Project Plan:

**Phase 1: HTML and CSS Foundation**

1. **Project Setup:**
   * Create a project folder and organize your files.
   * Set up the basic file structure with HTML and CSS files.
2. **Header and Navigation:**
   * Create the header section with the gym logo.
   * Design and style navigation links in the header.
3. **Special Offers Section:**
   * Create the "Special Offers" section.
   * Apply styling to the section, including background images.
4. **Content Sections:**
   * Create the "Economize Program" and other content sections.
   * Add content and apply styling to these sections.
5. **Footer:**
   * Create a footer section with contact information.

**Phase 2: Responsive Design and Styling** 6. **Responsive Design:**

* Ensure the website is responsive to different screen sizes.
* Implement CSS media queries for responsiveness.

1. **Additional Styling:**
   * Fine-tune the styling and layout for a polished look.

**Phase 3: JavaScript and jQuery Integration** 8. **Introduction to JavaScript:**

* Start learning basic JavaScript concepts.
* Implement simple interactivity, like button clicks.

1. **Integration of JavaScript:**
   * Add JavaScript functionality for form validation in the search form.
   * Implement simple interactivity for buttons in "Not a Member" and "Éconofitness members" sections.
2. **Introduction to jQuery:**
   * Begin learning jQuery basics.
   * Apply jQuery for simple DOM manipulation, like showing/hiding elements.

**Phase 4: Advanced Functionality and Interactivity** 11. **Dynamic Content Loading:** - Learn AJAX for loading dynamic content, e.g., exclusive offers.

1. **Member Registration and Login:**
   * Develop a registration and login form for gym members.
   * Implement client-side validation and server-side processing.
2. **Interactive Features:**
   * Add interactive features like image sliders, modals, and tooltips.

**Phase 5: Testing and Debugging** 14. **Testing:** - Test your website on various browsers and devices. - Check for compatibility issues and fix them.

1. **Debugging:**
   * Debug any JavaScript or jQuery errors.
   * Ensure proper functionality and responsiveness.

**Phase 6: Deployment** 16. **Domain and Hosting:** - Purchase a domain and set up web hosting.

1. **Deployment:**
   * Upload your website to the hosting server.

**Phase 7: Ongoing Maintenance and Learning** 18. **Documentation:** - Create documentation for your website, including code comments.

1. **Learning and Improvement:**
   * Continue to learn and improve your skills in HTML, CSS, JavaScript, and jQuery.

This project plan is divided into phases to help you gradually build your skills while creating the gym website. Be prepared to spend time learning and experimenting with the technologies as you progress through each phase. Additionally, consider using online resources, courses, and tutorials to help you learn and complete the tasks effectively.