:00pm	Schultz	B
Boot Camp	Tue, Thu	5:00am, 5:00pm	Taylor	B
Spinning	Tue, Thu	6:00am, 6:00pm	Roberts	A
Kickboxing	Mon, Wed, Fri	8:00am, 7:15pm	Lawrence	A
Yoga	Tue, Thu	6:00am, 6:00pm	Schultz	B
Zumba	Mon, Wed, Fri	7:00am, 6:00pm	Roberts	A

We play upbeat music to help keep you focused during your workout. Below is a sample of the type of music played during a class workout.

▶ 0:00 / 2:21

● nutrition.html



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Food for Thought



Good nutrition is a lifestyle, not a diet. It starts with a new way of thinking about food. Think of your body as a vehicle that uses food for fuel. Fill your tank with the right type of fuel.

Do not approach your nutrition plan as a diet plan, but rather, a lifestyle change. If you make a permanent change, you will see big results. The key to success is a daily focus on your goal.

Portion your meals and track your calories. There are many free mobile apps available to help track your activity level and calories.

Control impulsive urges to buy junk food, and instead, allow yourself to one "cheat" meal a week.

What to Eat



Use the following as a guideline:

- Protein, such as eggs, chicken, and lean red meat
- Vegetables, but avoid corn and peas
- Fruit
- Fat, such as olive oil, nuts, and seeds

Limit the consumption of bread, pasta, white potatoes, and processed food. These foods are high in carbohydrates.

When you shop for groceries, shop the outside aisles and buy organic when possible. Stock up on fresh vegetables, almond flour, and flax seed.

Check out our Meal of the Week for new meal ideas.

Meal of the Week



Herb Roasted Chicken

Ingredients:

- boneless, skinless chicken breast (organic preferred)
- 1 tsp Herbes de Provence
- 1 tsp lemon juice
- 1 tsp olive oil
- 1 tsp sea salt
- ¼ tsp pepper

Instructions:

Combine all ingredients in a plastic bag and marinate for at least an hour. Preheat oven to 350 degrees. Bake chicken for 30-35 minutes or until juices run clear. Broil on high for two minutes or until brown. Serve with a fresh side salad.

Did you know the average American consumes 3 lbs of sugar each week?

Did you know that avocados are a good source of Vitamin B?

Did you know the average active adult should consume about 2,000 calories a day?

• contact.html



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Ready to get started? Contact us today.

(814) 555-9608

Email us: forwardfitness@club.net

[View Promo Code](#)

Visit us at: 1275 Center Street, Jalandhar Punjab 144402



Complete the form below to begin your free trail.

Customer Information

First Name:
 Last Name:
 Email:
 Phone:

Additional Information

I would like more information about:

- ☐ Group Fitness
☐ Personal Training
☐ Nutrition

Referral Source

How did you find us?

Questions?

Promo Code:

Submit



Flow of Project

Each member of the team contributed to the development of the project.

Adarsh	12205380	*timetable.html *nutrition.html
Harsh Kumar	12204666	*about.html *training.html
Priyanshu Singh	12204367	*index.html *contact.html

- **Step 1: Information Gathering**
 - Set goals for the website
 - Define website's target audience
- **Step 2: Planning**
 - Create a sitemap sketch
 - Select technology stack
(Programming language)
- **Step 3: Design**
 - Create colourful page layouts
 - Review the layouts
 - Change the layout when required
- **Step 4: Content Writing**
 - Create new content
- **Step 5: Coding**
 - Add features and interactivity
- **Step 6: Testing & Review**
 - Test the created website

Conclusion

Our project is only a humble venture to satisfy the needs of a Fitness Club. Several user-friendly coding has also adopted.

The Website have almost all elements that a good website must have for a better user experience.

References

- ✓ www.w3school.com
- ✓ www.stackoverflow.com
- ✓ www.tutorialspoint.com
- ✓ www.javapoint.com
- ✓ www.youtube.com