ABSTRACT

In this fitness center can take the advantage of complete health and fitness center. Fitness center is acknowledged for its unrivalled success in providing the finest equipment and fitness knowledge available to help members achieve their individual potential. It follows a globally proven fitness training module with state of the art infrastructure and delivery methodology and continuous up gradation through training programs. With certified trainers and nutritional counseling, fitness provides a comprehensive approach to the health and well being of its member. Whether your goal is to burn fat, tone or add muscle, build strength, increase flexibility or improve your cardiovascular health.

Table of Contents

i Introduction:

We all know health is a wealth. We do not need a fancy car, big apartment, a doctor degree without a health. Being healthy is a first thing we need to keep in mind. Because most of time our attitude depends on how we feel. Being healthy and fit gives us energy to do anything. So how do we stay fit? Be active, eat green and hit a gym! Physical fitness is very necessary for a healthy and tension free life. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

i. Purpose:

The purpose of **Software Requirements Specification (SRS)** document is to describe the external behavior of the Online Fitness center. Requirements Specification defines and describes the operations, interfaces, performance, and quality assurance requirements of the Online fitness center. The document also describes the non-functional requirements such as the user interfaces. It also describes the design constraints that are to be considered when the system is to be designed, and other factors necessary to provide a complete and comprehensive description of the requirements for the software. The Software Requirements Specification (**SRS**) captures the complete software requirements for the system, or a portion of the system. Requirements described in this document are derived from the Vision Document prepared for the Online Fitness center.

ii Scope:

The Software Requirements Specification captures all the requirements in a single document. The *Online Fitness center* that is to be developed provides the membership to get fit. He may have specific goals either to loss weight, gain weight, general maintenance or may be sport specific or even medical. We all have different bodies and each individual is different so sometimes it is beneficial to hire a personal trainer. The skilled guidance of the trainer keeps you involved in a variety of different fitness exercises so that you don't get astray. Fitness trainers are thorough professionals who know how to keep people

motivated to follow the fitness programs. They plan the fitness program according to your individual needs. They will constantly keep you inspired and stimulated by keeping you involved in interesting activities. The Online Fitness center is supposed to have the following scope work .

- Determining the optimum floor size of the gym Identification, procurement & mapping of gym equipment.
- Determining the optimum equipment mix developing a system for allocation of equipments. Recruitment of staff.
- Training of gym staff on the latest international training modules in health and fitness.
- Fitness center will bring in latest development happening in the fitness industry globally by constant up gradation of knowledge and training to the benefits of the users.
- Fitness center will provide users of the gym with personalized training schedules.
- Fitness center will conduct fitness assessment of the users on quarterly basis and will provide them with goal driven fitness regime.

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iii Definitions, Acronyms, and Abbreviations:

- **HTML** (Hyper Text Markup Language): Hyper Text Markup Language, commonly referred to as HTML, is the standard markup language used to create web pages.
- **JS** (Java Script): JavaScript is the programming language of HTML and the Web. Programming makes computers do what you want them to do. This tutorial will teach you JavaScript from basic to advance.
- **Sql** (structure query language): It is used for database management system that provides a flexible and efficient database platform to raise a strong "on demand" business applications.
- **Asp.net** (Active x sever page):-It provide any language & design platform at the runtime for creating webpage.

- **CSS** (cascading style sheet):- Cascading Style Sheets (CSS) is a style sheet language used for describing the look and formatting of a document written in a markup language.

iv References:

1. Gold's gym (www.goldgymindia.com)
2. The Bigapple (www.thebigapple.com)
3. Unique gym (www.uniquegym.com)
4. Monster gym (www.monstergymjaipur.com)

v Technologies to be used:

- Js: (JavaScript)
- C#: Business Logic.
- Asp.net: Presentation Layer
- Sql: (Sql server management studio 2008 R2).
- Html:-Hyper text markup language.
- CSS:-Cascading Style Sheet.

vi Overview:

The SRS will include two sections, namely:

i **Overall Description**:

Our proposed "online Fitness center" is for those who run a gym business. Before doing anything we did a decent research on major difficulties for gym owners. We examined carefully about how to make a huge registering system without failure as well as different functions for different kind of user depending on their privilege.

ii **Specific Requirements**:

First thing we wanted to do in designing is avoid boring formal user interface. So we tried to develop modern graphic user interface system. This application is

for gym owners as well as for their staffs to register new member, and take body measurements and see the reports of financial and individual body progress. To use features of our application user has to enter password and username. If you want to visit and make changes in admin panel you have to unlock the admin panel by typing password in it. In the admin panel admin able to create username with password, set privilege to groups which means which user can do what operations like see report, take measurement etc. Also admin able to create groups and membership plans and apply it.

2. Overall Description:

i Product Perspective:

Corporate Fitness will begin by targeting small- to medium-sized businesses in the downtown Seattle area. The first task is to convince senior executives of the benefits and needs of wellness programs. This will be accomplished by aggressively pursuing interaction and relationships with business professionals who would profit from using this service. Once a strong image is established, Corporate Fitness will use similar strategies to market its services to larger corporations in Seattle and other areas of expansion.

Fitness is a health service that helps businesses and individual workers attain one of the greatest gifts of all--that of good health. Personal gains, such as improved self-esteem and self-motivation, combined with measurable benefits will create tremendous advantages for both the employer and the employee.

ii Software Interface:

1. Front End Client: Microsoft Visual Studio 2010
2. Web Server: Firefox, chrome, operamini, internet explorer etc.
3. Data Base Server: Sql server management studio 2008
4. Back End: Sql server management studio 2008

iii Hardware Interface:

1. Client Side: JavaScript, Html, Css.
2. Server Side: Microsoft visual studio 2010

iv Product Functions:

The main purpose of function is to define all activities or operations that take place in the system. These are derived through interactions with the users of the system. Since requirements specification is a comprehensive document and contains a lot of data, it has been broken down into different stages in this report.

Administrator module function:

Administrator has all the rights of maintaining all the records of Mobile Management. Administrators will be responsible for editing and updating the information of the application. Administrator will only have the rights to create users and give the permissions to the users.

Client module function:

A client has all the privileges on job seeker and the job seeker details. Client cannot make any changes in the new user creations.

v User Characteristics:

- Automated membership management and payment processing
- Class scheduling that includes reservation management and attendance tracking
- Product management which allows owners to manage inventory and sell products online
- Schedule WODs (Workout Of the Day) and students can track their results
- Detailed financial reporting that provides insight into your business performance

- Book appointments for personal training and more
- Accept drop-in visitors
- Run campaigns and promotions
- Powerful automations, including reminders sent to students through e-mail and SMS about upcoming reservations
- Stay connected with students though detailed member profiles and communication features

vi Constraints:

- The information of all the users must be stored in a database that is accessible by the Online fitness center.
- The project information security system must be compatible with the Internet applications.
- The fitness center is connected to the server and is running all 24 hours a day.
- The users access all the categories from any computer that has Internet browsing capabilities and an Internet connection.
- The users must have their correct usernames and passwords to enter into the fitness center.

3. Preamble

i. System Requirements

Software Requirements deal with defining software resource requirements and pre-requisites that need to be installed on a computer to provide optimal functioning of an application. These requirements or pre-requisites are generally not included in the software installation package and need to be installed separately before the software is installed. For developing this website we use .net framework. This framework include in-built function and it is very user friendly environment.

Microsoft .Net Framework

The Microsoft .Net Framework is a software component that is a part of Microsoft Window operating systems. It has a large library of pre-coded solution to common framework. The .Net Framework is a key Microsoft offering, and is intended to be used by most new application created for window platform. The "Microsoft .Net Framework "provides the excellent Three Tier Architecture framework this architecture has made the work a lot easy. Also three-layered framework provides an independent layer of presentation adding high interactivity to Web Application.

- **.NET products:**

Microsoft has already introduced Visual Studio.NET, which is a tool for developing .NET applications by using programming languages such as Visual Basic, C# and Visual C++. In addition, Microsoft also intends to introduce .NET versions of the Windows operating system and the office suite. These products aim at allowing developers to create applications that are capable of interacting seamlessly with each other.

- **.NET services:**

.NET delivers software as Web services. Therefore, users can subscribe to a web service and use it as long as they need it, regardless of the hardware and software platform.

- **.NET Framework:**

It is the foundation on which you design, develop and deploy applications. Its consistent and simplified programming model makes it easier to build robust applications.

The .NET Framework Architecture

.NET is tiered, modular, and hierarchal. Each tier of the .NET Framework is a layer of abstraction. .NET languages are the top tier and the most abstracted level. The common language runtime is the bottom tier, the least abstracted, and closest to the native environment. This is important since the common language runtime works closely with the operating environment to manage .NET applications. The .NET Framework is partitioned into modules, each with its own distinct responsibility. Finally, since higher tiers request services only from the lower tiers, .NET is hierarchal.

.NET Framework is a managed environment. The common language runtime monitors the execution of .NET applications and provides essential services. It manages memory, handles exceptions, ensures that applications are well-behaved, and much more.

Components of .NET

.NET framework has two main components are:

1. Common Language Runtime
2. .NET class Library

1. Common Language Runtime:

The Common Language Runtime (CLR) is the environment where all programs in .NET are run. It provides various services, like memory management and thread management. Programs that run in the CLR need not manage memory, as it is completely taken care of by the CLR. For example, when a program needs a block of memory, CLR provides the block and releases the block when program is done with the block.

All programs targeted to .NET are converted to MSIL (Microsoft Intermediate Language). MSIL is the output of language compilers in .NET. MSIL is then converted to native code by JIT (Just-in Time Compiler) of the CLR and then native code is run by CLR.

As every program is ultimately converted to MSIL in .NET, the choice of language is pure personal. A program written in VB.NET and a program written in C# are both converted to MSIL. Then MSIL is converted to native code and run. So, whether you write program in C# or VB.NET at the end it is MSIL all that you get.

2. .NET Class Library:

.NET comes with thousands of classes to perform all important and not-so-important operations. Its library is completely object oriented, providing around 5000 classes to perform just about everything.

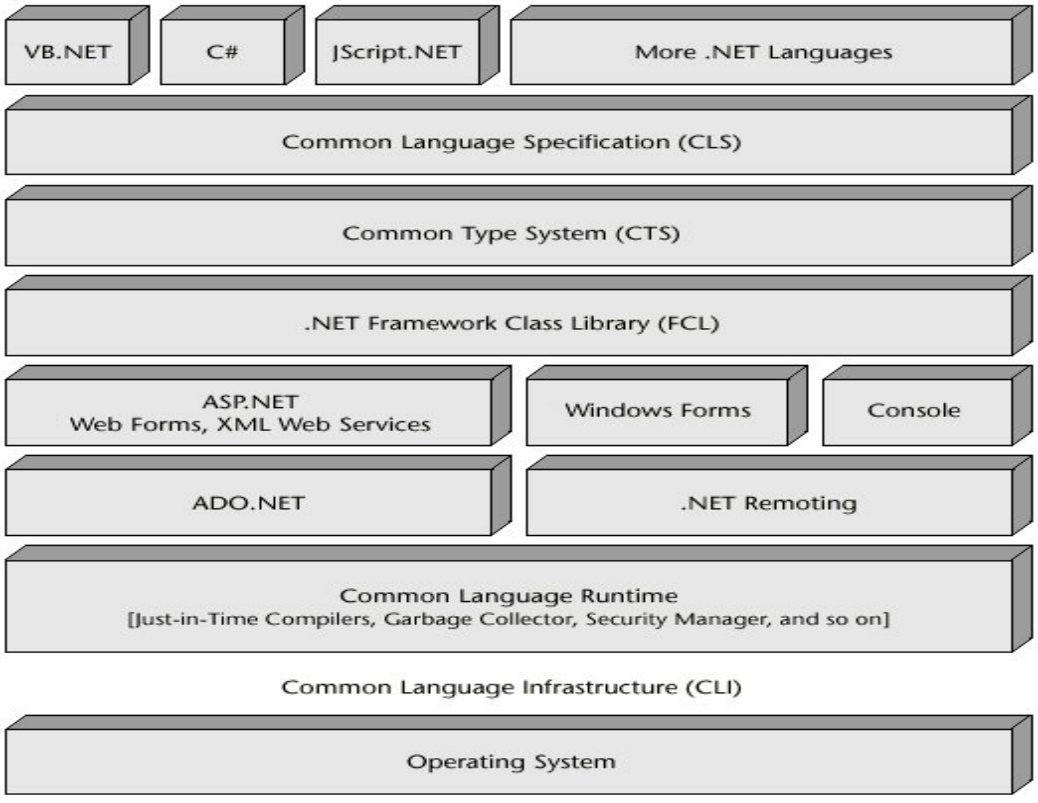
The following are the main areas that are covered by Class library.

- Data Structures
- IO management
- Windows and web controls
- Database access
- Multithreading
- Remoting
- Reflections

The most fascinating part of .NET is the class library; it's common to all language of .NET. That means the way you access files in VB.NET will be exactly same in C#, and in fact all other languages of .NET. You learn library only for once, but use it in every language.
Also the library is common for all types of applications.

The following are different types of applications that make use of .NET class library:-

- Console Applications
- Windows(GUI applications)
- ASP.NET(Web applications)
- XML Web Services
- Windows Services



An overview of the .NET architecture

FEATURES OF .NET:-

Following are the basic features of .NET:-

✓ Assembly:

An assembly is either a .DLL or .EXE that forms a part of an application. It contains MSIL code that is executed by CLR. The four parts of an assembly are-

- ❖ Assembly Manifest - Contains name, version, culture, and information about referenced assemblies.
- ❖ Type Metadata- Contains information about types defined in assembly.
- ❖ MSIL
- ❖ Resources- Files such as BMP or JPG file or any other files required by application.

✓ Common Type System:

Common Type System (CTS) specifies the rules related to data types that languages must follow. As programs written in all languages are ultimately converted to MSIL, data types in all languages must be convertible to certain standard data types.

CTS is a part of cross-language integration, which allows classes written in one language to be used and extended by another language.

✓ Cross Language Interoperability:

.NET provides support for language interoperability. However, it doesn't mean every program written in a language can be used by another language. To enable a program to be used with other languages, it must be created by following a set of rules called Cross Language Specifications (CLS).

Cross-language inheritance is the ability to create a class in C# from a class created in VB.NET. When an exception is raised by a program written in C#, the exception can be handled by VB.NET. This kind of exception handling is called cross-language exception handling.

✓ Microsoft Intermediate Language (MSIL) :

MSIL defines a set of portable assembly language .one another point: although MSIL is similar in concept of java's byte code. It is the job of CLR to translate the intermediate code into executable code when a program is run. Thus any program compiled to MISL can be run in any environment for which the CLR is implemented .this is how the .net framework achieves portability .MSIL is turned into executable code by using a JIT complier. IT stands for Just In Time .when a .net program is executed CLR activates the JIT complier .the JIT complier converts the MSIL into native code on a demand basis as each part of your program is needed.

✓ Metadata :

Metadata describes the data used by your program and enables your code to interact with other code. The metadata is contained in the same files as the MSIL.

✓ Common Language Specification :

The CLS describes a set of features that different language have in common .CLS compliance is especially important when creating software development that will be used by other languages.

ii. Development Tools

Will make use of the online references available for developing programs in ASP, HTML and the two scripting languages, JavaScript and C# Script.

iii. Project Scheduling

4. System Analysis

System Analysis by definition is a process of systematic investigation for the purpose of gathering data, interpreting the facts, diagnosing the problem and using this information to either build a completely new system or to recommend the improvements to the existing system.

System analysis is the detailed study of the various operations performed by a system and their relationships within and outside the system. This is the phase of the system development where the user requirements are defined. Present system is studied.

i. Problem Analysis

Problem is verified and the performance expected by the proposed system is calculated. The first step in the system development process is the initial investigation. Verification of the user request and is requirements, identification of the problem, determining the feasibility of the request etc, are the major aims to be kept in mind in this phase. Fact- finding is the first step in the initial investigation. It includes a review of the written documents, on side observations, interviews etc. The next step is the fact analysis, which evaluates the elements of the input and the output of the given system. Data flow evaluates and flow charts are prepared in this phase. The outcome of the initial investigation is to determine whether the alternative system is feasible in the present circumstance. Approval of the document, detailing the findings of the initial investigations, initiates the feasibility study, which leads to the selection of the best candidate system. A satisfactory system analysis involves the process of examining a business situation with the intent of improving it through better methods and procedures. In its core sense, the analysis phase defines the requirements of the system and the problems which user is trying to solve irrespective of how the requirements would be accomplished.

ii. Feasibility Study

Feasibility is the determination of whether or not a project is worth doing. The process followed in making this determination is called feasibility study. This type of study determines if a project can and should be taken. Once it has been determined that a project is feasible, the analyst can go ahead and prepare the project specification which finalizes project requirement. Normally feasibility studies culminate in a written or oral feasibility report. The contents and recommendations of such a study will be used as a sound basis for deciding whether to proceed, postponed or cancel the project. Thus since the feasibility study may lead to the commitment of large resources, it becomes necessary that it should be conducted competently and that no fundamental errors of judgment are made. The feasibility study results in the preparation of a

report called Feasibility study/Survey Report which is submitted to the management for consideration.

It contains the following details:

- A proposed solution to the problems including alternate solutions considered.
- Rough estimates on the cost/benefit analysis if the solution is implemented.
- Approximate time, effort and cost estimates for completion of the project.

There are three aspects in the Feasibility Study:-

Technically Feasibility:-

In Technical Feasibility, analyst must find out whether current technical resources, which are available in the organization, are capable of handing the proposed system. For Ex- if a computer is operating at 80 percent capable-an arbitrary ceiling – then running another application could overload the system or require additional hardware. This involves financial considerations accommodate technical enhancements. If the budget is a serious constraint, then the project is judged not feasible.

The technical needs of the system may vary considerably, but might include:

- The facility to produce outputs in a given time.
- Response time under certain conditions.
- Ability to process a certain volume of transaction at a particular speed.

In examining technical feasibility, configuration of the system is given more importance than the actual make of hardware. The configuration should give the complete picture about the system's requirements.

In CMC all the requirements for the new system have been already installed recently. The current set up is sufficient for the processing of the new system. The budget is in the consideration of the organization.
So the CMC is technical feasible for the new system.

Economic Feasibility :-

Economic Feasibility is the most frequently used method for evaluating the effectiveness of the system. More commonly known as cost/benefit analysis, the procedure is to determine the benefits and saving that are expected from new system and compare then with costs. If benefits outweigh cots, then the decision is to make to design and implement the system. Otherwise, further justification or alternation in the proposed system will have to be made if it is to have a chance of being approved.

The basic resources to consider are:-

- Management Time.
- Time spent by the analyst.
- Cost of doing the full system study.
- Estimated cost of hardware.
- Estimated cost of software or software development.

In new system, the total cost effectiveness has analyzed. There is no need to invest in the hardware {Computer and other resources) as all the prerequisites for the software are available in the Department.

Front and back end tools for developing this e portal are ASP.NET & SQL SERVER 2005. These tools are not so much expensive so we can say that requirements of this website are economically feasible.

Operational Feasibility:-

Operational feasibility is dependent upon resources for the new system. People are inherently resistant to change and computers have been known to facilitate change. It must be known that how the user staff is operational toward the development of a computerized system.

It is understandable that introduction of new; system requires special efforts to educate, sell, and train the staff on new ways of system. The trained personnel would be required to ensure the maximum utilization of the computerized system for day-to-day operations of the system.

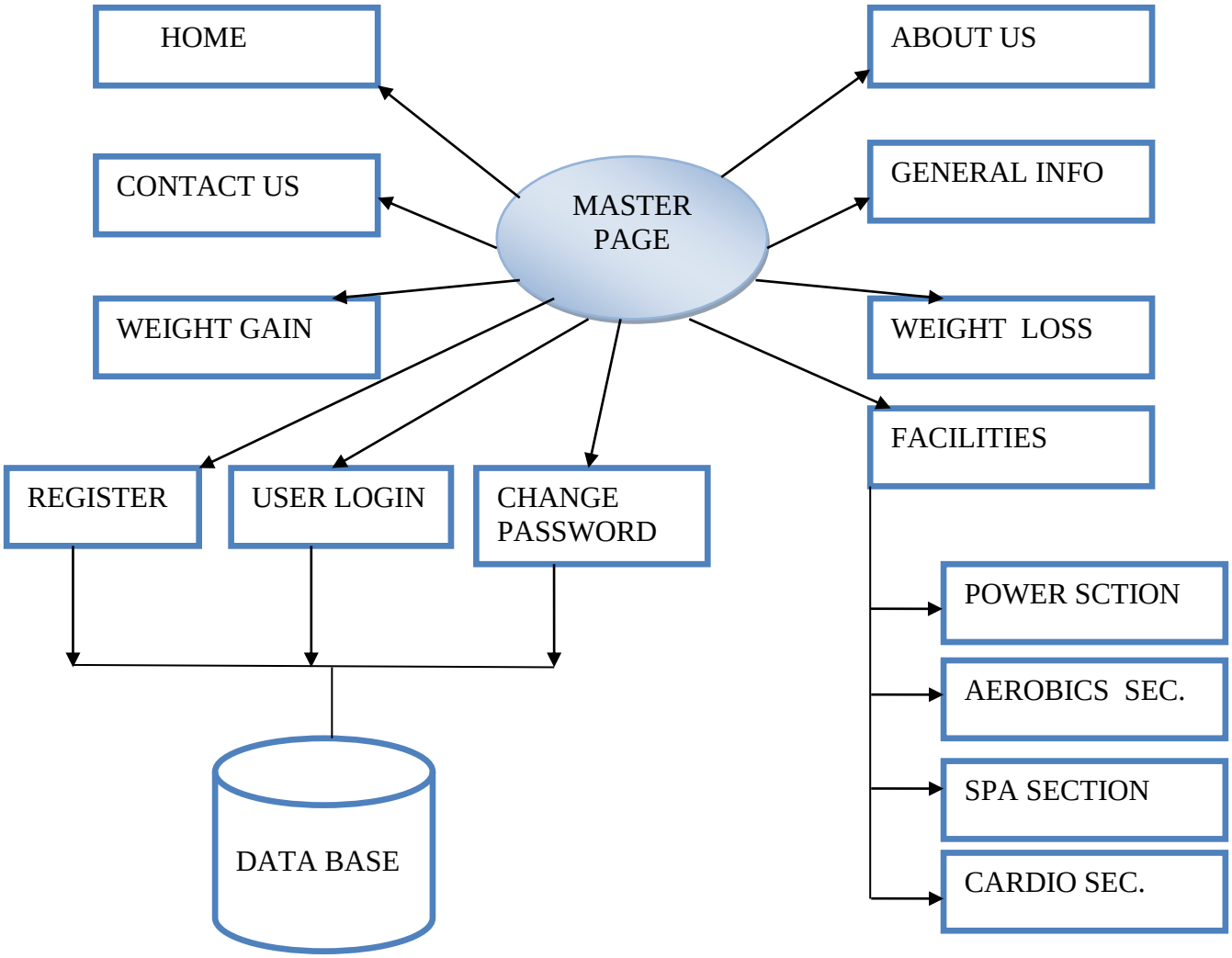
It is mainly related to human organizational and political aspects. The points to be considered are:

- What changes will be brought with the system?
- What organizational structures will get affected?
- What new skills will be required?
- Do the existing staff members have these skills?
- If not, can they be trained in due course of time?

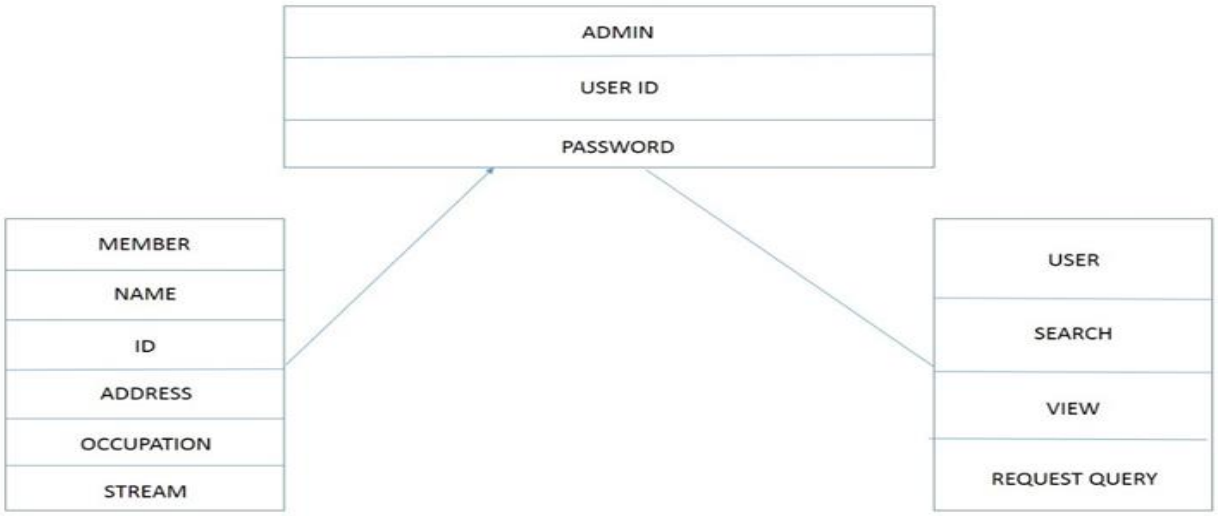
The department staff knows about the operational of the new system after the proper amount of training of the new system by the software personals. The user staff is fully operational to the new system working of new system and has full knowledge about the working of the current system.
So, the Department is operational feasibility to the new system.

5. System Design

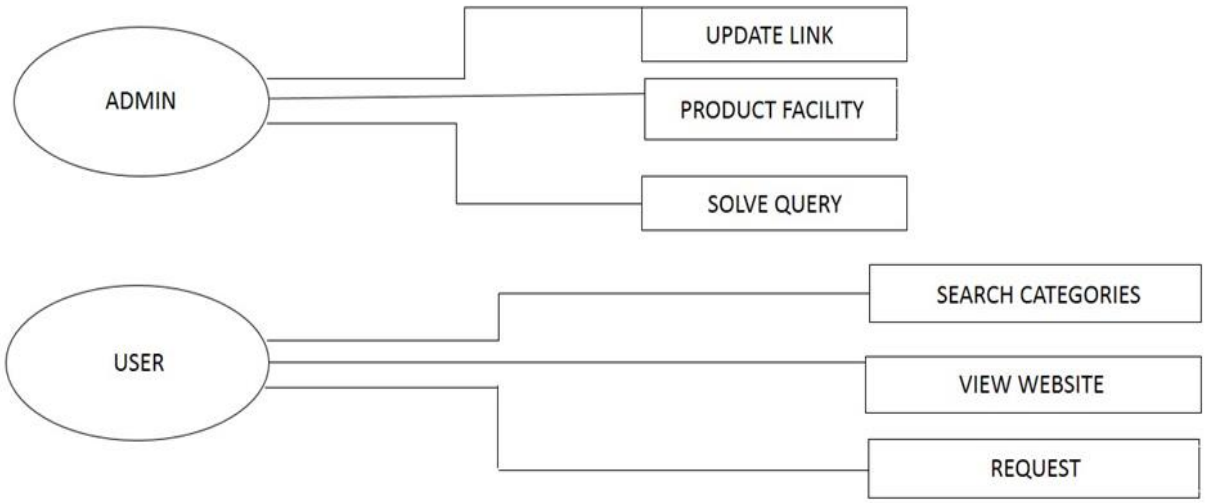
1. Data Flow Diagram



2. Class Diagram

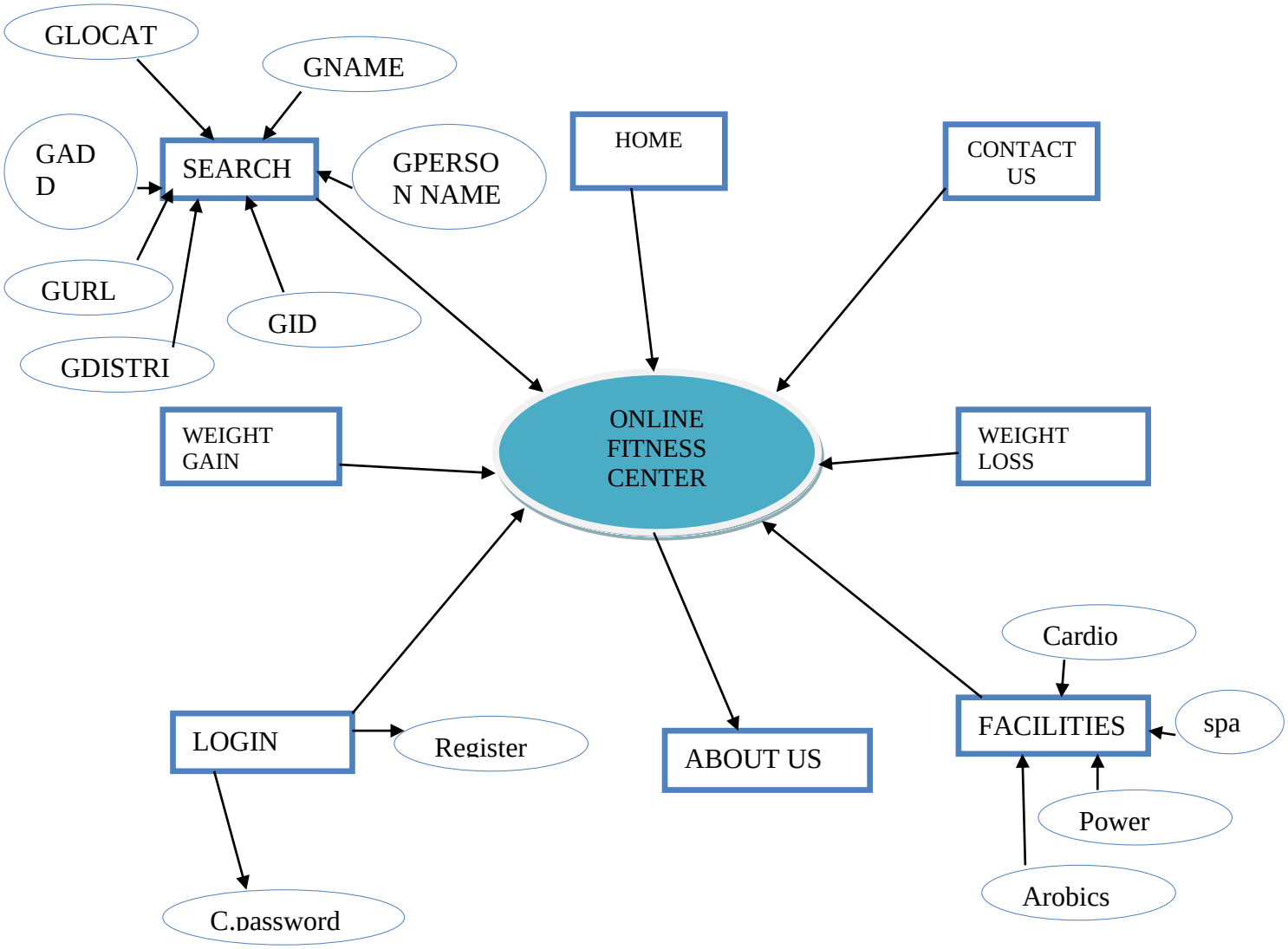


3. UML Diagram



ii. Database Design

1. ER Diagram



2. Table-Relationship Diagram:

LISTING TABLE:

FLASHBACK\BISHA...o.LISTING TABLE

Column Name	Data Type	Allow Nulls
ID	nchar(10)	☑
GNAME	nchar(10)	☑
GLOCATION	nchar(10)	☑
GADD	nchar(10)	☑
GCONTACT	nchar(10)	☑
GPERSONNAME	nchar(10)	☑
GDISTRICT	nchar(10)	☑
GURL	nchar(10)	☑
		☐

LOGIN TABLE:

FIND-ME-PC\SQLEX...- dbo.login_page

Column Name	Data Type	Allow Nulls
UserId	nchar(10)	☐
UserName	nvarchar(50)	☑
Password	nvarchar(50)	☑
		☐

REGISTER TABLE:

FIND-ME-PC\SQLE...bo.register_page | FIND-ME-PC\SQLEX...- dbo.login_page

Column Name	Data Type	Allow Nulls
User_Name	nchar(10)	☐
[E-mail]	nchar(10)	☑
Password	nchar(10)	☑
[Confirm Password]	nchar(10)	☑
		☐

CHANGE PASSWORD:

FIND-ME-PC\SQLE....change_password | FIND-ME-PC\SQLE...bo.register_page

Column Name	Data Type	Allow Nulls
[old password]	nvarchar(50)	☑
[New password]	nvarchar(50)	☑
[Confirm new password]	nvarchar(50)	☑
		☐

3. Coding

Master page:-

```
<%@ Master Language="C#" AutoEventWireup="true" CodeBehind="Site1.master.cs" Inherits="onlinefitness.Site1" %>

<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Transitional//EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd">

<html xmlns="http://www.w3.org/1999/xhtml">
<head runat="server">
   <title>OnlineFitnessCenter</title>
      <link rel="stylesheet" type="text/css" href="StyleSheet.css" />
      <link rel="stylesheet" type="text/css" href="engine1/style.css" />
         <script type="text/javascript" src="engine1/jquery.js"></script>
      <link rel="stylesheet" type="text/css" href="engine2/style.css" />
         <script type="text/javascript" src="engine2/jquery1.js"></script>

         <script type="text/javascript" src="../JavaScript/jquery-1.3.2.min.js"></script>
   <script type="text/javascript">
      function mainmenu() {
         $(" #nav ul ").css({ display: "none" }); // Opera Fix

         $(" #nav li").hover(function () {
            $(this).find('ul:first').css({ visibility: "visible", display: "none" }).show(400);
         }
         , function () {
            $(this).find('ul:first').css({ visibility: "hidden" });
         });
      }

      $(document).ready(function () {
         mainmenu();
      });
   </script>


</head>
<body style="background-color:#d7d7d7;margin:auto">
   <form id="form1" runat="server">

   <div id="wrapper">
     <div id="banner">
   <img src="images/body.jpg" width="300px" />
```

```
    </div>

    <div id="navigation">
    <ul id="nav">
      <li><a href="default.aspx">Home</a></li>
      <li><a href="about.aspx">About us</a></li>
      <li><a href="wgain.aspx">Weight Gain Diet</a></li>
      <li><a href="wloss.aspx">Weight Loss Diet</a></li>
      <li>Feacilities
      <ul>
       <li><a href="pwrsection.aspx">Power Section</a></li>
      <li><a href="aerosection.aspx">Aerobics Section</a></li>
      <li><a href="spasection.aspx">Spa Section</a></li>
      <li><a href="cardsection.aspx">Cardio Section</a></li>
      </ul>
      </li>
      <li><a href="gym.aspx">Gym Center</a></li>
      <li><a href="cont.aspx">Contact</a></li>
    </ul>

    </div>

    <div id="lsidebar">
    <ul>
    <h1><b><u>Quick Links</u></b></h1>
    <br />
      <li>Home</li>
      <li>About us</li>
      <li>Contact us</li>
      <li>Fitness</li>
    </ul>
    </div>

    <div id="content_area">

       <asp:ContentPlaceHolder ID="ContentPlaceHolder1" runat="server">
       </asp:ContentPlaceHolder>

    </div>

    <div id="rsidebare">
    <marquee direction="up" scroll-amount= "2" onmouseover="this.stop()"
onmouseout="this.start()">

  <h2> Address </h2><br />
   C-4,Calgiri Road,Opp. St.Anselm's School
```

```
 malviya Nagar,Jaipur<br />
<h2> Contact Info</h2>
Mobile: 09694301119<br />
09024901119
<h2> Hours</h2>
Mon to Sat:-  06:00 AM   to 11:00 AM<br />
Sundays:-    09:00 PM    to 08:00 PM

 </marquee>

 </div>


 <div id="footer">
 Copyright @ Online Fitness Center
 </div>

</div>

</form>
</body>
</html>
```

HOME PAGE:-

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true"
CodeBehind="default.aspx.cs" Inherits="onlinefitness._default" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<div id="wowslider-container1">
        <div class="ws_images"><ul>
<li><img src="data2/images/h1.jpg" alt="h1" title="h1" id="wows1_0"/></li>
<li><img src="data2/images/h2.jpg" alt="h2" title="h2" id="wows1_1"/></li>
<li><a href="http://wowslider.com/vf"><img src="data2/images/h3.jpg" alt="full screen slider"
title="h3" id="wows1_2"/></a></li>
<li><img src="data1/images/h4.jpg" alt="h4" title="h4" id="wows1_3"/></li>
</ul></div>
<div class="ws_bullets"><div>
<a href="#" title="h1"><img src="data2/tooltips/h1.jpg" alt="h1"/>1</a>
<a href="#" title="h2"><img src="data2/tooltips/h2.jpg" alt="h2"/>2</a>
<a href="#" title="h3"><img src="data2/tooltips/h3.jpg" alt="h3"/>3</a>
<a href="#" title="h4"><img src="data2/tooltips/h4.jpg" alt="h4"/>4</a>
</div></div><span class="wsl"><a href="http://wowslider.com/vu">javascript carousel</a> by
WOWSlider.com v6.4</span>
        <div class="ws_shadow"></div>
        </div>
        <script type="text/javascript" src="engine1/wowslider.js"></script>
```

```
        <script type="text/javascript" src="engine1/script.js"></script>


</asp:Content>
```

ABOUT US

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true"
CodeBehind="about.aspx.cs" Inherits="onlinefitness.about" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
      <h2> About Us </h2>
Inshape started in Bharatpur in 2000, and soon became the hotbed for the development of <br />
training techniques, equipment and nutritional concepts that formed the foundation for the
modern<br />
fitness revolution. In 2002, Inshape received international attention when it was featured in the<br
/>
major motion picture, 'Pumping Iron'. It was thus effectively established as the  Bodybuilding.<br
/>
      <br />
Today, Inshape has over 50 facilities. It is the largest state gym  its passion, unique heritage,
and<br />
 experience as the final authority in fitness and lifestyle.<br />
      <br />
      The rajasthan chapter of Inshape started in 2004, when the first Inshape rajasthan branch
was<br />
set up in bharatpur
            <br />

Promoted by partners Devindra saini, Hemant saini , Bishal jaiswal, Inshape Gym rajasthan has<br
/>
slowly and steadily carved its name in the rajasthan market and built a reputation to reckon
with.<br />
            <br />

Globally, Inshape Gym is acknowledged for its unrivalled success in providing the finest<br />
equipment and fitness knowledge available to help its members achieve their individual
potential.<br />
It follows a globally proven fitness training module with state-of-the-art infrastructure and
delivery<br />
methodology and continuous up gradation through training programs. With certified trainers
and<br />
nutritional counseling, Inshape Gym provides a comprehensive approach to the health and well<br
/>
being of its member. Whether your goal is to burn fat, tone or add muscle, build strength,<br />
```

increase flexibility or improve your cardiovascular health, only Inshape Gym has the atmosphere
and experience you need
Please contact us for any information on Inshape Gym.

</asp:Content>

WEIGHT GAIN:-

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true" CodeBehind="wgain.aspx.cs" Inherits="onlinefitness.wgain" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<img id="Img3" runat="server" src="images/g1.jpg" class="imgLeft" />
   <h1>Lean Red Meat</h1>
   <p>
If you are trying to gain weight, enjoy some lean red meat. Steak contains a ton of protein and iron. But food experts warn that not all steak cuts are made equal. You want the fatty cuts where the meat is marbled. These cuts of meat will contain more calories, but they'll also be way more delicious too! Look for rib-eye, t-bone, New York strip, and beef tenderloin. Red meat is high in cholesterol, so most food professionals don't recommend it as part of a healthy diet more than a few times per week. Combining it with an unhealthy diet high in saturated fats could cause health effects.
</p>

<img id="Img2" runat="server" src="images/g2.jpg" class="imgRight" />
   <h1>Real Nut Butters</h1>
<p>
Natural peanut butter is packed with protein and fats, making it a great choice for people trying to gain weight the healthy way. One tablespoon contains around 100 calories and has 4 grams of protein. Real peanut butter is also high in folate, magnesium, vitamin E, and vitamin B3.You can enjoy peanut butter mixed into oatmeal, topping a slice of whole grain bread, or as a dip for apples. When picking a brand of peanut butter, try to find varieties that are all natural, meaning they don't have a ton of sugar and other ingredients added.
</p>

<img id="Img1" runat="server" src="images/g3.jpg" class="imgLeft" />
<h1>Whole Fat Milk</h1>
<p>
Dietitians say that one simple substitution you can make when trying to gain weight is swapping your skim milk for whole milk. It's only 60 calories more a glass as the fat is left in. When you keep the fat in milk, the vitamins and nutrients stay in the solution. Whole milk is high in vitamin D and A.Add whole milk where ever you would use skim, such as in oatmeal, cereal, sauces, or just as a glass of milk. If you enjoy milk in your coffee, you can also use cream here.
 </p>
<img id="Img4" runat="server" src="images/g4.jpg" class="imgRight" />
<h1>Tropical Fruit</h1>
```

An apple a day keeps the doctor away, but tropical fruit can help you gain weight. Fruits like mango, papaya, bananas, and pineapple are amazing choices according to food experts. Why? They are full of natural sugars and can give you great energy.
Adding servings of fruit to your diet is a great and healthy way to gain weight. If you find it difficult to eat enough fruits and vegetables in a day, try blending them to make a delicious smoothie.

<h1>Avocado</h1>

These delicious green vegetables are an excellent way to add heart-healthy fats to your diet. One half of an avocado contains 140 calories, but also contain high levels of potassium, folic acid, and vitamin E. Avocado also are filled with B vitamins.
Enjoy avocado added to salads, cut up on meat, or even spread on toast. Mash half a ripe avocado onto bread and season with salt and pepper. Delicious!

<h1>Natural Granola</h1>

Natural granola with no added refined sugar is a great cereal to enjoy if you are trying to gain weight. This tasty snack is made from rolled oats, sugar, and healthy fats (like nuts and coconut oil). More dried fruit and nuts can also be added.
You can buy granola pre-made, but it's easy to make at home too! Enjoy granola topped with thick yogurt, fruit, and a drizzle of honey. This breakfast will be high in protein from the yogurt, filled with fiber from the oatmeal, and sugar from the fruit.
</asp:Content>

WEIGHT LOSS:-

<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true" CodeBehind="wloss.aspx.cs" Inherits="onlinefitness.wloss" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">

<h1>Brown Rice </h1>

Most of the Indians use white rice as their staple diet and it is rich in carbohydrate.
Rice has more nutritional value and has a lower glycemic index than the white rice.
Brown rice has more fiber and makes you feel fuller even when you eat less quantity.
Most of the Indians use white rice as their staple diet and it is rich in carbohydrate.
Brown rice has more nutritional value and has a lower glycemic index than the white rice.
Brown rice has more fiber and makes you feel fuller even when you eat less quantity.

```
<img id="Img2" runat="server" src="images/beans.jpg" class="imgRight" />
   <h1>Beans And Lentils </h1>
<p>
Beans and lentils are rich in proteins and are great weight loss foods.
Soybeans, black beans, etc. provide the feeling of satiety and reduce hunger pangs while dieting.
The soluble fibers in these food items help to reduce the triglycerides and cholesterol level in the body.
These can be cooked used as snacks in between meals to maintain an ideal weight.
</p>

<img id="Img1" runat="server" src="images/spinach.jpg" class="imgLeft" />
<h1>Leafy Vegetables And Spinaches</h1>
<p>
There are different varieties of green leafy vegetables that are used by people in the different parts of India.
Greens like palak, Basella or Poi Sag, fenugreek leaves, drumstick plant leaves, colocacia leaves, mustard leaves, etc.
are easily available and contain fiber and folate. They are rich in water content and have very low calories when consumed.
These greens will improve the digestion and metabolic rate.
Broccoli, cabbage and lettuce are also considered as best weight loss foods.
</p>
<img id="Img4" runat="server" src="images/cucumber.jpg" class="imgRight" />
<h1> Cucumbers</h1>
<p>
There are different varieties of cucumbers available in India which is excellent for weight reduction diet.
They are rich in water content and have very low calorie in them.
They help to fill your stomach without adding extra calories in the diet.
</p>

<img id="Img5" runat="server" src="images/garlic.jpg" class="imgLeft" />
<h1> Garlic</h1>
<p>
Garlic should be included in any weight loss diet as they reduce the appetite.
It also reduces the cholesterol in the body and helps to maintain blood sugar level.
They are very effective in preventing cardiovascular diseases and cancer.
</p>
</asp:Content>
```

FACILITIES:

- **POWER SECTION:**

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true" CodeBehind="pwrsection.aspx.cs" Inherits="onlinefitness.pwrsection" %>
```

```
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<marquee onmouseover="this.stop()" onmouseout="this.start()">
<ol>
    <img src="images/11.jpg" height=400 width=600 />
   <img  src="images/12.jpg" height=400 width=600 />
   <img src="images/13.jpg" height=400 width=600/>
   <img src="images/14.jpg" height=400 width=600 />
   <img src="images/15.jpg" height=400 width=600 />
   <img src="images/16.jpg" height=400 width=600 />
   <img src="images/17.jpg" height=400 width=600 />
   <img src="images/18.jpg" height=400 width=600 />
   <img src="images/19.jpg" height=400 width=600 />
   <img src="images/20.jpg" height=400 width=600 />

    </ol>
   </marquee>
</asp:Content>
```

- **AROBICS SECTION:**

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true"
CodeBehind="pwrsection.aspx.cs" Inherits="onlinefitness.pwrsection" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<marquee onmouseover="this.stop()" onmouseout="this.start()">
<ol>
    <img src="images/11.jpg" height=400 width=600 />
   <img  src="images/12.jpg" height=400 width=600 />
   <img src="images/13.jpg" height=400 width=600/>
   <img src="images/14.jpg" height=400 width=600 />
   <img src="images/15.jpg" height=400 width=600 />
   <img src="images/16.jpg" height=400 width=600 />
   <img src="images/17.jpg" height=400 width=600 />
   <img src="images/18.jpg" height=400 width=600 />
   <img src="images/19.jpg" height=400 width=600 />
   <img src="images/20.jpg" height=400 width=600 />

    </ol>
   </marquee>
</asp:Content>
```

- **SPA SECTION:**

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true"
CodeBehind="pwrsection.aspx.cs" Inherits="onlinefitness.pwrsection" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<marquee onmouseover="this.stop()" onmouseout="this.start()">
<ol>
    <img src="images/11.jpg" height=400 width=600 />
   <img  src="images/12.jpg" height=400 width=600 />
   <img src="images/13.jpg" height=400 width=600/>
   <img src="images/14.jpg" height=400 width=600 />
   <img src="images/15.jpg" height=400 width=600 />
   <img src="images/16.jpg" height=400 width=600 />
   <img src="images/17.jpg" height=400 width=600 />
   <img src="images/18.jpg" height=400 width=600 />
   <img src="images/19.jpg" height=400 width=600 />
   <img src="images/20.jpg" height=400 width=600 />

    </ol>
   </marquee>
</asp:Content>
```

- **CARDIO SECTION:**

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true"
CodeBehind="pwrsection.aspx.cs" Inherits="onlinefitness.pwrsection" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<marquee onmouseover="this.stop()" onmouseout="this.start()">
<ol>
    <img src="images/11.jpg" height=400 width=600 />
   <img  src="images/12.jpg" height=400 width=600 />
   <img src="images/13.jpg" height=400 width=600/>
   <img src="images/14.jpg" height=400 width=600 />
   <img src="images/15.jpg" height=400 width=600 />
   <img src="images/16.jpg" height=400 width=600 />
   <img src="images/17.jpg" height=400 width=600 />
   <img src="images/18.jpg" height=400 width=600 />
   <img src="images/19.jpg" height=400 width=600 />
   <img src="images/20.jpg" height=400 width=600 />
    </ol>
   </marquee>
</asp:Content>
```

CONTACT US:-

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true" CodeBehind="cont.aspx.cs" Inherits="onlinefitness.cont" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<h1>Contact</h1>
<br />
<p>Hemant Prasad Saini</p>
8560091552
<p>hemantsaini811@gmail.com</p>
<p>Bishal Jaiswal</p>
9983375296
<p>flashback671@gmail.com</p>
</asp:Content>
```

GYM CENTER:

```
<%@ Page Title="" Language="C#" MasterPageFile="~/Site1.Master" AutoEventWireup="true" CodeBehind="unigym.aspx.cs" Inherits="onlinefitness.unigym" %>
<asp:Content ID="Content1" ContentPlaceHolderID="ContentPlaceHolder1" runat="server">
<div id="wowslider-container1">
        <div class="ws_images"><ul>
<li><img src="data1/images/21.jpg" alt="21" title="21" id="wows1_0"/></li>
<li><img src="data1/images/22.jpg" alt="22" title="22" id="wows1_1"/></li>
<li><img src="data1/images/23.jpg" alt="23" title="23" id="wows1_2"/></li>
<li><img src="data1/images/24.jpg" alt="24" title="24" id="wows1_3"/></li>
<li><img src="data1/images/25.jpg" alt="25" title="25" id="wows1_4"/></li>
<li><img src="data1/images/26.jpg" alt="26" title="26" id="wows1_5"/></li>
<li><img src="data1/images/27.jpg" alt="27" title="27" id="wows1_6"/></li>
<li><img src="data1/images/28.jpg" alt="28" title="28" id="wows1_7"/></li>
<li><img src="data1/images/29.jpg" alt="29" title="29" id="wows1_8"/></li>
<li><a href="http://wowslider.com/vf"><img src="data1/images/30.jpg" alt="full screen slider" title="30" id="wows1_9"/></a></li>
<li><img src="data1/images/unique_gym_spa_jaipur4_1.jpg" alt="unique_gym_spa_jaipur4 (1)" title="unique_gym_spa_jaipur4 (1)" id="wows1_10"/></li>
</ul></div>
<span class="wsl"><a href="http://wowslider.com/vw">wordpress slider plugin</a> by WOWSlider.com v6.4</span>
        <div class="ws_shadow"></div>
        </div>
        <script type="text/javascript" src="engine1/wowslider.js"></script>
        <script type="text/javascript" src="engine1/script.js"></script>
</asp:Content>
```

LOGIN PAGE:

```
<%@ Page Title="Log In" Language="C#" MasterPageFile="~/Site.master" AutoEventWireup="true"
    CodeFile="Login.aspx.cs" Inherits="Account_Login" %>

<asp:Content ID="HeaderContent" runat="server" ContentPlaceHolderID="HeadContent">
</asp:Content>
<asp:Content ID="BodyContent" runat="server" ContentPlaceHolderID="MainContent">
    <h2>
        Log In
    </h2>
    <p>
        Please enter your username and password.
        <asp:HyperLink ID="RegisterHyperLink" runat="server" EnableViewState="false">Register</asp:HyperLink> if you don't have an account.
    </p>
    <asp:Login ID="LoginUser" runat="server" EnableViewState="false" RenderOuterTable="false">
        <LayoutTemplate>
            <span class="failureNotification">
                <asp:Literal ID="FailureText" runat="server"></asp:Literal>
            </span>
            <asp:ValidationSummary ID="LoginUserValidationSummary" runat="server" CssClass="failureNotification"
                 ValidationGroup="LoginUserValidationGroup"/>
            <div class="accountInfo">
                <fieldset class="login">
                    <legend>Account Information</legend>
                    <p>
                        <asp:Label ID="UserNameLabel" runat="server" AssociatedControlID="UserName">Username:</asp:Label>
                        <asp:TextBox ID="UserName" runat="server" CssClass="textEntry"></asp:TextBox>
                        <asp:RequiredFieldValidator ID="UserNameRequired" runat="server" ControlToValidate="UserName"
                              CssClass="failureNotification" ErrorMessage="User Name is required." ToolTip="User Name is required."

ValidationGroup="LoginUserValidationGroup">*</asp:RequiredFieldValidator>
                    </p>
                    <p>
                        <asp:Label ID="PasswordLabel" runat="server" AssociatedControlID="Password">Password:</asp:Label>
```

```
                <asp:TextBox ID="Password" runat="server" CssClass="passwordEntry"
TextMode="Password"></asp:TextBox>
                <asp:RequiredFieldValidator ID="PasswordRequired" runat="server"
ControlToValidate="Password"
                    CssClass="failureNotification" ErrorMessage="Password is required."
ToolTip="Password is required."

ValidationGroup="LoginUserValidationGroup">*</asp:RequiredFieldValidator>
              </p>
              <p>
                <asp:CheckBox ID="RememberMe" runat="server"/>
                <asp:Label ID="RememberMeLabel" runat="server"
AssociatedControlID="RememberMe" CssClass="inline">Keep me logged in</asp:Label>
              </p>
            </fieldset>
            <p class="submitButton">
              <asp:Button ID="LoginButton" runat="server" CommandName="Login" Text="Log
In" ValidationGroup="LoginUserValidationGroup"/>
            </p>
          </div>
      </LayoutTemplate>
    </asp:Login>
</asp:Content>
```

Register page

```
<%@ Page Title="Register" Language="C#" MasterPageFile="~/Site.master"
AutoEventWireup="true"
    CodeFile="Register.aspx.cs" Inherits="Account_Register" %>

<asp:Content ID="HeaderContent" runat="server" ContentPlaceHolderID="HeadContent">
</asp:Content>
<asp:Content ID="BodyContent" runat="server" ContentPlaceHolderID="MainContent">
    <asp:CreateUserWizard ID="RegisterUser" runat="server" EnableViewState="false"
OnCreatedUser="RegisterUser_CreatedUser">
      <LayoutTemplate>
        <asp:PlaceHolder ID="wizardStepPlaceholder" runat="server"></asp:PlaceHolder>
        <asp:PlaceHolder ID="navigationPlaceholder" runat="server"></asp:PlaceHolder>
      </LayoutTemplate>
      <WizardSteps>
        <asp:CreateUserWizardStep ID="RegisterUserWizardStep" runat="server">
          <ContentTemplate>
            <h2>
              Create a New Account
            </h2>
            <p>
              Use the form below to create a new account.
```

```
            </p>
            <p>
                Passwords are required to be a minimum of <%= Membership.MinRequiredPasswordLength %> characters in length.
            </p>
            <span class="failureNotification">
                <asp:Literal ID="ErrorMessage" runat="server"></asp:Literal>
            </span>
            <asp:ValidationSummary ID="RegisterUserValidationSummary" runat="server" CssClass="failureNotification"
                 ValidationGroup="RegisterUserValidationGroup"/>
            <div class="accountInfo">
                <fieldset class="register">
                    <legend>Account Information</legend>
                    <p>
                        <asp:Label ID="UserNameLabel" runat="server" AssociatedControlID="UserName">User Name:</asp:Label>
                        <asp:TextBox ID="UserName" runat="server" CssClass="textEntry"></asp:TextBox>
                        <asp:RequiredFieldValidator ID="UserNameRequired" runat="server" ControlToValidate="UserName"
                             CssClass="failureNotification" ErrorMessage="User Name is required." ToolTip="User Name is required."

ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                    </p>
                    <p>
                        <asp:Label ID="EmailLabel" runat="server" AssociatedControlID="Email">E-mail:</asp:Label>
                        <asp:TextBox ID="Email" runat="server" CssClass="textEntry"></asp:TextBox>
                        <asp:RequiredFieldValidator ID="EmailRequired" runat="server" ControlToValidate="Email"
                             CssClass="failureNotification" ErrorMessage="E-mail is required." ToolTip="E-mail is required."

ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                    </p>
                    <p>
                        <asp:Label ID="PasswordLabel" runat="server" AssociatedControlID="Password">Password:</asp:Label>
                        <asp:TextBox ID="Password" runat="server" CssClass="passwordEntry" TextMode="Password"></asp:TextBox>
                        <asp:RequiredFieldValidator ID="PasswordRequired" runat="server" ControlToValidate="Password"
```

```
                    CssClass="failureNotification"  ErrorMessage="Password  is  required."
ToolTip="Password is required."

ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                </p>
                <p>
                  <asp:Label          ID="ConfirmPasswordLabel"          runat="server"
AssociatedControlID="ConfirmPassword">Confirm Password:</asp:Label>
                  <asp:TextBox          ID="ConfirmPassword"          runat="server"
CssClass="passwordEntry" TextMode="Password"></asp:TextBox>
                  <asp:RequiredFieldValidator          ControlToValidate="ConfirmPassword"
CssClass="failureNotification" Display="Dynamic"
                    ErrorMessage="Confirm          Password          is          required."
ID="ConfirmPasswordRequired" runat="server"
                    ToolTip="Confirm          Password          is          required."
ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                  <asp:CompareValidator          ID="PasswordCompare"          runat="server"
ControlToCompare="Password" ControlToValidate="ConfirmPassword"
                    CssClass="failureNotification"  Display="Dynamic"  ErrorMessage="The
Password and Confirmation Password must match."

ValidationGroup="RegisterUserValidationGroup">*</asp:CompareValidator>
                </p>
              </fieldset>
              <p class="submitButton">
                <asp:Button          ID="CreateUserButton"          runat="server"
CommandName="MoveNext" Text="Create User"
                  ValidationGroup="RegisterUserValidationGroup"/>
              </p>
            </div>
          </ContentTemplate>
          <CustomNavigationTemplate>
          </CustomNavigationTemplate>
        </asp:CreateUserWizardStep>
      </WizardSteps>
    </asp:CreateUserWizard>
</asp:Content>
```

REGISTER:-

```
<%@  Page  Title="Register"  Language="C#"  MasterPageFile="~/Site.master"
AutoEventWireup="true"
    CodeFile="Register.aspx.cs" Inherits="Account_Register" %>

<asp:Content ID="HeaderContent" runat="server" ContentPlaceHolderID="HeadContent">
</asp:Content>
```

```
<asp:Content ID="BodyContent" runat="server" ContentPlaceHolderID="MainContent">
    <asp:CreateUserWizard ID="RegisterUser" runat="server" EnableViewState="false"
OnCreatedUser="RegisterUser_CreatedUser">
        <LayoutTemplate>
            <asp:PlaceHolder ID="wizardStepPlaceholder" runat="server"></asp:PlaceHolder>
            <asp:PlaceHolder ID="navigationPlaceholder" runat="server"></asp:PlaceHolder>
        </LayoutTemplate>
        <WizardSteps>
            <asp:CreateUserWizardStep ID="RegisterUserWizardStep" runat="server">
                <ContentTemplate>
                    <h2>
                        Create a New Account
                    </h2>
                    <p>
                        Use the form below to create a new account.
                    </p>
                    <p>
                        Passwords are required to be a minimum of <%=
Membership.MinRequiredPasswordLength %> characters in length.
                    </p>
                    <span class="failureNotification">
                        <asp:Literal ID="ErrorMessage" runat="server"></asp:Literal>
                    </span>
                    <asp:ValidationSummary ID="RegisterUserValidationSummary" runat="server"
CssClass="failureNotification"
                         ValidationGroup="RegisterUserValidationGroup"/>
                    <div class="accountInfo">
                        <fieldset class="register">
                            <legend>Account Information</legend>
                            <p>
                                <asp:Label ID="UserNameLabel" runat="server"
AssociatedControlID="UserName">User Name:</asp:Label>
                                <asp:TextBox ID="UserName" runat="server"
CssClass="textEntry"></asp:TextBox>
                                <asp:RequiredFieldValidator ID="UserNameRequired" runat="server"
ControlToValidate="UserName"
                                    CssClass="failureNotification" ErrorMessage="User Name is required."
ToolTip="User Name is required."

ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                            </p>
                            <p>
                                <asp:Label ID="EmailLabel" runat="server"
AssociatedControlID="Email">E-mail:</asp:Label>
                                <asp:TextBox ID="Email" runat="server"
CssClass="textEntry"></asp:TextBox>
```

```
                    <asp:RequiredFieldValidator ID="EmailRequired" runat="server"
ControlToValidate="Email"
                      CssClass="failureNotification" ErrorMessage="E-mail is required."
ToolTip="E-mail is required."

ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                  </p>
                  <p>
                    <asp:Label ID="PasswordLabel" runat="server"
AssociatedControlID="Password">Password:</asp:Label>
                    <asp:TextBox ID="Password" runat="server" CssClass="passwordEntry"
TextMode="Password"></asp:TextBox>
                    <asp:RequiredFieldValidator ID="PasswordRequired" runat="server"
ControlToValidate="Password"
                      CssClass="failureNotification" ErrorMessage="Password is required."
ToolTip="Password is required."

ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                  </p>
                  <p>
                    <asp:Label ID="ConfirmPasswordLabel" runat="server"
AssociatedControlID="ConfirmPassword">Confirm Password:</asp:Label>
                    <asp:TextBox ID="ConfirmPassword" runat="server"
CssClass="passwordEntry" TextMode="Password"></asp:TextBox>
                    <asp:RequiredFieldValidator ControlToValidate="ConfirmPassword"
CssClass="failureNotification" Display="Dynamic"
                      ErrorMessage="Confirm Password is required."
ID="ConfirmPasswordRequired" runat="server"
                      ToolTip="Confirm Password is required."
ValidationGroup="RegisterUserValidationGroup">*</asp:RequiredFieldValidator>
                    <asp:CompareValidator ID="PasswordCompare" runat="server"
ControlToCompare="Password" ControlToValidate="ConfirmPassword"
                      CssClass="failureNotification" Display="Dynamic" ErrorMessage="The
Password and Confirmation Password must match."

ValidationGroup="RegisterUserValidationGroup">*</asp:CompareValidator>
                  </p>
                </fieldset>
                <p class="submitButton">
                  <asp:Button ID="CreateUserButton" runat="server"
CommandName="MoveNext" Text="Create User"
                    ValidationGroup="RegisterUserValidationGroup"/>
                </p>
              </div>
            </ContentTemplate>
            <CustomNavigationTemplate>
```

```
            </CustomNavigationTemplate>
          </asp:CreateUserWizardStep>
        </WizardSteps>
    </asp:CreateUserWizard>
</asp:Content>
```

CHANGE PASSWORD:-

```
<%@ Page Title="Change Password" Language="C#" MasterPageFile="~/Site.master" AutoEventWireup="true"
    CodeFile="ChangePassword.aspx.cs" Inherits="Account_ChangePassword" %>

<asp:Content ID="HeaderContent" runat="server" ContentPlaceHolderID="HeadContent">
</asp:Content>
<asp:Content ID="BodyContent" runat="server" ContentPlaceHolderID="MainContent">
    <h2>
        Change Password
    </h2>
    <p>
        Use the form below to change your password.
    </p>
    <p>
        New passwords are required to be a minimum of <%= Membership.MinRequiredPasswordLength %> characters in length.
    </p>
    <asp:ChangePassword ID="ChangeUserPassword" runat="server" CancelDestinationPageUrl="~/" EnableViewState="false" RenderOuterTable="false"
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                <fieldset class="changePassword">
                    <legend>Account Information</legend>
                    <p>
                        <asp:Label ID="CurrentPasswordLabel" runat="server" AssociatedControlID="CurrentPassword">Old Password:</asp:Label>
                        <asp:TextBox ID="CurrentPassword" runat="server" CssClass="passwordEntry" TextMode="Password"></asp:TextBox>
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```

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            </p>
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ToolTip="New Password is required."

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            </p>
            <p>
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CommandName="ChangePassword" Text="Change Password"
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        </div>
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    </asp:ChangePassword>
</asp:Content>
```

4. Testing

Testing goes side by side with the implementation that is aimed at ensuring that the system works accurately and efficiently before the live operation is performed .The common view of testing held by the user is process of executing a program with explicit intention of handling errors. The application which has been developed has to be tested to prove its validity. Testing is considered to be the least creative phase of the whole cycle of system design. In the real sense it is the phase, which helps to bring out the creativity of the other phases, and makes it shine. The Mobile Management System was tested using the following two techniques of application testing.

i. Testing Types

Validation testing

The main aim of this testing is to verify that the application system does what it was designed for. The system was tested to ensure that the purpose of automating the fitness center was fulfilled. Alpha testing was carried out to ensure the validity of the system.

System testing

Testing is the major quality control measure employed during software development. Its basic function is to detect errors in the software. During requirement analysis and design, the output is a document that is usually textual and non-executable. After the coding phase, computer programs are available that can be executed for testing phases. This implies that testing not only has to uncover errors introduced during coding, but also errors introduced during the previous phases. Thus, the goal of testing is to uncover requirement, design or coding errors in the programs.

Testing can be defined as a process of executing a program with the aim of finding errors. To perform testing, test cases are designed. A Test Case is a particular made up artificial situation upon which a program is exposed so as to find errors. So a good test case is one that finds undiscovered errors. If testing is done properly, it uncovers errors and after fixing those errors we have software that is being developed according to specifications.

Test cases are integral part of testing. There are two different approaches to selecting test cases:-

- **Structural Testing:**

In structural testing the test cases are decided based on the logic of the module to be tested. Structural testing is sometimes called "Glass box testing".

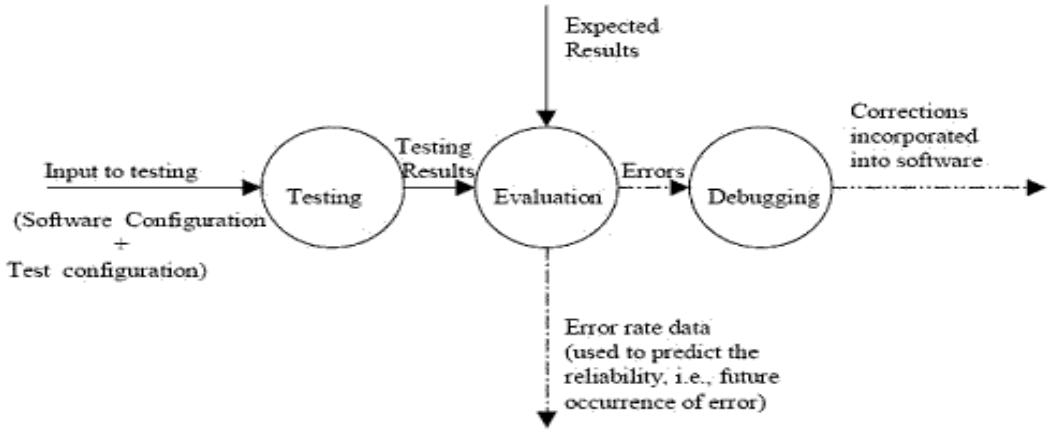
- **Functional Testing:**

In functional testing the software for the module to be tested is treated as black box, and then test cases are decided based on the specifications of the system or module. For this reason, this form of testing is also called "Black box testing". The focus is on testing the external behavior of the system.

Structural testing is used for lower levels of testing and functional testing is used for higher levels.

Testing process:-

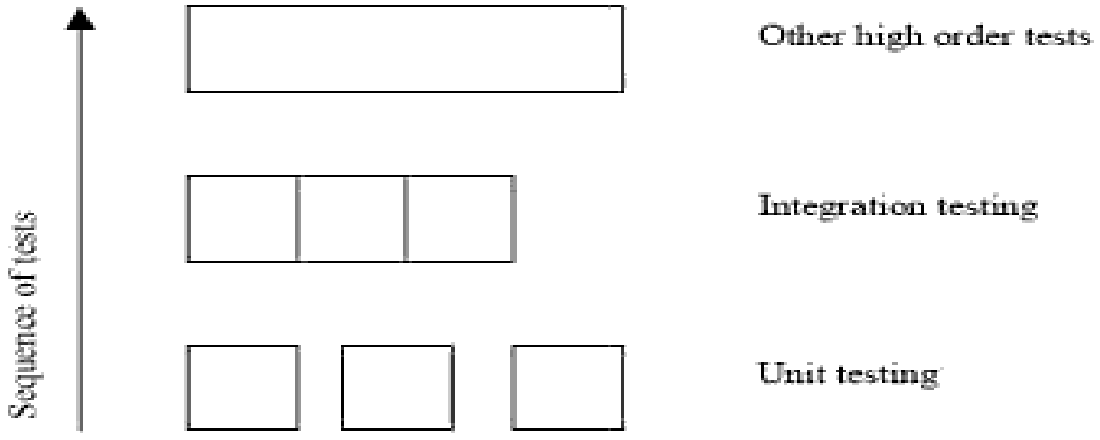
Testing is an extremely critical and time-consuming activity. It requires proper planning of the overall testing process. Frequently the testing process starts with the Test plan (Test configuration). This plan identifies all the testing related activities that must be performed and specifies the schedule, allocates the resources, and specify guidelines for testing. The test plan specifies manner in which the modules will integrate together. Then for different test units, a Test case specification document is produced, which lists all the different test cases, together with the expected outputs, that will be used for testing. During the testing of the unit, the specified test cases are executed and actual result is compared with the expected output. The final output of the testing phases is to the Text report and the Error report, or set of such reports (one of each unit is tested). Each test report contains the set of such test cases and the result of executing the code with these test cases The error report describes the errors encountered and action taken to remove those errors.



Testing Process

Testing strategies:-

Various software-testing strategies have been proposed so far. Things that are common and important in these strategies are that Testing begins at the module level and works "outward": tests which are carried out, are done at the module level where major functionality is tested and then it works toward the integration of the entire system. Different testing techniques are appropriate at different points in time: Under different circumstances, different testing methodologies are to be used which will be the decisive factor for software robustness and scalability. Circumstance essentially means the level at which the testing is being done.



Sequence of tests

Unit testing:

The starting point of testing is unit testing. Smallest unit of software design is a module. Unit testing is performed to check the functionality of these units. It is done before these modules are integrated together to build the overall system. Since the modules are small in size, individual programmers can do unit testing on their respective modules. So unit testing is basically white box oriented. Procedural design descriptions are used and control paths are tested to uncover errors within individual modules. Unit testing can be done for more than one module at a time.

Integration testing:

Unit testing ensures that all modules have been tested and each of them works properly individually. Unit testing does not guarantee if these modules will work fine if these are integrated together as a whole system. It is observed that many errors crop up when the modules are joined together. The goal of this testing is to detect design errors, while focusing on testing the interconnection between modules.

There are two approaches in integration testing. One is Top down integration and the other is Bottom up integration.

System testing:

After the system is put together, system testing is performed. Software is only one element of a larger computer-based system. Ultimately, software is incorporated with other system elements and a series of system integration and validation tests are conducted.

System testing is actually a series of different tests whose primary purpose is to fully exercise the computer-based system. Although each test has a different purpose, all work to verify that all system elements have been properly integrated and perform allocated functions.

Different types of System Tests are:

- **Recovery Testing:**

Recovery testing is a system test that forces the software to fail in a variety of ways and verifies that recovery is properly performed.

- **Security Testing:**

Security testing attempts to verify that protection mechanism built into a system will protect it from unauthorized penetration.

User acceptance testing

In this type of testing, the software is handed over to the user in order to find out if the software meets the user expectations and works as it is expected to. In software development, user acceptance testing (UAT) - also called beta testing, application testing, and end user testing - is a phase of software development in which the software is tested in the "real world" by the intended audience.

The experiences of the users are forwarded back to the developers who make final changes before releasing the software commercially.

White Box Testing

- By using this technique it was tested that all the individual logical paths were executed at least once and every statement in the program was executed once during testing
- All the logical decisions where tested on both their true and false sides
- All the loops were tested with data in between the range and especially at the boundary values.

Black Box Testing

- By the use of this technique the missing functions were identified and placed in their position.
- The errors in the interfaces were identified and corrected.
- The errors in the database access were indentified.
- This technique was along used to identify the initialization and termination errors and correct them.

Application Testing Strategies

Any application has to be tested with pre-planned strategies. As Roger Pressman states, the preparation for testing should star as soon as the design of the system star. To carry out the testing in an efficient manner certain amount of strategic planning has to be done. Any testing strategy must incorporate test planning, test case design, test execution and the resultant data collection evaluation.

ii. Test Case Analysis

5. Implementation

SYSTEM IMPLEMENTATION

After having the user acceptance of the new system developed, the implementation phase begins. Implementation is the stage of a project during which theory is turned into practice. During this phase, all the programs of the system are loaded onto the user's computer. After loading the system, training of the users starts. Main topics of such type of training are:

- How to execute the package
- How to enter the data
- How to process the data (processing details)
- How to take out Reports

After the users are trained about the computerized system, manual working has to shift from manual to computerized working. The following two strategies are followed for running the system:

Parallel Run:

In such run for a certain defined period, both the systems i.e. computerized and manual are executed in parallel. This strategy is helpful because of the following:

- Manual results can be compared with the results of the computerized system.

- ❖ Failure of the computerized system at the early stage, does not affect the working of the organization, because the manual system continues to work, as it used to do.

Pilot Run:

In this type of run, the new system is installed in parts. Some part of the new system is installed first and executed successfully for considerable time period. When the results are found satisfactory then only other parts are implemented. This strategy builds the confidence and the errors are traced easily.

6. Screen Shot

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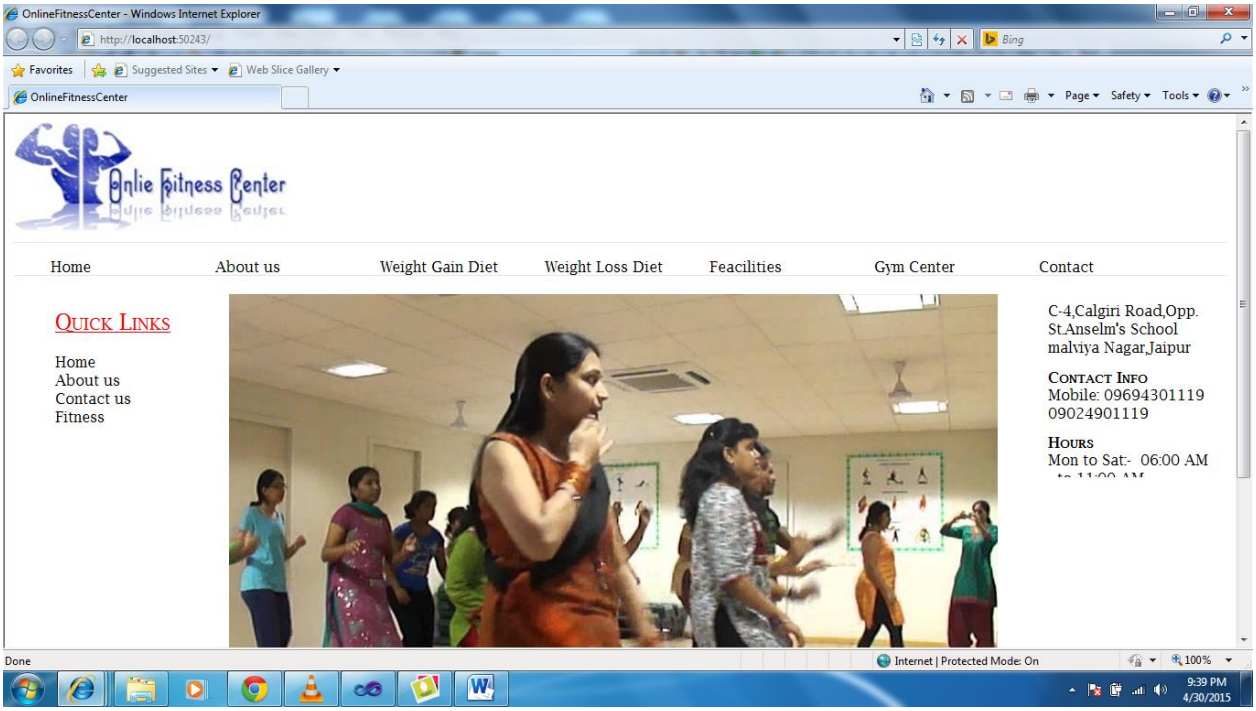

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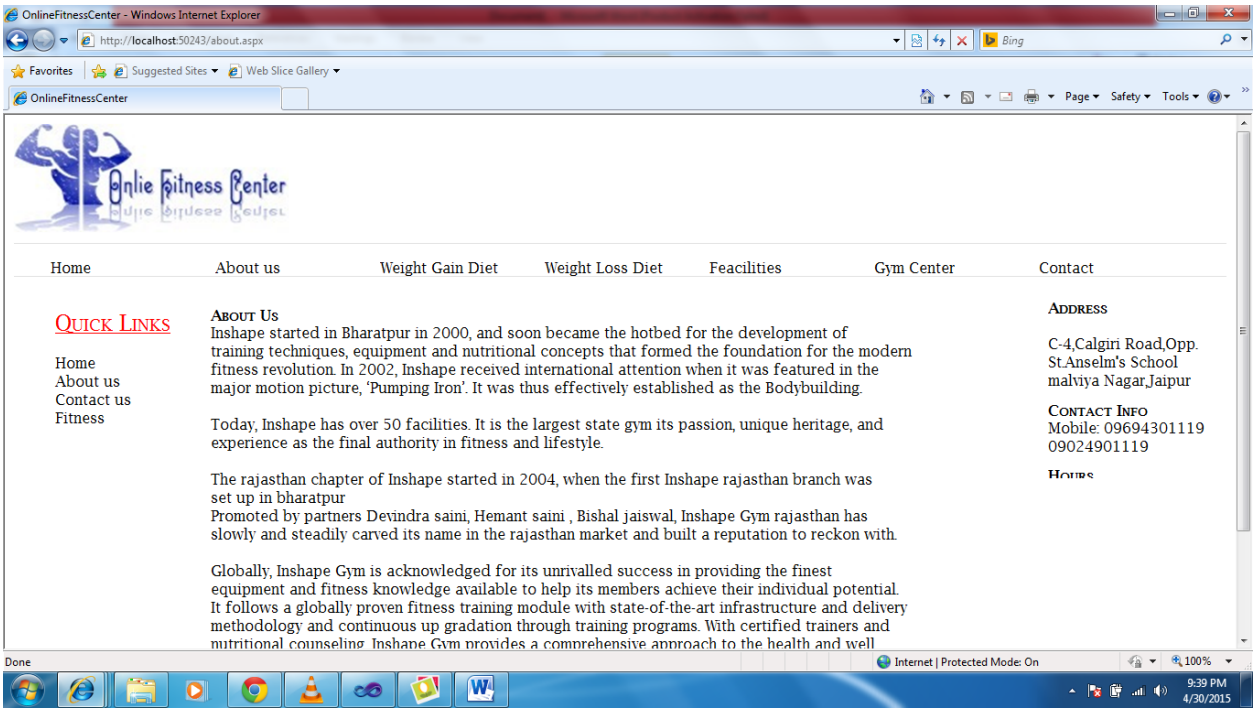

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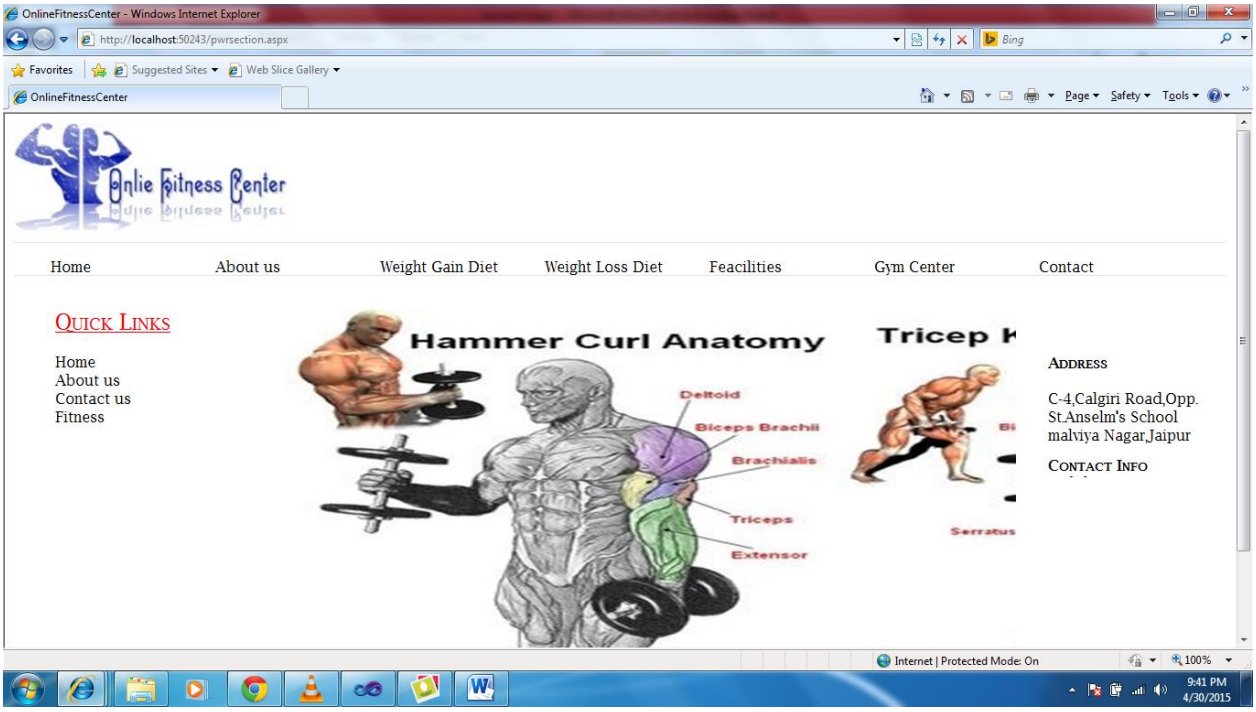

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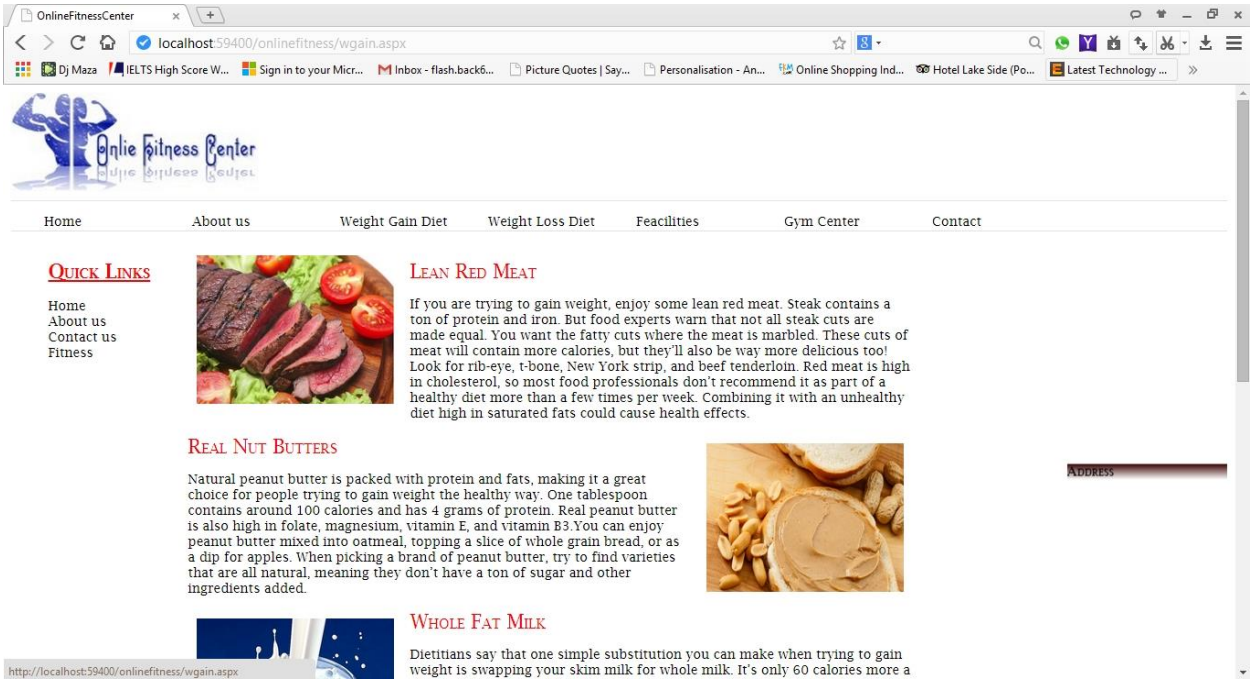

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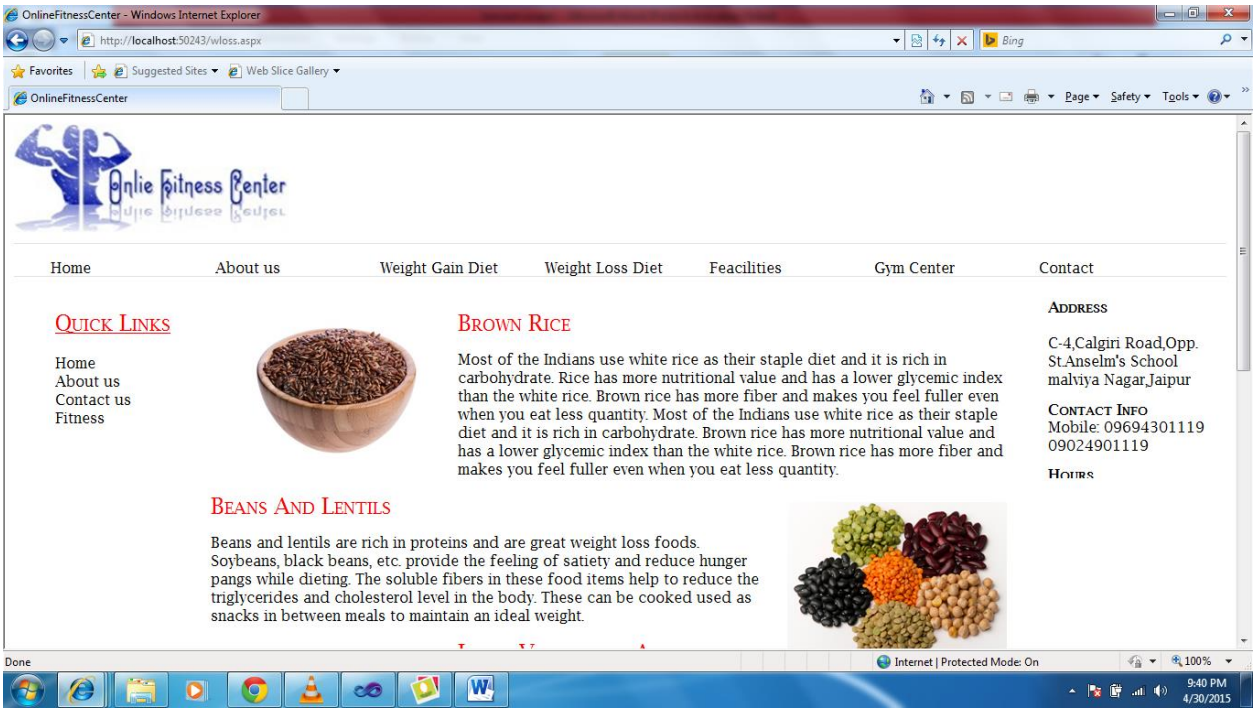

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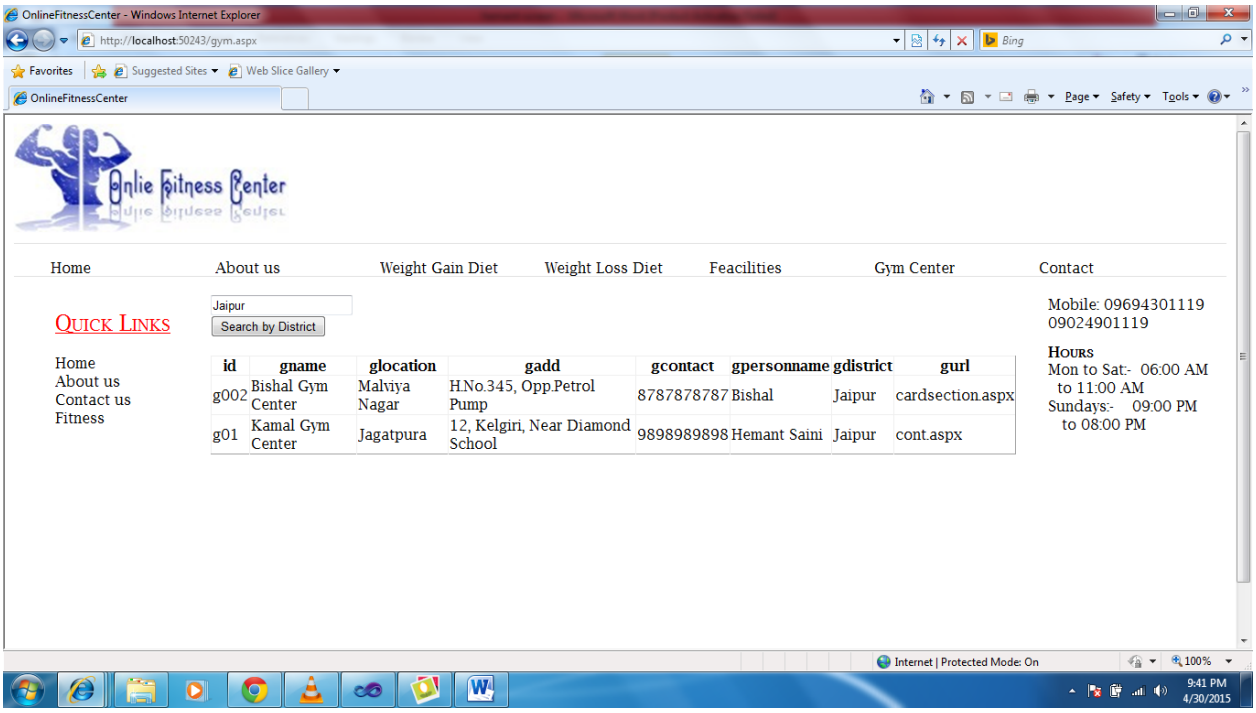
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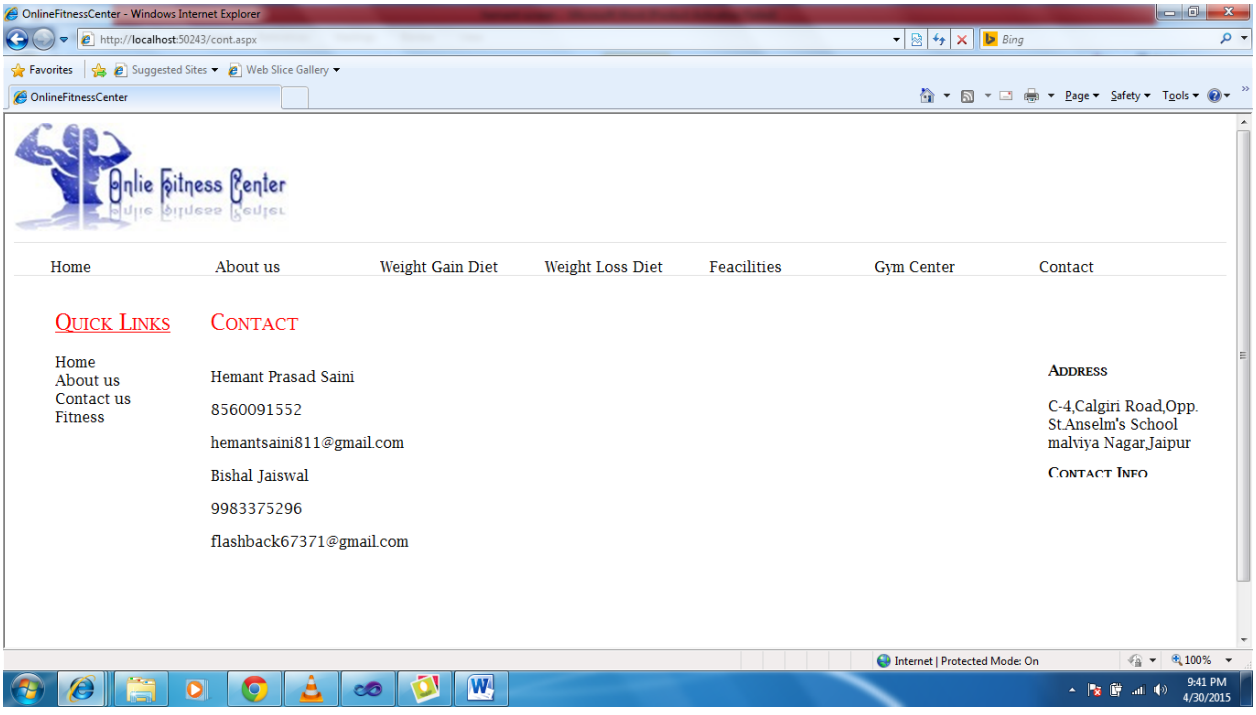
CONTACT US: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Gym Center
Contact
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Home
About us
Contact us
Fitness
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malviya Nagar,Jaipur
CONTACT INFO
Internet | Protected Mode: On
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9:41 PM
4/30/2015

7. Conclusion and future Works

This website aims to provide information and facilities regarding to the student in any corner of the world can get the information which is useful for the student.

There are different AUTHENTICATIONS provided at different level like Admin, user login, User_registration.They fetches the information according to their authentication.

Following are the functions of the Admin:-

- The Administrator could update and check the data routinely.
- Admin will manage all the information over the website.
- Admin will responsible for the updation and deletion of the information in the Database.
- Whenever student visit the website than he/she fill the enquiry form which is automatically send to the Admin's e-mail id and save in the database.

Bibliography:

Website:

1. Gold's gym (www.goldgymindia.com)
2. The Bigapple (www.thebigapple.com)
3. Unique gym (www.uniquegym.com)
4. Monster gym (www.monstergymjaipur.com)