

PRIME FITNESS

WORK HARDER, GET STRONGER

EASY WITH OUR GYM

OUR TEAM

Faculty Name	Sir Kousar, Miss Esha
Group	Prime Fitness
Team Members	04

S.no	Name	Id	Phone No
1	Rida Eman Asghar	Student 1335013	Phone: 0332-2800726
2	Insiyah yosuf ali	Student 1335013	Phone: 0332-2800726
3	Saim Sachwany	Student 1335013	Phone: 0332-2800726
4	Ebad	Student 1335013	Phone: 0332-2800726

PRIME FITNESS

HOME

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CONTACT US

PAGES

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CATEGORIES

FAQ'S

BARBELL SET

CYCLING

TRAINING

ELIPTICAL
MACHINE

SWIMMING

BODY BLAST

SPARTAN
WORKOUT

GRIT STRENGTH

ROWING MACHINE

GROUP EXERCISE

STORE

STATIONERY CYCLE

MEDITATION

ENQUIRY FORM

TRAINING BENCH

SPORTS AND
FITNESS

MEMBERSHIP

TREADMILL

SALON AND SPA

GALLERY

DUMBBELL SET

SITE MAP

RESISTANCE BAND

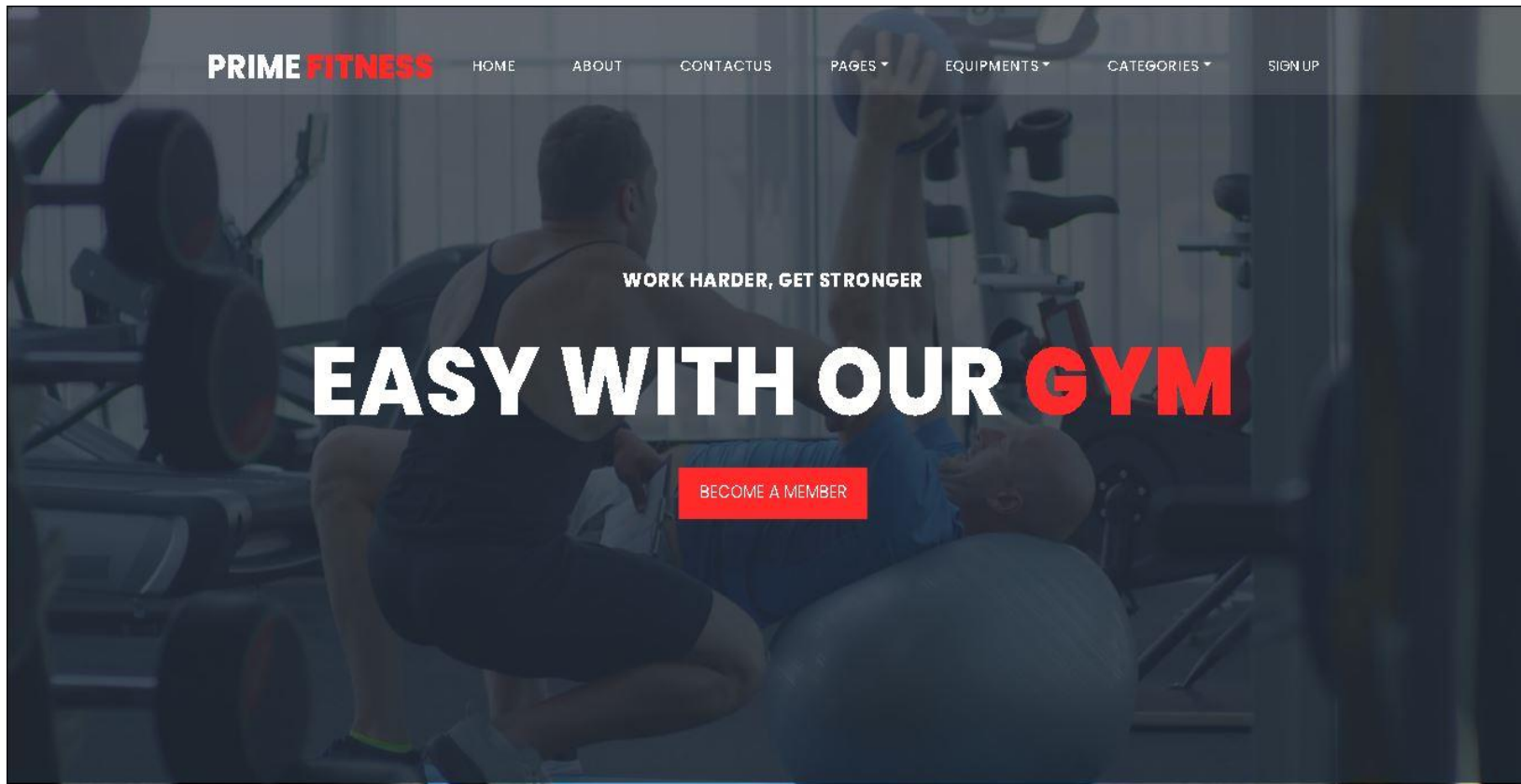
DIET FOOD

PRIME FITNESS

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. There's a whole library of free workout videos available to Amazon Prime Members. If you go to Amazon Prime Video, you can find a number of workouts that vary in length from five minutes to an hour.


Header


Our Header:




Footer

Our Footer:

**Find us**
Aptech Garden Center

**Call us**
0332-2234725

**Mail us**
GYMCenter@gmail.com

PRIME FITNESS

Address

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

Useful Links

[Home](#)
[About us](#)
[contact us](#)
[Site map](#)
[Enquiry Form](#)
[FAQ'S](#)

Timmings

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

Send

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

Email Address

Enter Message

SEND

Codes

Header codes:

```
<!-- ***** Header Area Start ***** -->
<header class="header-area header-sticky">
  <div class="container">
    <div class="row">
      <div class="col-12">
        <nav class="main-nav">
          <!-- ***** Logo Start ***** -->
          <a href="index.html" class="logo"><PRIME</en> FITNESS</en></a>
          <!-- ***** Logo End ***** -->
          <!-- ***** Menu Start ***** -->
          <ul class="nav">
            <li class="nav-item dropdown">
              <a class="nav-link dropdown " href="index.html">Home</a>
            </li>
            <li class="nav-item dropdown">
              <a class="nav-link dropdown " href="aboutus.html">About</a>
            </li>
            <li class="nav-item dropdown">
              <a class="nav-link dropdown " href="contactus.html">Contact</a>
            </li>
            <li class="nav-item dropdown">
              <a class="nav-link dropdown-toggle text-light" href="equipment.html" id="dropdownId" data-toggle="dr
              <div class="dropdown-menu" aria-labelledby="dropdownId" style="background-color: #f3b537;">
                <a class="dropdown-item" href="FAQ'S.html" id="subpages">FAQ'S</a>
                <a class="dropdown-item" href="Training.html" id="subpages">Training</a>
                <a class="dropdown-item" href="Store.html" id="subpages">Store</a>
                <a class="dropdown-item" href="DietFood.html" id="subpages">Diet Food</a>
                <a class="dropdown-item" href="Zitemp.html" id="subpages">Site Map</a>
                <a class="dropdown-item" href="EnquiryForm.html" id="subpages">Enquiry Form</a>
                <a class="dropdown-item" href="Membership.html" id="subpages">Membership</a>
                <a class="dropdown-item" href="gallery.html" id="subpages">Gallery</a>
              </div>
            </li>
          </ul>
        </div>
      </div>
    </div>
  </div>
</div>
```

```

      <a class="dropdown-item" href="barbellset.html" id="subpages">Barbellset</a>
      <a class="dropdown-item" href="Ellipticalmachine.html" id="subpages">Elliptical machine</a>
      <a class="dropdown-item" href="rowingmachine.html" id="subpages">Rowing machine</a>
      <a class="dropdown-item" href="stationarycycle.html" id="subpages">stationary cycle</a>
      <a class="dropdown-item" href="trainingbench.html" id="subpages">Training bench</a>
      <a class="dropdown-item" href="treadmill.html" id="subpages">Tread mill</a>
      <a class="dropdown-item" href="Dumbbellset.html" id="subpages">Dumbbell set</a>
      <a class="dropdown-item" href="Resistanceband.html" id="subpages">Resistance band</a>
    </div>
    </li>
  </ul>
  <div class="nav-item dropdown">
    <a class="nav-link dropdown-toggle text-light" href="equipment.html" id="dropdownId" data-toggle="dr
    <div class="dropdown-menu" aria-labelledby="dropdownId" style="background-color: #f3b537;">
      <a class="dropdown-item" href="cycling.html" id="subpages">Cycling</a>
      <a class="dropdown-item" href="swimming.html" id="subpages">Swimming</a>
      <a class="dropdown-item" href="groupexercise.html" id="subpages">Group Exercise</a>
      <a class="dropdown-item" href="Meditation.html" id="subpages">Meditation</a>
      <a class="dropdown-item" href="Sport&Fitness.html" id="subpages">Sport & Fitness</a>
      <a class="dropdown-item" href="Saloon&spa.html" id="subpages">Saloon & spa</a>
    </div>
  </li>
  <li>
    <a class="nav-link dropdown " href="signup.html">Sign Up</a>
  </li>
  </ul>
  <a class="menu-trigger">
    <span>Menu</span>
  </a>
  <!-- ***** Menu End ***** -->
</div>
</div>
</div>
```

```

      <a class="dropdown-item" href="FAQ'S.html" id="subpages">FAQ'S</a>
      <a class="dropdown-item" href="Training.html" id="subpages">Training</a>
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    </div>
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      <a class="dropdown-item" href="Dumbbellset.html" id="subpages">Dumbbell set</a>
      <a class="dropdown-item" href="Resistanceband.html" id="subpages">Resistance band</a>
    </div>
  </li>
  <li class="nav-item dropdown">
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    <div class="dropdown-menu" aria-labelledby="dropdownId" style="background-color: #f3b537;">
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      <a class="dropdown-item" href="swimming.html" id="subpages">Swimming</a>
      <a class="dropdown-item" href="groupexercise.html" id="subpages">Group Exercise</a>
      <a class="dropdown-item" href="Meditation.html" id="subpages">Meditation</a>
      <a class="dropdown-item" href="Sport&Fitness.html" id="subpages">Sport & Fitness</a>
      <a class="dropdown-item" href="Saloon&spa.html" id="subpages">Saloon & spa</a>
    </div>
  </li>
</div>
```

```

    </div>
  </li>
  <li>
    <a class="nav-link dropdown " href="signup.html">Sign Up</a>
  </li>
  </ul>
  <a class="menu-trigger">
    <span>Menu</span>
  </a>
  <!-- ***** Menu End ***** -->
</div>
</div>
</div>
<div>
  <!-- ***** Header Area End ***** -->
  <!-- ***** Main Banner Area Start ***** -->
  <div class="main-banner" id="top">
    <video autoplay muted loop id="bg-video">
      <source src="assets/images/gym-video.mp4" type="video/mp4" />
    </video>
    <div class="video-overlay header-text">
      <div class="caption">
        <h2>work harder, get stronger</h2>
        <h2>easy with our <em>gym</em></h2>
        <a href="Membership.html" style="color: #white;background-color: #f3b537; padding: 10px;">Become a m
      </div>
    </div>
  </div>
</div>
<div>
  <!-- ***** Main Banner Area End ***** -->
  <div class="container" id="div2">
```

Codes

Footer codes:

```
<!-- footer start -->
<div class="Footer-section" >
  <div class="container">
    <div class="Footer-cta pt-5 pb-5">
      <div class="row">
        <div class="col-md-4 mb-30">
          <div class="single-cta">
            <i class="fa fa-map-marker"></i>
            <div class="cta-text">
              <h4>Find us</h4>
              <span>Aptech Garden Center</span>
            </div>
          </div>
        </div>
        <div class="col-md-4 mb-30">
          <div class="single-cta">
            <i class="fa fa-phone"></i>
            <div class="cta-text">
              <h4>Call us</h4>
              <span>0382-2234726</span>
            </div>
          </div>
        </div>
        <div class="col-md-4 mb-30">
          <div class="single-cta">
            <i class="fa fa-envelope"></i>
            <div class="cta-text">
              <h4>Mail us</h4>
              <span>GYHCenter@gmail.com </span>
            </div>
          </div>
        </div>
      </div>
    </div>
  </div>
</div>
```

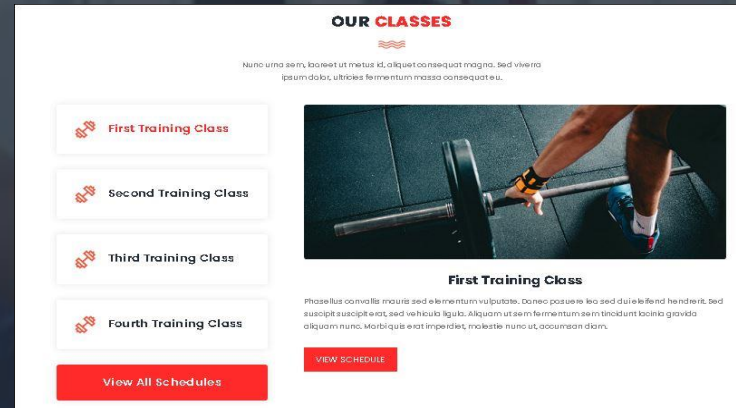
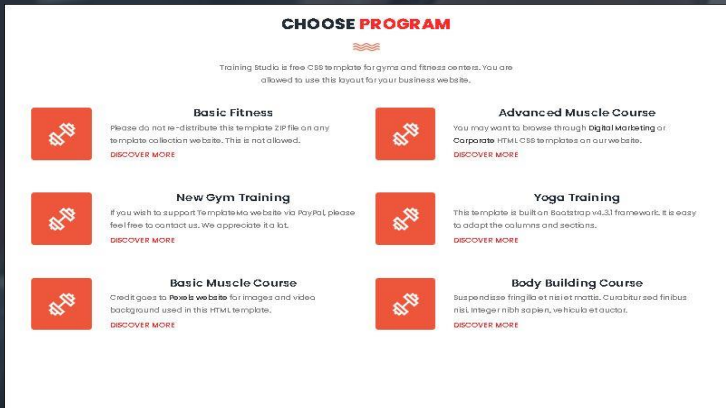
```
</div>
</div>
</div>
<div class="Footer-content pt-5 pb-5">
  <div class="row">
    <div class="col-xl-4 col-lg-4 mb-50">
      <div class="Footer-widget">
        <div class="Footer-logo">
          <a href="index.html" class="logo" style="text-decoration: none; color: #fff;font-size: 40px;font-weight: bold;"></a>
        </div>
        <div class="Footer-text cta-text Footer-widget-heading">
          <h3>Address</h3>
          <p>APMA Complex, 1st Floor, Agha Khan 3 Rd, Garden East, Saddar Town, Karachi, Sindh, Saddar Karachi </p>
        </div>
        <div class="Footer-text cta-text Footer-widget-heading">
          <h3>Follow us</h3>
          <a href="#"><i class="fa fa-facebook" style="text-align: center;letter-spacing: 20px; color: #white;"></i>
          <a href="#"><i class="fa fa-twitter" style="text-align: center;letter-spacing: 20px; color: #white;"></i>
          <a href="#"><i class="fa fa-google-plus" style="text-align: center;letter-spacing: 20px; color: #white;"></i>
          <a href="#"><i class="fa fa-youtube-play" style="text-align: center;letter-spacing: 20px; color: #white;"></i>
        </div>
      </div>
    </div>
    <div class="col-xl-4 col-lg-4 col-md-6 mb-30">
      <div class="Footer-widget">
        <div class="Footer-widget-heading">
          <h3>Useful Links</h3>
        </div>
        <ul>
          <li><a href="index.html" class="Footerlink">Home</a></li>
          <li><a href="aboutus.html">Aboutus</a></li>
          <li><a href="contactus.html">contactus</a></li>
          <li><a href="index.html">Site map</a></li>
          <li><a href="index.html">Enquiry Form</a></li>
          <li><a href="index.html">FAQ'S</a></li>
        </ul>
      </div>
    </div>
  </div>
```

```
</div>
<div class="col-xl-4 col-lg-4 col-md-6 mb-30">
  <div class="Footer-widget">
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      <li><a href="contactus.html">contactus</a></li>
      <li><a href="index.html">Site map</a></li>
      <li><a href="index.html">Enquiry Form</a></li>
      <li><a href="index.html">FAQ'S</a></li>
    </ul>
    <div class="Footer-widget-heading mt-3">
      <h3>Timings</h3>
    </div>
    <ul>
      <li><div style="color: #000080;font-weight: bold;">Monday-Thursday 5:30am-9pm <br>
        Friday 5:30am-7pm <br>
        Saturday 8am-4pm <br>
        Sunday 8am-2pm </div>
    </ul>
  </div>
</div>
<div class="col-xl-4 col-lg-4 col-md-6 mb-50">
  <div class="Footer-widget">
    <div class="Footer-widget-heading">
      <h3>Send</h3>
    </div>
    <div class="Footer-text mb-25">
      <p>Don't miss to send it us, kindly fill the form below.</p>
    </div>
    <div class="send-form">
      <form action="#">
        <input type="text" placeholder="Email Address" class="">
      </form>
    </div>
  </div>
</div>
```


```
</ul>
</div>
<div class="col-xl-4 col-lg-4 col-md-6 mb-50">
  <div class="Footer-widget">
    <div class="Footer-widget-heading">
      <h3>Send</h3>
    </div>
    <div class="Footer-text mb-25">
      <p>Don't miss to send it us, kindly fill the form below.</p>
    </div>
    <div class="send-form">
      <form action="#">
        <input type="text" placeholder="Email Address" class="">
        <input type="text" placeholder="Enter Message" class="mt-2"></div>
        <button class="fa fa-telegram"> SEND </button>
      </form>
    </div>
  </div>
</div>
<div class="copyright-area">
  <div class="row">
    <div class="col-md-12 d-none d-lg-block text-center">
      <div class="Footer-social-icon">
        </div>
      </div>
    </div>
  </div>
</div>
</div>
```


Pictures

Home Snips:



CLASSES SCHEDULE			
Nunc urna sem, laoreet ut metus id, aliquet consequat magna. Sed viverra ipsum dolor, ultrices fermentum massa consequat eu.			
Monday / Tuesday / Wednesday / Thursday / Friday			
Fitness Class	10:00AM - 11:30AM		William G. Stewart
Muscle Training			Paul D. Newman
Body Building		2:00PM - 3:00PM	Boyd C. Harris
Yoga Training Class			Hector T. Daigle
Advanced Training			Bret D. Bowen

01	MARK COLES	
	MARK COLES Physique Coach/Educator, Owner M10 Fitness, Nottingham UK. Why I chose PRIME: Myself and my team of physique coaches here in Nottingham are known for the standard of results we produce for our clients. Our clients deserve the best equipment to train on day-to-day. PRIME as a company puts so much detail into the thought process behind every piece of equipment that they manufacture - anatomy, physiology, biomechanics, when combined make the best equipment. I don't know an equipment manufacturer that puts the amount of detail in their equipment design that PRIME does. In order for my team to continue producing the standard of quality of results that we do, we would be lost without pieces of equipment such as PRIME.	
02	DANA LINN BAILEY	
03	CHARLES POLQUIN	
04	GREG ROSKOPF	

Pictures

Our trainers:

EXPERT TRAINERS



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



Strength Trainer

Bret D. Bowers

Bitters cliché tattooed 8-bit distillery mustache. Keytar succulents gluten-free vegan church-key pour-over seitan flannel.

f t in Be



Muscle Trainer

Hector T. Daigl

Bitters cliché tattooed 8-bit distillery mustache. Keytar succulents gluten-free vegan church-key pour-over seitan flannel.

f t in Be



Power Trainer

Paul D. Newman

Bitters cliché tattooed 8-bit distillery mustache. Keytar succulents gluten-free vegan church-key pour-over seitan flannel.

f t in Be

Pictures

Our Team Detail:

OUR TEAM



Rida Eman

Team member

SKILLS:

Ms Office,html,CSS,
Bootstrap,Javascript,
Jquery,UI and UX



Insiyah Yosuf ali

Team member

SKILLS:

Ms Office,html,CSS,
Bootstrap,Javascript,
Jquery,UI and UX



Saim sachwany

Team member

SKILLS:

Ms Office,html,CSS,
Bootstrap,Javascript,
Jquery,UI and UX



Ebad

Team member

SKILLS:

Ms Office,html,CSS,
Bootstrap,Javascript,
Jquery,UI and UX

Pictures

Our Contact us:

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



Address: No 40 Baria Sreet



Email: gymcenter@gmail.com



Phone 1 : 0123456789

Message

SEND MESSAGE

Pictures

Training:


BLAST INTO FITNESS

Prime Fitness offers a variety of classes to increase your inner strength while building muscles, flexibility, and stability. Discover a Group Exercise class that fits your skill level.

BODY BLAST


Body Blast is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

INFO BITES




MEDIUM,
HIGH

GIVING YOU
An energetic and rewarding workout



30 MINS

DURATION
Is 30 minutes long



EASY

SUITABLE FOR
those who are just starting out

THINGS TO BRING

If it's your first time, here's a few essentials you might need.



Water



Towel



Exercise



Shoes

Pictures

Training:

In every session our fun and unique challenges are always guaranteed to provide you with an effective full body workout.

ALL CLASSES

Of Personal Training



Body Blast



Spartan workout



Grit strength

SIGN IN

Sign In Form:

SIGN IN

Username

Enter Username

Password

Enter Password

Login

☒ Remember me

SIGN UP

Sign Up Form:

SIGN UP

Email

Password

Repeat Password

☒ Remember me

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

Sign Up

Sign In

A person in a black tank top and shorts is performing a squat in a gym. They are holding a large blue ball. The background shows various gym equipment like treadmills and weight machines. The text "THANKS FOR WATCHING" is overlaid in the center, with "THANKS" and "WATCHING" in white and "FOR" in red.

THANKS
FOR
WATCHING