

1. Core Entities

Table Name	Primary Key (PK)	Foreign Keys (FK)	Attributes
MEMBER	member_id		name, dateOfBirth, gender, email (Unique), height, weight, heartRate, bodyFatPercentage
TRAINER	trainer_id		name, email (Unique), gender, availability
ADMIN_STAFF	admin_id		name, email (Unique), permissions
DASHBOARD	dashboard_id		metrics, attendance, schedule
FITNESS_GOAL	goal_id	<i>member_id</i>	targetValue, status, description, deadline

2.

Mapping Foreign Keys

Table Name	Primary Key (PK)	Foreign Keys (FK)	Attributes
GROUP_CLASSES	class_id	<i>trainer_id , admin_id</i>	size, time

3. Associative Tables

Table Name	Composite Primary Key (PK)	Foreign Keys (FK)	Attributes
TRAINER_MEMBER_ACCESS	trainer_id, member_id	<i>trainer_id, member_id</i>	limited_access
PERSONAL_TRAINING_ASSIGNMENT	trainer_id, member_id	<i>member_id , trainer_id</i>	
CLASS_ROSTER	class_id, member_id	<i>class_id, member_id</i>	
CLASS_TRAINERS	class_id, trainer_id	<i>class_id, trainer_id</i>	
MEMBER_DASHBOARD_ACCESS	Member_id, dashboard_id	<i>member_id , dashboard_id</i>	