



Fitness Gym

Transforming Your Fitness Journey

by Rishika and Mehul



Introduction



At Fitness Gym, we're committed to empowering individuals to lead healthier, stronger lives. Whether you're a fitness enthusiast or just starting your journey, we provide the resources, support, and motivation you need to achieve your goals.



Our Objectives



State-of-the-art Equipment:

- We provide cutting-edge machines and tools to enhance your workout experience.



Expert Trainers:

- Certified professionals dedicated to guiding you every step of the way.



Variety of Programs:

- Tailored fitness plans, group classes, and personal training options to suit all levels.

Welcome to Fitness Gym

Your fitness journey starts here. Get stronger, healthier, and fitter with us!

Our features

Personal Training

Get one-on-one training with our expert trainers.

Group Classes

Join our group fitness classes to stay motivated.

Nutrition Advice

Receive expert nutrition advice to complement your workouts.



About Us

We are dedicated to helping you achieve your fitness goals with personalized support and expert guidance.

Lorem ipsum dolor, sit amet consectetur adipisicing elit. Harum exercitationem, voluptas error assumenda nobis similique hic repellendus dignissimos eum earum, neque nemo? Vero ea nobis voluptates voluptatem sunt dicta omnis, consequatur excepturi placeat. Harum enim necessitatibus, cum accusantium tempora velit quibusdam maiores quis dolorem? Dignissimos quisquam omnis a enim, fugit, illo maiores tempora nisi eligendi placeat sapiente!

Our Story

Founded by a passionate group of fitness experts, our gym has been a place of transformation for individuals looking to improve their health, fitness, and overall well-being. From the very beginning, we've focused on creating a welcoming and motivating environment where anyone can feel comfortable pursuing their goals.



Our Mission & Values

Empowerment

We believe in empowering individuals to push beyond their limits and achieve greatness, both inside and outside of the gym.

Community

We foster a supportive community that motivates and inspires each other, helping you stay focused and driven.

Results

Our goal is to help you achieve real, measurable results through personalized training and expert guidance.

Market Insights:

The second page of our website tells the user about our Fitness Gym. It provides an insight on our mission and values .It also helps the user to get more familiar with there trainer



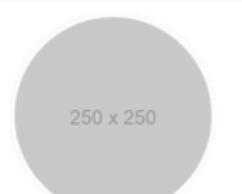
Meet Our Trainers



250 x 250

Jane Doe

Certified Personal Trainer
Jane has over 10 years of experience helping people build strength and confidence. She specializes in weight training and functional fitness.



250 x 250

John Smith

Yoga Instructor
John is passionate about teaching yoga to individuals of all levels. He focuses on flexibility, relaxation, and mindfulness through movement.



250 x 250

Lisa Ray

Nutrition Specialist
Lisa provides personalized nutrition plans to ensure your body is fueled properly for the best performance and results.

Our Services

Discover the range of services we offer to help you reach your fitness goals.



500 x 300

Personal Training

Our certified trainers will design a workout plan tailored just for you, helping you achieve your fitness goals faster.

[Learn More](#)

500 x 300

Group Classes

Join our energetic group classes for motivation, fun, and results. From yoga to HIIT, we have it all.

[Learn More](#)

500 x 300

Nutrition Advice

Fuel your body with the right nutrients. Our expert nutritionists provide personalized advice for maximum performance.

[Learn More](#)

Choose Your Plan

We offer flexible pricing plans to suit your fitness goals. Select a plan and start your fitness journey today!

Basic Plan

\$29/month

Access to Gym

Basic Equipment

Weekly Workout Plans

Online Support

[Sign Up](#)

Premium Plan

\$59/month

Access to Gym

All Equipment

Personal Training

Weekly Meal Plans

24/7 Support

[Sign Up](#)

VIP Plan

\$99/month

Access to Gym

All Equipment

Personal Training

Custom Meal Plans

VIP Access to Events

[Sign Up](#)

Contact Us

If you have any questions or need more information, feel free to contact us!

Name:

Email:

Message:

[Send Message](#)

Fitness Tips and Articles

Stay updated with the latest fitness tips, nutrition guides, and motivational stories from our expert trainers and community.

600 x 400

5 Tips for Staying Motivated in the Gym

Staying motivated is key to achieving your fitness goals. Here are some tips to keep you on track...

[Read More](#)

600 x 400

Nutrition Tips for Optimal Performance

Nutrition is just as important as exercise. Learn how to fuel your body for maximum performance...

[Read More](#)

600 x 400

How Yoga Enhances Your Flexibility and Strength

Yoga isn't just for flexibility. It also builds strength, balance, and focus. Here's how it can enhance your fitness routine...

[Read More](#)



HTML Tags used in our website

HTML Tags

<html>

Defines the root of
an HTML document

<head>

Contains metadata
and links to external
resources like CSS
and scripts

<title>

Sets the title of the
web page (appears
in the browser tab)

<body>

Contains the main
content of the
webpage

HTML Tags

<h1> to <h6> <p>

Define headings,
with <h1> being the
highest and <h6>
the lowest

<a>

Defines a paragraph

Defines a hyperlink

Defines and
unordered(bulleted)
list.

HTML Tags

<form>

Defines an HTML form for user input.

<input>

Defines an input field in the form.

<label>

Defines a label for an input element.

<button>

Defines a clickable button.

HTML Tags

◆ ◆ ◆ ◆

<meta>

Defines metadata like character encoding or author.

<style>

Contains internal CSS styles for the document.

<footer>

Defines the footer section of a document.

<header>

Defines the header section of a document.

Basic HTML used

```
2 <html lang="en">
3   <head>
4     <style>
5       .dropdown ul {
6         padding: 0;
7       }
8     </style>
9   </head>
10  <body background="bg2.jpg">
11    <ul>
12      <li><a href="home.html">HOME</a></li>
13      <li><a href="aboutus.html">ABOUT US</a></li>
14      <li><a href="contactus.html">CONTACT US</a></li>
15      <li><a href="services.html">SERVICES</a>
16        <div class="dropdown">
17          <ul>
18            <li><a href="wedding.html">WEDDING</a></li>
19            <li><a href="birthday.html">BIRTHDAY</a></li>
20            <li><a href="anniversary.html">ANNIVERSARY</a></li>
21            <li><a href="corporate.html">CORPORATE EVENTS</a></li>
22          </ul>
23        </div>
24      </li>
25    </ul>
26    <strong><pre> MAGIC MOMENT EVENTS </pre></strong>
27    <strong><pre> </pre> MEMBERSHIP </strong>
28    <strong><pre> </pre> </strong>
29    </div>
30  </body>
31 </html>
```

Basic HTML used

```
2 <html lang="en">
3   <head>
4     <style>
5       </style>
6   </head>
7   <body background="bg1.jpg">
8     <header>
9       <h1>
10         <strong>
11           BIRTHDAY
12         </strong>
13       </h1>
14     </header>
15     <main>
16       <div class="gallery">
17         <h3><b>GALLERY</b></h3><br>
18         <div class="w1">
19           
20
21
22         <p><pre>      The open Birthday party managed by us in Bangalore.    </pre></p><hr>
23         <div><br>
24           
25           <p><pre>      The indoor Birthday party managed by us in Delhi.    </pre></p>
26           <br>
27           
28           <p><pre>      The semi outdoor Birthday Party managed by us in Mumbai.</pre></p>
29           <br>
30
31       </div>
32
33     </main>
34   </body>
35 </html>
```

Basic CSS used

```
.content{  
    width: 1200px;  
    height: auto;  
    margin: auto;  
    color: black;  
    position: relative;  
  
}  
  
.content .par{  
    padding-left: 20px;  
    padding-bottom: 25px;  
    font-family: Arial;  
    letter-spacing: 1.2px;  
    line-height: 30px;  
    font-size: 25px;  
}  
  
.content h1{  
    font-family: 'Times New Roman';  
    font-size: 70px;  
    padding-left: 20px;  
    margin-top: 9%;  
    letter-spacing: 2px;  
}  
  
.content .cm{  
    width: 160px;  
    height: 40px;  
    background: #rgb(255, 0, 149);  
    border: none;  
    margin-bottom: 10px;  
    margin-left: 20px;  
    font-size: 20px;  
    border-radius: 10px;  
    cursor: pointer;  
}
```

Basic CSS used

```
BODY{  
    background-image: url(bg2.jpeg) ;  
}  
header{  
    padding: 35PX;  
    font-size: larger;  
    text-align: center;  
    position: relativE;  
    color: ■azure;  
}  
#form{  
    width: 320px;  
    height: 370px;  
    padding: 10px;  
    border: 5px solid □black;  
    margin: 0;  
    position: absolute;  
    margin-left: 570px;  
    background-image: url(pink1.jpeg);  
}
```

JavaScript

```
1 const mainData = [
2   {
3     title : "Personal Training",
4     para : "Get one-on-one training with our expert trainers."
5   },
6   {
7     title : "Group Classes",
8     para : "Join our group fitness classes to stay motivated."
9   },
10  {
11    title : "Nutrition Advice",
12    para : "Receive expert nutrition advice to complement your workouts."
13  }
14 ]
15
16
17 const main = document.getElementsByClassName('features');
18
19 const mainMappingFunction = (()=>{
20   let html = ''
21   mainData.forEach((item)=>{
22     html = html + `<div class="feature">
23       <h2>${item.title}</h2>
24       <p>${item.para}</p>
25     </div>`
26   })
27
28   main.innerHTML = `${html}`
29 })();
```

**Thank you
very much!**