

Trainers

<u>trainer_id</u>	email	first_name	last_name	specialization	bio	profile_picture
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Sessions

<u>session_id</u>	trainer_id	member_id	session_type	session_date	session_time	duration
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Members

<u>member_id</u>	email	first_name	last_name	birthdate	phone_number	address	registration_date	membership_type
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Goals

<u>goal_id</u>	member_id	goal_type	target_value	start_date	end_date	progress	notes
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ClassMembers

<u>class_id</u>	<u>member_id</u>	date_joined
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Classes

<u>class_id</u>	class_name	description	trainer_id	class_date	class_time	duration_min	max_capacity
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RoomBookings

<u>booking_id</u>	admin_id	class_id	room	booking_date	from_date	to_date	status
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Admin

<u>admin_id</u>	email	first_name	last_name	profile_picture
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Equipment Maintenance

<u>equipment_id</u>	admin_id	equipment_name	last_maintenance_description	last_maintenance_date	current_condition
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Payments

<u>payment_id</u>	member_id	payment_date	amount	payment_method	description
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Exercise Routines

<u>routine_id</u>	member_id	exercise_name	sets	reps	weight	day_of_week
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Fitness Achievements

<u>achievement_id</u>	member_id	achievement_date	achievement_description	goal_id
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Health Statistics

<u>stat_id</u>	member_id	date	weight	height	fat_percentage	blood_pressure_systolic	blood_pressure_diastolic
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