

# PRIME FITNESS

WORK HARDER, GET STRONGER

EASY WITH OUR GYM

FACULTY NAME	SIR KASOUR, MISS ESHA	
BATCH	2109D	
GROUP	PRIME FITNESS	
SERIAL NO:	ENROLLMENT NO	STUDENT NAME
1.	1335299	M. SAIM JAWED
2.	1335013	RIDA EMAN
3.	1335280	INSIYA YOUSUF
4.	133	EBAD-UL-HASSAN

# ACKNOWLEDGEMENT

*We Would like to start with the name of Allah. The most beneficent and most merciful. All the praises and thank to Allah Who has given us strength and ability in proceeding to this project.*

*We would like to express our special thanks of gratitude to my teachers "Sir Kousar and Miss Esha Who helped a lot in finalizing our project within the limited time frame, valuable counseling and assistance for the accomplishment of this project.*

*We would also like to thanks the e-project team at Aptech Head office, who gave as the opportunity to do this interesting and wonderful project about PRIME FITNESS*

*We also thank the e-project team for giving this task to us.*

*Following*

*Are the benefits of this project:*

*Re-enforcement of skills happens in the experimental learning process.*

*A mentor, ensuring that we do not get drifted, constantly guide us.*

*It gives us a lot of confidence to face an interview awe have worked on a project. We can explain virtually everything on the subject we have learnt*

# WEBSITE DETAIL

Name	PRIME FITNESS
Theme color	RED,WHITE
Pages	27
Font Family	Time New Roman
Font color	RED,WHITE
Languages	Html, CSS, JavaScript, Bootstrap, jQuery.
Follow us	Facebook,instrgam,Youtube,Gmail
Gmail Name	Primefitness@gmail.com

# HEADER

**PRIME** **FITNESS**

[HOME](#)

[ABOUT](#)

[CONTACTUS](#)

[PAGES ▾](#)

[EQUIPMENTS ▾](#)

[CATEGORIES ▾](#)

[SIGN UP](#)

WORK HARDER, GET STRONGER

# EASY WITH OUR **GYM**

[Become a member](#)

# FOOTER



## Find us

Aptech Garden Center



## Call us

0332-2234726



## Mail us

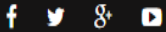
GYMCenter@gmail.com

## PRIME FITNESS

### Address

APWA Complex, 1st Floor, Agha Khan 3 Rd,  
Garden East, Saddar Town, Karachi,, Sindh,  
Saddar Karachi, Karachi City, Sindh 74400

### Follow us



### Useful Links

[Home](#)  
[Aboutus](#)  
[contactus](#)  
[Site map](#)  
[Enquiry Form](#)  
[FAQ'S](#)

### Timings

Monday-Thursday 5:30am-9pm  
Friday 5:30am-7pm  
Saturday 8am-4pm  
Sunday 8am-2pm

### Send

Dont miss to send it us, kindly fill the form below.

SEND

# SITE MAP



# MEMBERSHIP FORM PAGE

## MEMBERSHIP FORM

First Name

jane

Last Name

doe

Phone Number

+920000000000

Email

janedoe@gmail.com

Address

Street Address

City

State/Province

Zip code

Choose a membership plan that suits you the most:

Standard — PKR 60K/year



Submit

# CONTACT US PAGE

## CONTACT US

Our gym urna sem, laoreet ut metus id, aliquet consequat magna. Sed viverra ipsum dolor, ultricies fermentum massa consequat eu.

Lorem ipsum dolor sit amet conse ctetur  
adipiscing elit, sed do eiusmod tempor incididunt  
ut labore et dolore magna aliqua.  
Ut enim ad minim veniam Quis nostrud  
exercitation ullamco laboris nisi ut aliquip

Message



Address: No 40 Baria Sreet



Email: gymcenter@gmail.com



Phone 1 : 0123456789

SEND MESSAGE



# SIGN UP PAGE

## SIGN UP

Email

Enter Email

Password

Enter Password

Repeat Password

Repeat Password

☒ Remember me

By creating an account you agree to our [Terms & Privacy](#).

Sign Up

Sign In

# SIGN IN

## SIGN IN

**Username**

Enter Username

**Password**

Enter Password


Login

☒ Remember me


# MORE PIC ABOUT WEBSITE

**YOGA'S PRIME FITNESS**


Our gym una sem, laoreet ut metus id, aliquet consequat magna. Sed viverra ipsum dolor, ut tristique fermentum massa consequat eu.




**Yoga's Power To Cure Depression**  
To take a brief example, which of us ever undertakes laborious physical exercise, except to obtain some advantage from it...




**Tip For Dieting Started**  
Et nonum quidem reum facile est et expedita distinctio, non libero tempore, cum vidua nolle est eligendi optio curaque nihil...




**Yoga Injuries To Avoid**  
Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab...




**5 Yoga Poses For Lower Back Pain**  
But I must explain to you how all this mistaken idea of denouncing pleasure and praising pain was born and...




**The Best Yoga Poses To Relieve**  
At vero eos et accusamus et iusto odio dignissimos ducimus qui blanditiis praesentium voluptatum deleniti atque corrupti quos dolores et...



**Q&A With Bryan**  
Sed nec blanditiis nisl. Pellentesque commodo suscipit gravida. Sed sit amet ex sed mi dignissim elementum in ut ipsum. Vivamus...




**The Importance Of Meditation**  
Pellentesque interdum non justo. Maecum que nisl tunc, suscipit dui et, fermentum pulvis. Donec dui magna, sed ut nunc. Integer laoreet non fello sit amet...




**5 Yoga Poses For People 50+ All Day**  
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed ut nisl ipsum non massa prosero. Integer laoreet non fello sit amet...

**SWIMMING**



**DIETING**

People diet for many reasons. Some are at an unhealthy weight and need to pay closer attention to their eating and exercise habits. Some play sports and want to be in top physical condition. Others may think they would look and feel better if they lost a few pounds. Lots of people feel pressured to lose weight and try different types of diets. But if you really need to lose weight, improving your eating habits and exercising will help you more than any fat diet.



**TYPES OF DIETING**

**CLASSES SCHEDULE**


Nunc una sem, laoreet ut metus id, aliquet consequat magna. Sed viverra ipsum dolor, ut tristique fermentum massa consequat eu.

Monday / Tuesday / Wednesday / Thursday / Friday

Class	Time	Instructor
Fitness Class	10:00AM - 11:30AM	William B. Stewart
Muscle Training		Paul D. Newman
Body Building	2:00PM - 3:30PM	Boyd C. Harris
Yoga Training Class		Hector T. Dalghe
Advanced Training		Bret D. Stevens


**OUR CLASSES**

Nunc una sem, laoreet ut metus id, aliquet consequat magna. Sed viverra ipsum dolor, ut tristique fermentum massa consequat eu.




**First Training Class**  
Proin hac consetet. Maecum sed elementum vulputate. Donec posuere leo sed dui eleifend hendrerit. Sed suscipit suscipit erat, sed vehicula ligula. Aliquam ut sem fermentum sem tristique lacrima gravida aliquam nunc. Morbi quis erat imperdiet, molestie nunc ut, accumsan diam.


[VIEW SCHEDULE](#)



**Third Training Class**  
Purto tuncet molestias tristique. Donec ut tristique diam tortor. Ut ducit neque posuere sit amet. Aliquam pharetra, augue vel cursus porta, nisi tortor vulputate sapien, ut accumsanque tunc magna id fello. Proin neque metus, pellentesque gravida semper vel, accumsan a neque.

[VIEW SCHEDULE](#)





**HOW ITS WORK?**

Low-carb diets emphasize unlimited amounts of protein and fat while severely limiting your carb intake. When carb intake is very low, fatty acids are moved into your blood and transported to your liver, where some of them are turned into ketones. Your body can then use fatty acids and ketones in the absence of carbs as its primary energy source.

**WEIGHT LOSS:**

Numerous studies indicate that low-carb diets are extremely helpful for weight loss, especially in overweight and obese individuals. They seem to be very effective at reducing dangerous belly fat, which can become lodged around your organs.

**THE DOWNSIDE:**

Low-carb diets do not suit everyone. Some feel great on them while others feel miserable. Some people may experience an increase in "bad" LDL cholesterol. In extremely rare cases, very low-carb diets can cause a serious condition called nondiabetic ketoacidosis. This condition seems to be more common in lactating women and can be fatal if left untreated. However, low-carb

# PIC OF CODE

```
68      <a class="dropdown-item" href="dietfood.html" id="subpages">Diet Food</a>
69
70
71    </div>
72  </li>
73  <li class="nav-item dropdown">
74    <a class="nav-link dropdown-toggle text-light" href="Equipment.html" id="dropdownId"
75      <div class="dropdown-menu" aria-labelledby="dropdownId" style="background-color: #
76      <a class="dropdown-item" href="barbellset.html" id="subpages">barbellset</a>
77      <a class="dropdown-item" href="Elipiticalmachine.html" id="subpages">Elipitical me
78      <a class="dropdown-item" href="rowingmachine.html" id="subpages">Rowing machine
79      <a class="dropdown-item" href="stationerycycle.html" id="subpages">stationery cy
80      <a class="dropdown-item" href="trainingbench.html" id="subpages">Training bench
81      <a class="dropdown-item" href="treadmill.html" id="subpages">Tread mill</a>
82      <a class="dropdown-item" href="Dumbbellset.html" id="subpages">Dumbbell set</a>
83      <a class="dropdown-item" href="Resistanceband.html" id="subpages">Resistance ber
84    </div>
85  </li>
86
87  <li class="nav-item dropdown">
88    <a class="nav-link dropdown-toggle text-light" href="Equipment.html" id="dropdownId"
89      <div class="dropdown-menu" aria-labelledby="dropdownId" style="background-color: #
90      <a class="dropdown-item" href="cycling.html" id="subpages">Cycling</a>
91      <a class="dropdown-item" href="swimming.html" id="subpages">Swimming</a>
92      <a class="dropdown-item" href="Groupexercise.html" id="subpages">Group Exercise
93      <a class="dropdown-item" href="Meditation.html" id="subpages">Meditation</a>
94      <a class="dropdown-item" href="Sportfitness.html" id="subpages">Sport & Fitness
95      <a class="dropdown-item" href="Saloon&spa.html" id="subpages">Saloon & spa</a>
```

```
145      
147  </div>
148  <br>
149  <br>
150
151  <h2 class="mt-2" style="font-size: 20px;font-weight: 800; color: #232d39;text-transform: uppercase;letter
152  <br><br>
153  <div class="container" id="divid2">
154    <div class="row">
155      <div class="col-md-12">
156        <ul style="font-weight:500;">
157          <li>Benefits of Saloon and spa:</li>
158          <li>1 Get a new look Maybe you want to sport a new hair look similar to that of your favor
159          <li>2 Remove stress With tedious schedules and busy lives, revolving around a significant
160          <li>3 Ease pain People with joint problems, arthritis, and fibromyalgia can benefit from t
161        </ul>
162      </div>
163    </div>
164  </div>
165
166  <br>
167  <h2 class="mt-2" style="font-size: 20px;font-weight: 800; color: #232d39;text-transform: uppercase;letter
168  <br><br>
169  <div class="container" id="divid2">
170    <div class="row">
171      <div class="col-md-12">
172        <ul style="font-weight:500;">
173          <li>Saloon and spa conditioning workouts enable cyclers to improve their musculature out of the
174          <li>1 Full-body mud mask: Mud is warmed, applied thickly, and the body wrapped in plastic c
175          <li>2 Herbal body wrap</li>
```

```
215      
217  <div class="col-md-3">
218    
220  <div class="col-md-3">
221    
223  <div class="col-md-3">
224    
226  </div>
227 </div>
228 <br><br>
229 <!-- ***** sportsandfitness end ***** -->
230
231 <!-- footer start -->
232
233 <footer class="footer-section" >
234   <div class="container">
235     <div class="footer-cta pt-5 pb-5">
236       <div class="row">
237         <div class="col-md-4 mb-30">
238           <div class="single-cta">
239             <i class="fa fa-map-marker"></i>
240             <div class="cta-text">
241               <h4>Find us</h4>
242               <span>Aptech Garden Center</span>
243             </div>
244           </div>
245         </div>
246         <div class="col-md-4 mb-30">
```

```
36 <!-- ***** Header Area Start ***** -->
37 <header class="header-area header-sticky">
38 <div class="container">
39   <div class="row">
40     <div class="col-md-12">
41       <nav class="main-nav">
42         <!-- ***** Logo Start ***** -->
43         <a href="index.html" class="logo"><em>PRIME</em> FITNESS</a>
44         <!-- ***** Logo End ***** -->
45         <!-- ***** Menu Start ***** -->
46         <ul class="nav">
47           <li class="nav-item dropdown">
48             <a class="nav-link dropdown" href="index.html">Home</a>
49           </li>
50           <li class="nav-item dropdown">
51             <a class="nav-link dropdown" href="aboutus.html">About</a>
52           </li>
53           <li class="nav-item dropdown">
54             <a class="nav-link dropdown" href="contactus.html">Contactus</a>
55           </li>
56           <li class="nav-item dropdown">
57             <a class="nav-link dropdown-toggle text-light" href="Equipment.html" id="dropdownId"
58             <div class="dropdown-menu" aria-labelledby="dropdownId" style="background-color: #
59             <a class="dropdown-item" href="FAQ'S.html" id="subpages">FAQ'S</a>
60             <a class="dropdown-item" href="Training.html" id="subpages">Training</a>
61             <a class="dropdown-item" href="store.html" id="subpages">Store</a>
62             <a class="dropdown-item" href="Enquiryform.html" id="subpages">Enquiry Form</a>
63             <a class="dropdown-item" href="Membership.html" id="subpages">Membership</a>
64             <a class="dropdown-item" href="gallery.html" id="subpages">Gallery</a>
65             <a class="dropdown-item" href="sitemap.html" id="subpages">Site map</a>
```

```
91 </div>
92 <ul>
93   <p><a href="index.html" style="text-decoration: none; color: #rgb(214, 213, 200); font
94   <p><a href="aboutus.html" style="text-decoration: none; color: #rgb(214, 213, 200); font
95   <p><a href="contactus.html" style="text-decoration: none; color: #rgb(214, 213, 200); font
96   <p><a href="sitemap.html" style="text-decoration: none; color: #rgb(214, 213, 200); font
97   <p><a href="index.html" style="text-decoration: none; color: #rgb(214, 213, 200); font
98   <p><a href="FAQ'S.html" style="text-decoration: none; color: #rgb(214, 213, 200);font-
99 </ul>
100
101 <div class="footer-widget-heading mt-4">
102   <h3>Timings</h3>
103 </div>
104 <p style="color: #rgb(214, 213, 200);">Monday-Thursday 5:30am-9pm <br>
105   Friday 5:30am-7pm <br>
106   Saturday 8am-4pm <br>
107   Sunday 8am-2pm <p>
108 </div>
109 </div>
110 <div class="col-xl-4 col-lg-4 col-md-6 mb-50">
111   <div class="footer-widget">
112     <div class="footer-widget-heading">
113       <h3>Send</h3>
114     </div>
115     <div class="footer-text mb-25">
116       <p>Dont miss to send it us, kindly fill the form below.</p>
117     </div>
118     <div class="send-form">
```

```
215      
217  <div class="col-md-3">
218    
220  <div class="col-md-3">
221    
223  <div class="col-md-3">
224    
226  </div>
227 </div>
228 <br><br>
229 <!-- ***** sportsandfitness end ***** -->
230
231 <!-- footer start -->
232
233 <footer class="footer-section" >
234   <div class="container">
235     <div class="footer-cta pt-5 pb-5">
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241               <h4>Find us</h4>
242               <span>Aptech Garden Center</span>
243             </div>
244           </div>
245         </div>
246         <div class="col-md-4 mb-30">
```

# TASK SHEET

Project Ref. No: Ep/Advertisement Portal Management system		PROJECT TITLE	Date Of preparation Of Activity Plan			
NO.	Task	P R I M E - F I T N E S S	Actual Start Date	Actual Days	Team-Mate Name	Status
01.	Website		1 5 -	1 5 -	RIDA EMAN	
02.	DOCUMANTATION		D E C E M B E R -	J A N U A R Y -	SAIM JAWED	
03.	PRESENTATION		M B E R -	A R Y -	INSIYAN YOUSUF	
			2 0 2 1	2 2 2	EBAD-UL- HASSAN	

**THANKS, YOU FOR**  
**READING THE**  
**DOCUMENTATION**

# INTRO OF PRIME FITNESS

Prime Fitness is a fitness program provided at no cost

by your employer or health plan. It is a free fitness

program for participants aged 18-65 years old. NO

COST MEANS NO EXCUSES!! Prime Fitness includes

unlimited access to every participating gym and fitness

center in the network.

PRIME is owned and operated by Specialty Fitness

Systems (SFS), based in Northwestern PA. After

forming in early 2014, SFS acquired STRIVE Strength,

and their patented STRIVE adjustable cam technology.