

# FitZone: Modern Gym Management

Architecture, features, and learning outcomes

Web Forms site demonstrating backend development, authentication, database interaction, and interactive front end.

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# FitZone Gym: Web Application Overview

Gym management site demonstrating full-stack web patterns

## 1 Browse services and public pages

View gym offerings and informational pages without signing in

## 2 Register as a member

Create an account via registration forms stored in a relational database

## 3 Access protected pages and submit forms

Protected content and form submissions tied to persistent storage

# Technologies Used

Core stack for a server-rendered ASP.NET Web Forms app

## ASP.NET Web Forms

Event-driven page lifecycle and server controls for rendering pages

## C# - application logic and code-behind

Handles business rules, authentication, and data operations

## HTML5 and CSS - structure and responsive styling

Markup and styles for UI structure and responsive design

## SQL Server Database - relational storage

Persists members, services, and transactional data

# Core Features — What the Website Does

## User-facing



- Display gym services and membership prices for prospective and current members
- Allow users to register and log in securely with form validation and session handling
- Provide protected pages for member-only content and account management
- Present FAQs and informational content for self-service support

## Data management

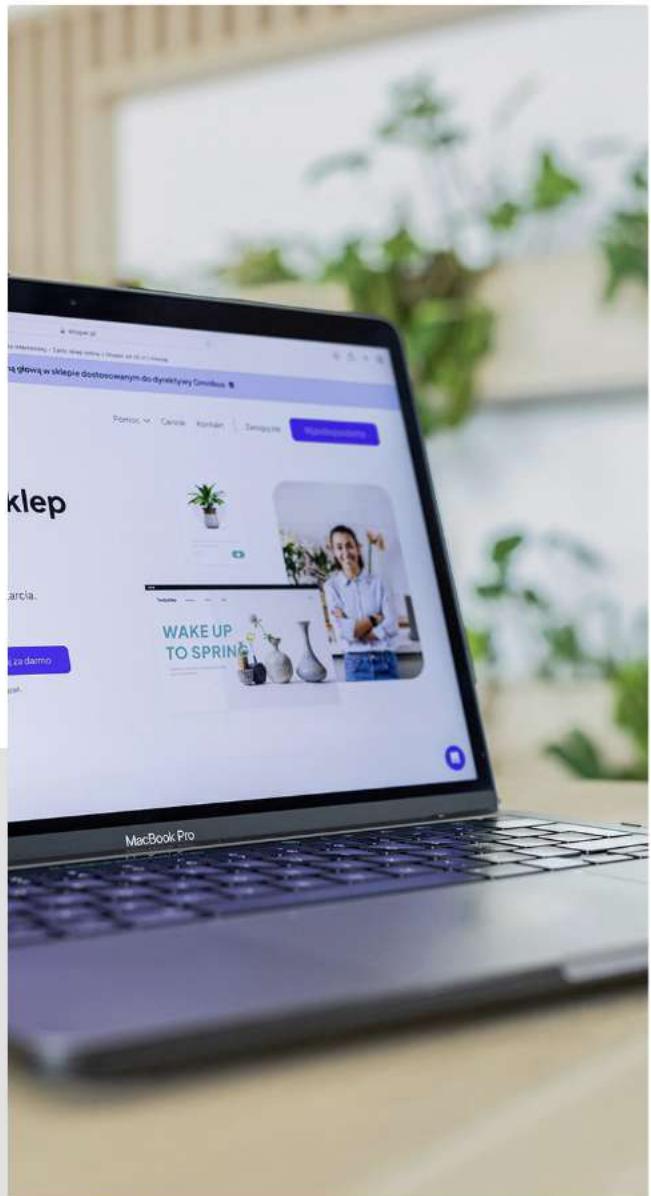


- Store user and membership data in a database with secure access controls
- Handle form submissions and registration data with server-side validation
- Retrieve and display stored data on pages for profile

## Interactivity



- Include interactive calculator for fees or BMI with instant client-side results
- FAQ behavior with expand and collapse interactions for better UX
- Client-to-server interactions demonstrating form posts and data retrieval



# Site Structure and Navigation for FitZone Gym

Clear paths to discover services, view pricing, and sign up

## Menu items

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[Home](#)

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[Prices](#)

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[Trainers](#)

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[FAQ](#)

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[Contact](#)

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## Suggested user flow

[Entry to Home](#)

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[Explore services and Trainers](#)

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[Review Prices](#)

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[Contact or support if needed](#)

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# Pages Overview: FitZone Gym

Purpose and key implementation checkpoints for each page

## Home Page

- Purpose: Introduces the gym and its services.
- Primary interactions: content display and navigation
- Evaluation: accessibility, content accuracy, load performance

## Prices Page

- Purpose: Displays membership plans and includes cost calculator.
- Primary interactions: pricing table and calculator inputs
- Evaluation: calculator correctness, form validation, responsive layout

## Trainers Page

- Purpose: Shows trainer photos, names, and short bios.
- Primary interactions: profile viewing and contact links
- Evaluation: image accessibility, bio accuracy, layout consistency

## FAQ Page

- Purpose: For interactive questions and answers.
- Primary interactions: expand collapse Q and A
- Evaluation: interaction accessibility, script reliability, content clarity

## Contact Page

- Purpose: Allows users to submit enquiries and stores data in the database.
- Primary interactions: enquiry form submission
- Evaluation: form validation, backend storage, security checks