

WEB – PROGRAMMING PROJECT REPORT

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PROJECT TITLE: GYM WEBSITE (Glow Gym)

Introduction

Glow Gym is an online gym booking system designed to help gym members easily book classes and allow administrators to handle schedules and bookings. The platform is split into two main sections: one for the admin and one for normal users. Admins can create and manage fitness classes, while users can view available options and book their preferred classes.

It provides an interface that is easy to use.

The system is built using PHP for backend processing, MySQL for data storage, and HTML with CSS for layout and styling. The application includes clearly defined user roles and practical database relationships, creating a seamless experience for both members and administrators.

Technical Decisions

Several technologies and tools were chosen to support development and functionality:

- **PHP** was selected for its compatibility with web servers and ease of integration with databases.
- **MySQL** was used to manage all stored information, such as user accounts, class listings, and bookings.
- **HTML and CSS** were implemented to create structured and visually clean pages.
- **PHP sessions** were integrated for managing login sessions and user role-based access.
- **XAMPP** served as the local server environment for development and testing.

Main Features

Login System

Glow Gym

[Register here](#)

Welcome To Glow Gym

Name:

Email:

Password:

Login

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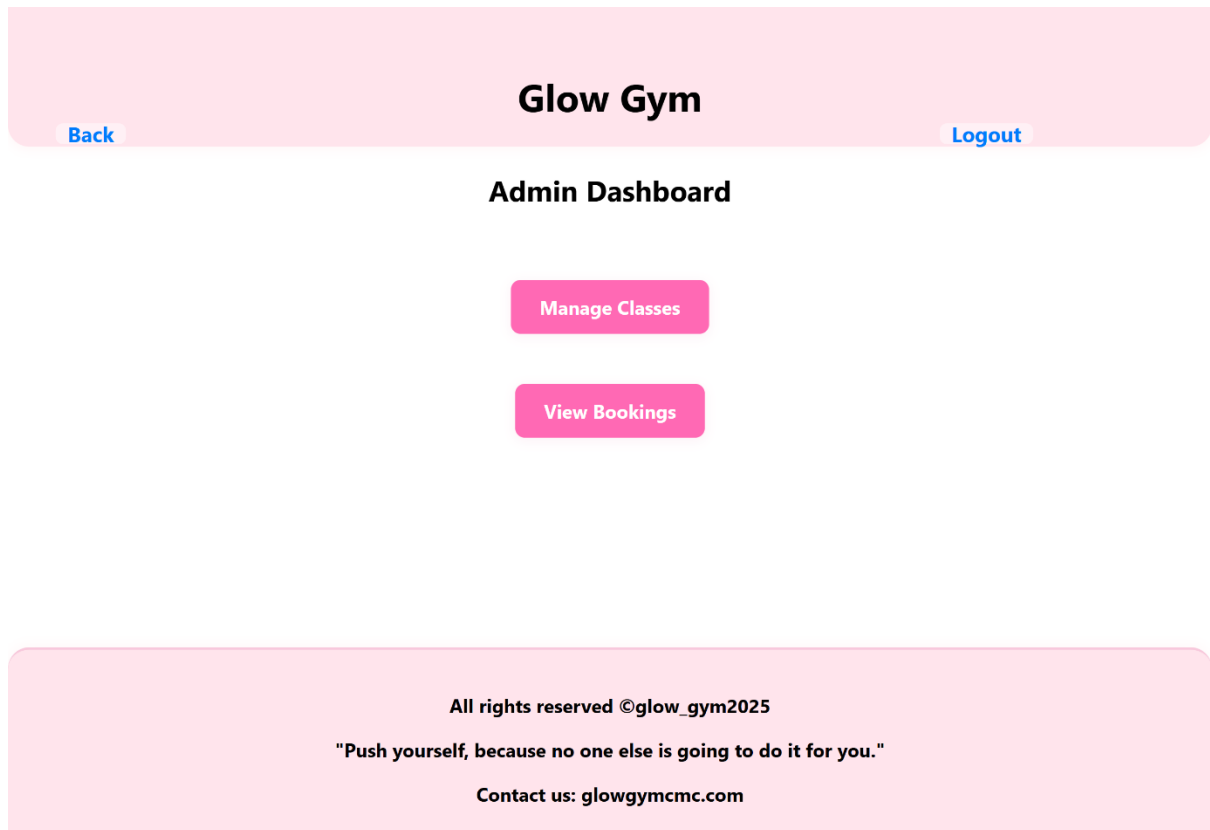
"Push yourself, because no one else is going to do it for you."

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A shared login page serves both administrators and users. After logging in, users are redirected to their appropriate dashboard based on role. Administrators are sent to a control panel for managing the system, while users are presented with a personalized dashboard displaying their bookings.

Admin Controls

- **Admin Dashboard:** Provides access to class and booking management tools.



The admin panel includes the following features:

- Adding new fitness classes such as name, time, price, and availability
- Removing outdated or full classes
- Viewing all current bookings along with user information

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Manage Classes

Title:

Description:

Date:

dd/mm/yyyy

Price:

Available Spots:

Add Class

All Classes

Learn Meditation (2025-07-10) - \$19.00 | Spots: 20
Delete

Hit Cardio Dance (2025-08-14) - \$30.00 | Spots: 15
Delete

Hot Yoga (2025-08-29) - \$40.00 | Spots: 10
Delete

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Class details are handled through simple input forms, with data displayed in table format for quick access and editing.

User control

- **User Dashboard:** Shows available classes for users while also giving them options to view and cancel their bookings.

Regular users can:

- View a schedule of upcoming classes
- Read class descriptions and check spot availability
- Book a spot in classes with available capacity

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Available Classes

Learn Meditation

Learn how to be mindful of your body and soul.

Date: 2025-07-10

Price: **\$19.00**

Available spots: **20**

[Book](#)

Hit Cardio Dance

Achieve your ideal body while hitting your favorite dance move.

Date: 2025-08-14

Price: **\$30.00**

Available spots: **15**

[Book](#)

Hot Yoga

Performed in heated for deeper stretching and mindfulness.

Date: 2025-08-29

Price: **\$40.00**

Available spots: **10**

[Book](#)

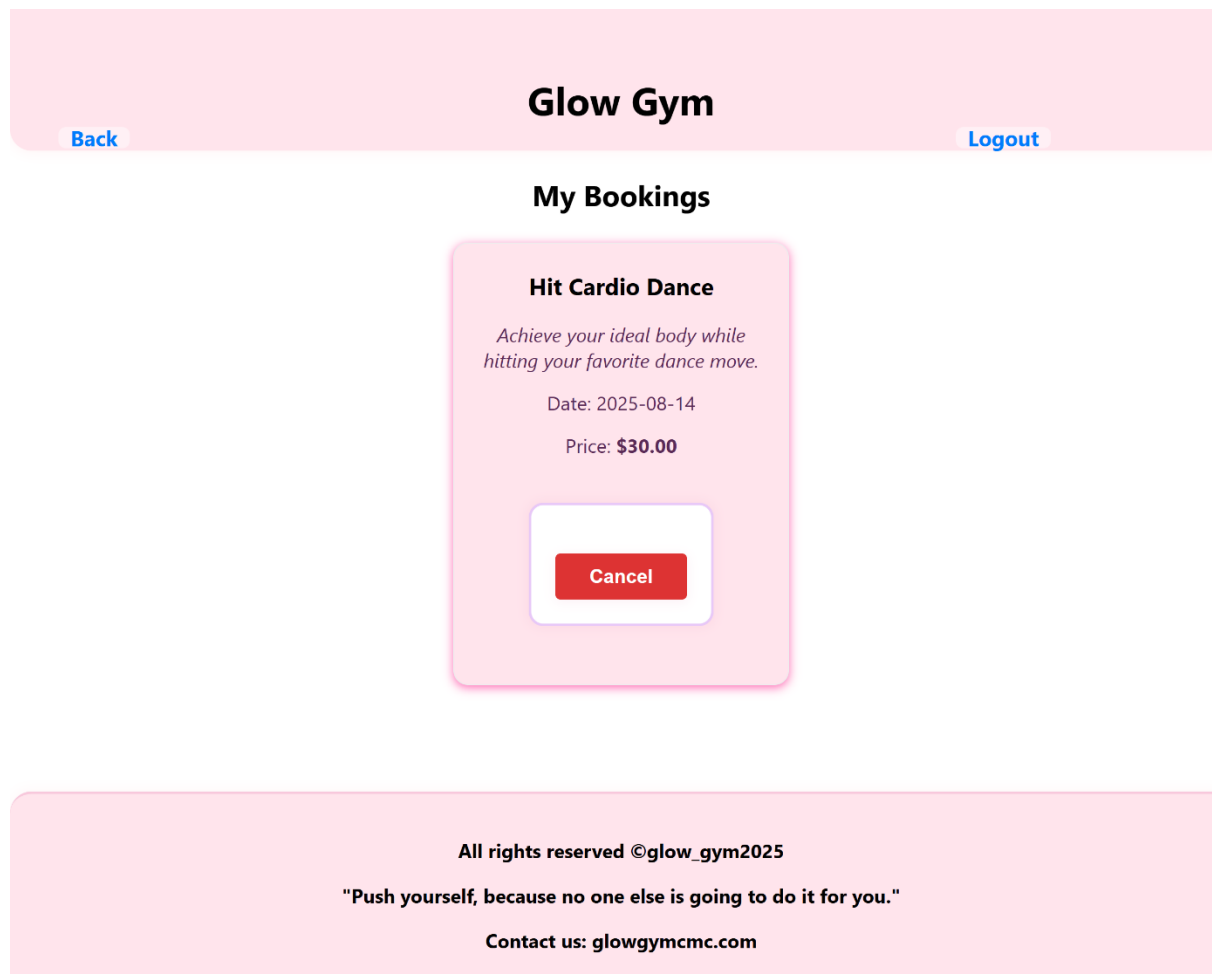
[My Bookings](#)

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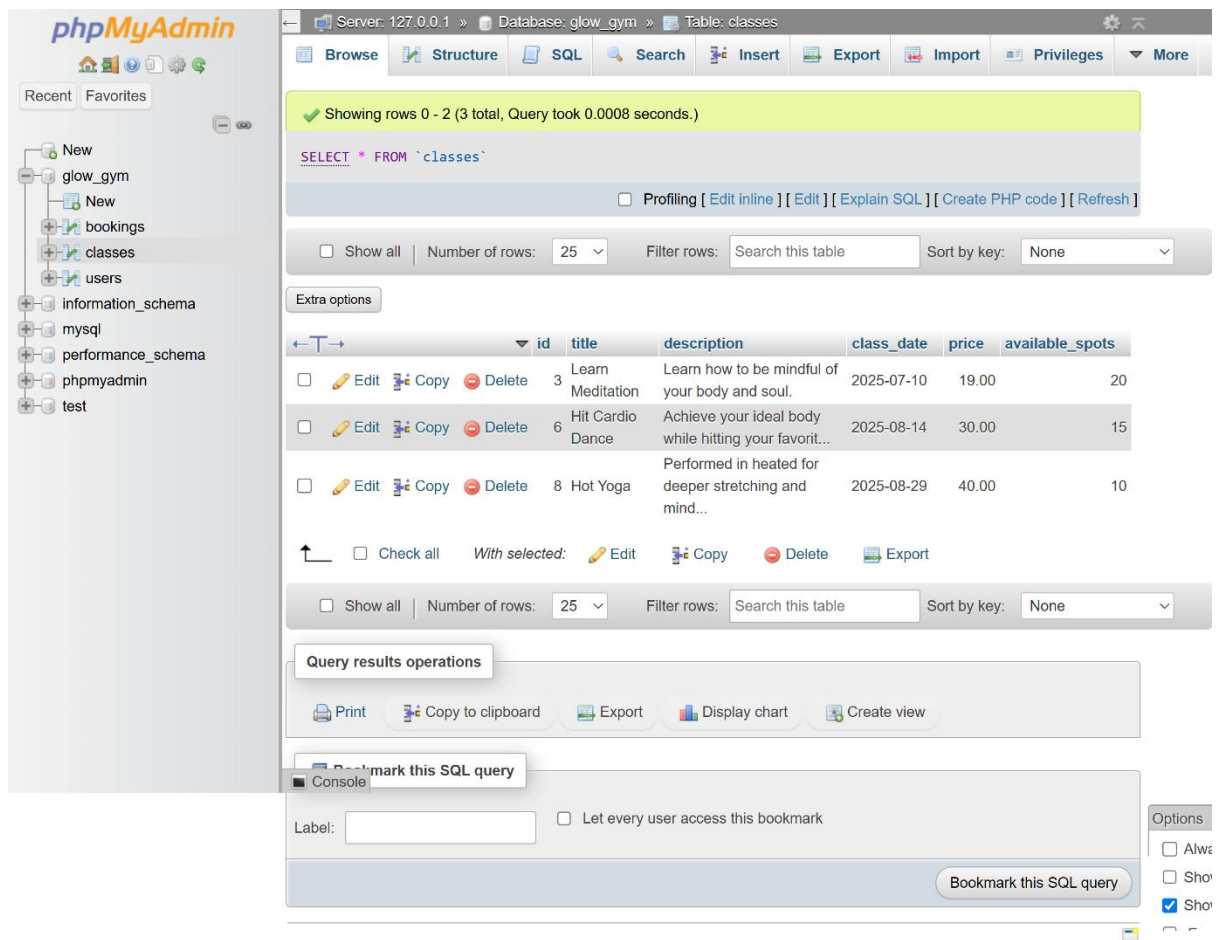
Booked classes appear on the user dashboard. Bookings are stored in the database and linked to user IDs, ensuring each class is accurately reserved. Cancellation functionality is included, allowing the spot to reopen for other users.



Database Design

The database is structured with the following tables:

- users: Stores usernames, emails, passwords, and roles
- classes: Contains class-related details
- bookings: Links users to the classes they have reserved



This normalized design supports accurate data retrieval and prevents duplication. Foreign key relationships ensure integrity between bookings and their associated user and class records.

Conclusion

Glow Gym delivers a solution for class booking and gym session management. By combining structured content, secure access, and user-friendly design, the system improves efficiency for both staff and members. The project also provides a strong foundation for future upgrades.