

**Savitribai Phule Pune University**

## A PBL Report on

## “GYM WEBSITE”

Submitted in partial fulfillment of the requirement for the award of the degree of

### BACHELOR OF ENGINEERING IN COMPUTER ENGINEERING

#### [S.E.Computer Engineering]

By

Tejas Pawar

Himanshu Patil

Rounak Singh

Harsh Yadav

Shlok Gandhi

Soham Nerker

At



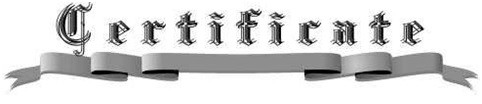
**Department of Computer Engineering**

### SANDIP FOUNDATION’S

**SANDIP INSTITUTE OF ENGINEERING & MANAGEMENT**

**Mahiravani, Trimbak Road Nashik – 422213.**

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This is to certify that the project Entitled **GYM Website** Submitted by **Group No. 10**.Is a bonafide work carried out by them under the supervision of **Prof. P.V. Baviskar** and it is approved for the partial fulfillment of the requirement of Savtribai Phule Pune university, Pune for the award of the degree of Bachelor of Engineering (Computer Engineering).

#### Prof. P.V.Baviskar Prof. (Dr). K. C. Nalavade Internal Guide HOD

Dept. Of Computer Engg. Dept. Of Computer Engg.

#### Prof.(Dr). D. P. Patil Principal

Sandip Institute of Engineering and Management,Nashik

## Abstract

In an era where fitness is gaining paramount importance, the need for accessible and informative platforms to support individual fitness goals is ever-increasing. This abstract presents the development of a dynamic and user-friendly gym website, constructed using HTML, CSS, and JavaScript. The website aims to provide a comprehensive platform for gym enthusiasts, offering a range of features including workout routines, nutrition advice, membership options, and an interactive community forum.

The website's architecture and design prioritize user experience, ensuring seamless navigation and accessibility across different devices. HTML forms the backbone of the website, structuring its content and enabling easy integration of multimedia elements such as images and videos. CSS is utilized to style the website, ensuring a visually appealing interface that is consistent across all pages. JavaScript adds interactivity to the website, allowing for dynamic content updates, form validation, and the implementation of features such as sliders, modal windows, and interactive forms

Acknowledgment

It gives us great pleasure in presenting the project report on **‘GYM Website**’ .I would like to take this opportunity to thank my internal guide **Prof. P.V. Baviskar** for giving me all the help and guidance I needed. I am really grateful to them for their kind support. Their valuable suggestions were very helpful.

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**Student Name : Tejas Pawar**

**Student Name : Himanshu Patil**

**Student Name : Rounak Singh**

**Student Name : Harsh Yadav**

**Student Name : Shlok Gandhi**

**Student Name : Soham Nerkar**

[SE. Computer Engineering]

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**Chapter 1**

# INTRODUCTION

## Background of the Project

The project aimed to design and develop a responsive website for a gym using HTML, CSS, and JavaScript. The primary goal was to create an attractive and user-friendly website that provides comprehensive information about the gym, its facilities, classes, and blog posts. The website also includes interactive elements such as navigation menus, a back-to-top button, and a newsletter subscription form. The project's objective was to create a modern, visually appealing, and functional website that effectively communicates the gym's offerings and engages visitors.

## Motivation

1. **Enhanced Member Experience**: Providing an online platform for gym members can enhance their overall experience by offering convenient access to information, class schedules, membership registration, and account management. This convenience can lead to increased satisfaction and loyalty among members.
2. **Improved Communication**: A gym website serves as a central hub for communication between the gym management and its members. It allows for easy dissemination of important announcements, updates, and promotions, keeping members informed and engaged.
3. **Accessibility**: In an increasingly digital world, having an online presence is crucial for accessibility. A gym website ensures that current and prospective members can easily find information about the gym, its facilities, services, and pricing from anywhere at any time.
4. **Marketing and Branding**: A well-designed gym website can serve as a powerful marketing tool, helping to attract new members and promote the gym's brand. Through compelling visuals, testimonials, and informative content, the website can effectively showcase the gym's unique offerings and value proposition.
5. **Streamlined Operations**: Automating processes such as membership registration, class scheduling, and payment processing through the website can streamline administrative tasks for the gym staff, saving time and reducing the likelihood of errors.
6. **Revenue Generation**: By offering online membership sign-ups, class registrations, and merchandise sales, a gym website can serve as an additional revenue stream for the business. This can help diversify income sources and boost overall profitability.

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## Objectives and Goals

* ***Attract and Retain Customers***: The primary objective of the website is to attract potential customers by providing comprehensive information about the gym's facilities, classes, and trainers. Additionally, the website aims to retain existing customers by providing valuable content and resources.
* ***Improve Online Presence***: With the increasing importance of online presence, the website serves as a platform to improve the gym's visibility on the internet.
* ***Provide Information***: The website aims to provide detailed information about the gym's services, trainers, classes, and other facilities.
* ***Engage Users***: Through its blog section, the website aims to engage users by providing valuable fitness-related content such as articles, tips, and advice.

## Problem Statement

In today's increasingly digital world, the absence of a robust online presence for our gym represents a significant challenge. Without a dedicated website, we are missing out on key opportunities to engage with our members, attract new customers, and streamline our operations. The lack of an online platform limits our ability to provide convenient access to information, offer online services such as membership registration and class scheduling, and effectively communicate with our target audience. Furthermore, without a centralized hub for information and communication, our members may experience frustration and inconvenience when trying to access essential details about our gym, including class schedules, membership options, and special promotions. This lack of accessibility not only diminishes the overall member experience but also hinders our ability to retain existing members and attract new ones.

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**Chapter 2**

# System Requirement Specification

## Introduction

The homepage of the GYM website serves as the gateway to an immersive journey into the heart of GYM captivating attractions and experiences. Designed to welcome and guide visitors, the homepage offers a glimpse into the diverse content and resources available on the website.

#### Key Elements of the Homepage:

* + - Welcome Message: Upon landing on the homepage, visitors are greeted with a warm welcome message that sets the tone for their exploration of GYM.
    - Feature Highlights: Prominent sections or features of the website are showcased, providing quick access to key attractions, GYM tips, event calendars, and more.
    - Interactive Navigation: Intuitive navigation menus or buttons allow visitors to easily explore different sections of the website, including attractions, accommo- dations, activities, and practical information.
    - Stunning Imagery: High-quality images capturing the essence of GYM’s beauty adorn the homepage, enticing visitors to deliver deeper into what the city has to offer.
    - Call to Action: Clear calls to action prompt visitors to take the next steps, whether it’s exploring attractions, planning their journey, or subscribing to updates.

#### Features of website:

* **Membership Registration**: Allow users to sign up for gym memberships online. This feature should include options for selecting membership types, entering personal information, and completing payment transactions.
* **Class Schedule**: Display a schedule of fitness classes offered at the gym. Users should be able to view class times, descriptions, instructors, and available slots.

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* **Online Class Booking**: Enable users to book classes online directly from the website. This feature should allow users to reserve spots in their preferred classes, specify the number of attendees, and receive confirmation emails or notifications.
* **Membership Management**: Provide members with access to their accounts where they can manage their membership details, update personal information, view payment history, and renew memberships.
* **Trainer Profiles**: Showcase profiles of gym trainers or instructors, including their qualifications, specialties, and schedules. Users should be able to learn more about each trainer and possibly book personal training sessions.
* **Blog or News Section**: Maintain a blog or news section on the website to share fitness tips, nutrition advice, gym updates, success stories, and other relevant content. Regularly updating this section can help keep users engaged and informed.

## Functional and Non-functional Requirements

* + - **Attraction** Listings and Details: Provide comprehensive information about GYM’s attractions, including descriptions, photos, and visitor information.
    - Event Calendar: Feature an event calendar showcasing upcoming festivals, cul- tural events, and activities in Nashik.
    - Booking and Reservation System: Implement a secure booking system for ac- commodations, restaurants, tours, and transportation services.

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#### Non-Functional Requirements:

1. Performance: Ensure fast loading times and responsive design to deliver a smooth user experience across devices.
2. Security: Implement strong security measures to protect user data and ensure secure transactions.
3. Mobile-Friendliness: Optimize the website for mobile devices to provide a seam- less experience for users on smartphones and tablets.
4. Search Engine Optimization (SEO): Implement SEO best practices to improve the website’s visibility and ranking on search engines.
5. Accessibility: Ensure the website meets accessibility standards (e.g., WCAG guidelines) to accommodate users with disabilities.

## Performance requirements

* + - Response Time: Ensure that the website loads quickly, with most pages loading within 2-3 seconds, even during peak traffic periods.
    - Scalability: Design the website architecture to handle increased traffic and data volume as the user base grows over time.
    - Optimized Images and Media: Compress and optimize images and multimedia content to reduce load times without compromising quality.
    - Caching and Content Delivery Network (CDN): Implement caching mechanisms and leverage CDN services to deliver content efficiently and reduce server load.
    - Database Optimization: Optimize database queries and indexing to minimize response times for retrieving and displaying information.

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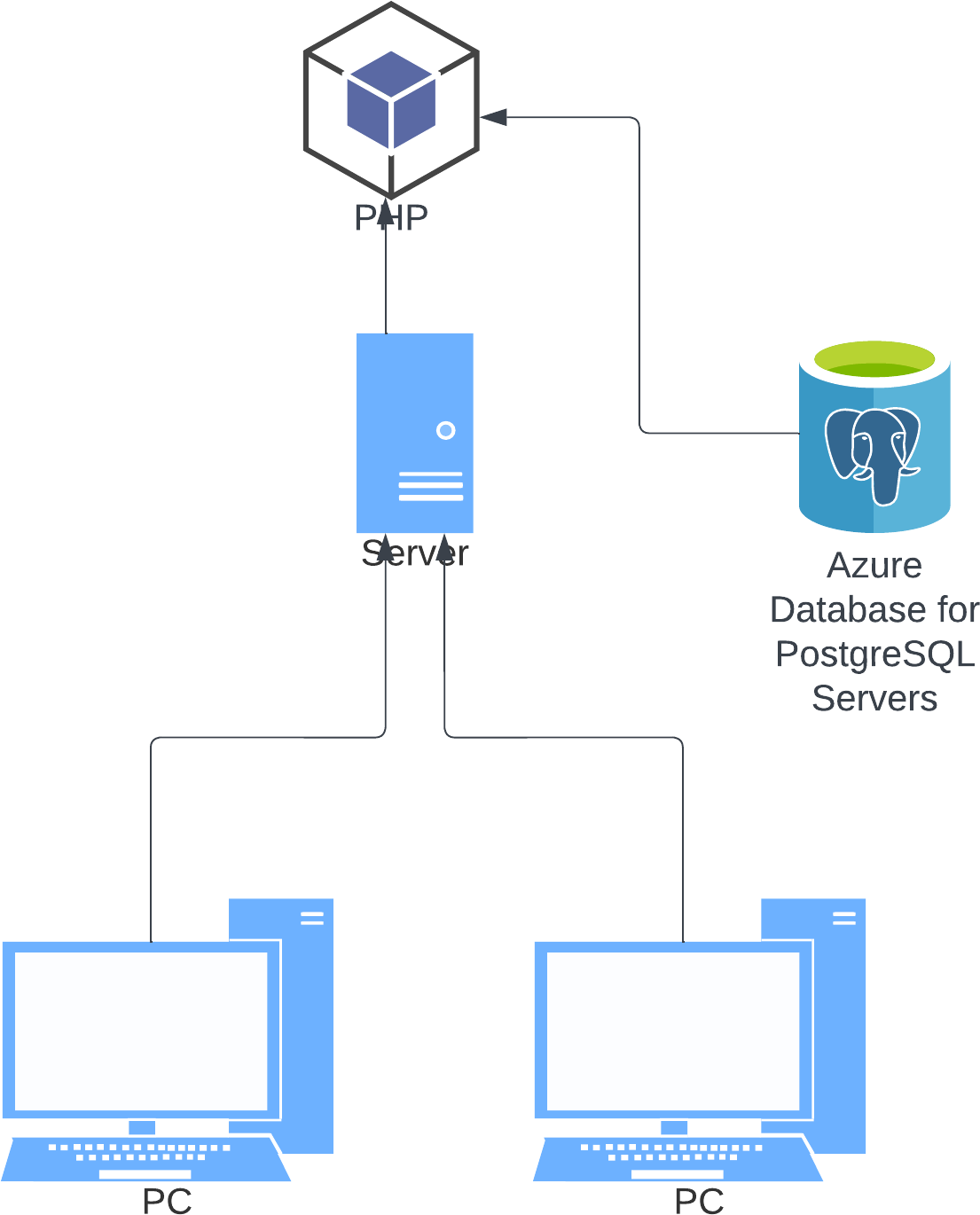
* + - Browser Compatibility: Ensure compatibility with major web browsers (e.g., Chrome, Firefox, Safari, Edge) to deliver consistent performance across plat- forms.
    - Mobile Responsiveness: Optimize the website’s responsiveness for mobile devices, ensuring that mobile users experience fast and smooth navigation.
    - Load Testing: Conduct load testing to simulate heavy traffic and identify poten- tial bottlenecks or performance issues, then optimize accordingly.

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**Chapter 3**

# Methodology

## System Architecture and Explanation



1

**Figure 3.1**

## Tools and Technologies Used

* + 1. HTML (HyperText Markup Language): HTML is a markup language used to structure content on web pages.

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* + 1. CSS (Cascading Style Sheets): CSS is used to style the presentation of HTML elements on web pages.
    2. JavaScript (JS): JavaScript is a programming language used to add interactivity and dynamic behavior to web pages.
    3. Bootstrap (CSS Framework): Bootstrap is a front-end CSS framework that sim- plifies the design of responsive websites.
    4. PHP (Hypertext Preprocessor): PHP is a server-side scripting language used for developing dynamic web applications.
    5. MySQL (Structured Query Language): MySQL is a relational database manage- ment system (RDBMS) used for storing and managing structured data.

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**Chapter 4**

# Implementation and Results

HTML

<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

  <meta http-equiv="X-UA-Compatible" content="IE=edge">

  <meta name="viewport" content="width=device-width, initial-scale=1.0">

  <title>Fitlife - Work Hard To Get Better Life</title>

  <!--

    - favicon

  -->

  <link rel="shortcut icon" href="./favicon.svg" type="image/svg+xml">

  <!--

    - custom css link

  -->

  <link rel="stylesheet" href="./assets/css/style.css">

  <!--

    - google font link

  -->

  <link rel="preconnect" href="https://fonts.googleapis.com">

  <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>

  <link

    href="https://fonts.googleapis.com/css2?family=Catamaran:wght@600;700;800;900&family=Rubik:wght@400;500;800&display=swap"

    rel="stylesheet">

  <!--

    - preload images

  -->

  <link rel="preload" as="image" href="./assets/images/hero-banner.png">

  <link rel="preload" as="image" href="./assets/images/hero-circle-one.png">

  <link rel="preload" as="image" href="./assets/images/hero-circle-two.png">

  <link rel="preload" as="image" href="./assets/images/heart-rate.svg">

  <link rel="preload" as="image" href="./assets/images/calories.svg">

</head>

<body id="top">

  <!--

    - #HEADER

  -->

  <header class="header" data-header>

    <div class="container">

      <a href="#" class="logo">

        <ion-icon name="barbell-sharp" aria-hidden="true"></ion-icon>

        <span class="span">Fitlife</span>

      </a>

      <nav class="navbar" data-navbar>

        <button class="nav-close-btn" aria-label="close menu" data-nav-toggler>

          <ion-icon name="close-sharp" aria-hidden="true"></ion-icon>

        </button>

        <ul class="navbar-list">

          <li>

            <a href="#home" class="navbar-link active" data-nav-link>Home</a>

          </li>

          <li>

            <a href="#about" class="navbar-link" data-nav-link>About Us</a>

          </li>

          <li>

            <a href="#class" class="navbar-link" data-nav-link>Classes</a>

          </li>

          <li>

            <a href="#blog" class="navbar-link" data-nav-link>Blog</a>

          </li>

          <li>

            <a href="#" class="navbar-link" data-nav-link>Contact Us</a>

          </li>

        </ul>

      </nav>

      <a href="#" class="btn btn-secondary">Join Now</a>

      <button class="nav-open-btn" aria-label="open menu" data-nav-toggler>

        <span class="line"></span>

        <span class="line"></span>

        <span class="line"></span>

      </button>

    </div>

  </header>

  <main>

    <article>

      <!--

        - #HERO

      -->

      <section class="section hero bg-dark has-after has-bg-image" id="home" aria-label="hero" data-section

        style="background-image: url('./assets/images/hero-bg.png')">

        <div class="container">

          <div class="hero-content">

            <p class="hero-subtitle">

              <strong class="strong">The Best</strong>Fitness Club

            </p>

            <h1 class="h1 hero-title">Work Hard To Get Better Life</h1>

            <p class="section-text">

              No matter how hard you work,Someone else is working harder than you.So use that motivation and start working hard.

            </p>

            <a href="#" class="btn btn-primary">Get Started</a>

          </div>

          <div class="hero-banner">

            <img src="./assets/images/hero-banner.png" width="660" height="753" alt="hero banner" class="w-100">

            <img src="./assets/images/hero-circle-one.png" width="666" height="666" aria-hidden="true" alt=""

              class="circle circle-1">

            <img src="./assets/images/hero-circle-two.png" width="666" height="666" aria-hidden="true" alt=""

              class="circle circle-2">

            <img src="./assets/images/heart-rate.svg" width="255" height="270" alt="heart rate"

              class="abs-img abs-img-1">

            <img src="./assets/images/calories.svg" width="348" height="224" alt="calories" class="abs-img abs-img-2">

          </div>

        </div>

      </section>

      <!--

        - #ABOUT

      -->

      <section class="section about" id="about" aria-label="about">

        <div class="container">

          <div class="about-banner has-after">

            <img src="./assets/images/about-banner.png" width="660" height="648" loading="lazy" alt="about banner"

              class="w-100">

            <img src="./assets/images/about-circle-one.png" width="660" height="534" loading="lazy" aria-hidden="true"

              alt="" class="circle circle-1">

            <img src="./assets/images/about-circle-two.png" width="660" height="534" loading="lazy" aria-hidden="true"

              alt="" class="circle circle-2">

            <img src="./assets/images/fitness.png" width="650" height="154" loading="lazy" alt="fitness"

              class="abs-img w-100">

          </div>

          <div class="about-content">

            <p class="section-subtitle">About Us</p>

            <h2 class="h2 section-title">Welcome To Our Fitness Gym</h2>

            <p class="section-text">

              At Gym and Fitness, we believe that fitness and wellbeing are the cornerstones of a full and vibrant life. Established in 2024, we began our journey as a business dedicated to providing exceptional gym equipment at affordable prices. But, we dreamed bigger than just being an ordinary fitness equipment supplier; we aspired to lead the industry. , we are proud to have transformed Gym and Fitness into one of India's premier online retailers of fitness equipment. We've moved beyond just supplying gear – we've become advocates for fitness, wellbeing and life enrichment. Our commitment to excellence is reflected not only in the quality equipment we provide but also in the lives we've improved. Our real success lies in the thousands of customers we've empowered to live longer, more joyful, and healthier lives. We're more than just a fitness company – we're your partners in health, your cheerleaders on the sideline, motivating you to reach your personal fitness goals. Embrace the fitness journey with us and see how it transforms your world. Join us in our mission to improve lives through fitness and wellness, because at Gym and Fitness, your health is our passion.

            </p>

            <p class="section-text">

            </p>

            <div class="wrapper">

              <div class="about-coach">

                <figure class="coach-avatar">

                  <img src="./assets/images/about-coach.jpg" width="65" height="65" loading="lazy" alt="Trainer">

                </figure>

                <div>

                  <h3 class="h3 coach-name">Shiva Rajput</h3>

                  <p class="coach-title">Our Coach</p>

                </div>

              </div>

              <a href="#" class="btn btn-primary">Explore More</a>

            </div>

          </div>

        </div>

      </section>

      <!--

        - #VIDEO

      -->

      <section class="section video" aria-label="video">

        <div class="container">

          <div class="video-card has-before has-bg-image"

            style="background-image: url('./assets/images/video-banner.jpg')">

            <h2 class="h2 card-title">Explore Fitness Life</h2>

            <button class="play-btn" aria-label="play video">

              <ion-icon name="play-sharp" aria-hidden="true"></ion-icon>

            </button>

            <a href="#" class="btn-link has-before">Watch More</a>

          </div>

        </div>

      </section>

      <!--

        - #CLASS

      -->

      <section class="section class bg-dark has-bg-image" id="class" aria-label="class"

        style="background-image: url('./assets/images/classes-bg.png')">

        <div class="container">

          <p class="section-subtitle">Our Classes</p>

          <h2 class="h2 section-title text-center">Fitness Classes For Every Goal</h2>

          <ul class="class-list has-scrollbar">

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-1.jpg" width="416" height="240" loading="lazy" alt="Weight Lifting"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-1.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Weight Lifting</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Weightlifting is a sport in which athletes compete in lifting a barbell loaded with weight plates from the ground to overhead, with the aim of successfully lifting the heaviest weights.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Class Full</p>

                      <span class="progress-value">85%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 85%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-2.jpg" width="416" height="240" loading="lazy" alt="Cardio & Strenght"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-2.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Cardio & Strenght</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Cardio and strenght training are both seprate things where,Cardio training improves endurance, oxygen utilization efficiency, and cardiac and respiratory function & Strength training, also known as weight training or resistance training, involves the performance of physical exercises that are designed to improve strength and endurance. he performance of physical exercises that are designed to improve strength and endurance.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Class Full</p>

                      <span class="progress-value">70%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 70%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-3.jpg" width="416" height="240" loading="lazy" alt="Power Yoga"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-3.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Power Yoga</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Yoga designed specifically to improve muscle strength and cardiovascular endurance. The poses are challenging, and you move from one pose to the next quickly.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Class Full</p>

                      <span class="progress-value">90%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 90%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-4.jpg" width="416" height="240" loading="lazy" alt="The Fitness Pack"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-4.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">The Fitness Pack</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    starts@1000 INR month

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Class Full</p>

                      <span class="progress-value">60%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 60%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

          </ul>

        </div>

      </section>

      <!--

        - #BLOG

      -->

      <section class="section blog" id="blog" aria-label="blog">

        <div class="container">

          <p class="section-subtitle">Our News</p>

          <h2 class="h2 section-title text-center">Latest Blog Feed</h2>

          <ul class="blog-list has-scrollbar">

            <li class="scrollbar-item">

              <div class="blog-card">

                <div class="card-banner img-holder" style="--width: 440; --height: 270;">

                  <img src="./assets/images/blog-1.jpg" width="440" height="270" loading="lazy"

                    alt="Going to the gym for the first time" class="img-cover">

                  <time class="card-meta" datetime="2022-07-07">7 July 2022</time>

                </div>

                <div class="card-content">

                  <h3 class="h3">

                    <a href="#" class="card-title">Going to the gym for the first time</a>

                  </h3>

                  <p class="card-text">

                    When stepping into the gym for the first time, some people expect to crush it right off the bat. This isn’t realistic. Our advice is to focus on some natural movements to start. We know, we know… you do natural movements every day and you’re not getting ripped, so why would you want to do this in the gym? But, if you want to actually enjoy the experience, and come back the next day ready for more, then focus on what your body can already do. The absolute best way to gain confidence and knowledge in the gym is to work with one of our fitness coaches. A fitness coach will not only show you how everything in the gym works—they’ll show you how your body works.

                  </p>

                  <a href="#" class="btn-link has-before">Read More</a>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="blog-card">

                <div class="card-banner img-holder" style="--width: 440; --height: 270;">

                  <img src="./assets/images/blog-2.jpg" width="440" height="270" loading="lazy"

                    alt="Things to remember during Cardio" class="img-cover">

                  <time class="card-meta" datetime="2022-07-07">7 July 2022</time>

                </div>

                <div class="card-content">

                  <h3 class="h3">

                    <a href="#" class="card-title">Things to remember during Cardio</a>

                  </h3>

                  <p class="card-text">

                    You need to prepare your body for exercise by going through a warm up period. Performing 5 to 10 minutes of low level aerobics activities will get your blood flowing, increases the temperature of your muscles,and start you breathing faster,all of which help your body adjust to the demands you will be placing on it during exercise. Every workout session should end the same way.

                  </p>

                  <a href="#" class="btn-link has-before">Read More</a>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="blog-card">

                <div class="card-banner img-holder" style="--width: 440; --height: 270;">

                  <img src="./assets/images/blog-3.jpg" width="440" height="270" loading="lazy"

                    alt="What is core training?" class="img-cover">

                  <time class="card-meta" datetime="2022-07-07">7 July 2022</time>

                </div>

                <div class="card-content">

                  <h3 class="h3">

                    <a href="#" class="card-title">What is core training?</a>

                  </h3>

                  <p class="card-text">

                    Core training is a form of exercise that focuses on strengthening and stabilizing the muscles of the trunk, including the abdominals, back, hips, and pelvis. These muscles are essential for maintaining good posture, balance, and movement quality, as well as preventing injuries and pain

                  </p>

                  <a href="#" class="btn-link has-before">Read More</a>

                </div>

              </div>

            </li>

          </ul>

        </div>

      </section>

    </article>

  </main>

  <!--

    - #FOOTER

  -->

  <footer class="footer">

    <div class="section footer-top bg-dark has-bg-image" style="background-image: url('./assets/images/footer-bg.png')">

      <div class="container">

        <div class="footer-brand">

          <a href="#" class="logo">

            <ion-icon name="barbell-sharp" aria-hidden="true"></ion-icon>

            <span class="span">Fitlife</span>

          </a>

          <p class="footer-brand-text">

            Work Hard Sleep Hard.

          </p>

          <div class="wrapper">

            <img src="./assets/images/footer-clock.png" width="34" height="34" loading="lazy" alt="Clock">

            <ul class="footer-brand-list">

              <li>

                <p class="footer-brand-title">Monday - Friday</p>

                <p>7:00Am - 10:00Pm</p>

              </li>

              <li>

                <p class="footer-brand-title">Saturday - Sunday</p>

                <p>7:00Am - 2:00Pm</p>

              </li>

            </ul>

          </div>

        </div>

        <ul class="footer-list">

          <li>

            <p class="footer-list-title has-before">Our Links</p>

          </li>

          <li>

            <a href="#" class="footer-link">Home</a>

          </li>

          <li>

            <a href="#" class="footer-link">About Us</a>

          </li>

          <li>

            <a href="#" class="footer-link">Classes</a>

          </li>

          <li>

            <a href="#" class="footer-link">Blog</a>

          </li>

          <li>

            <a href="#" class="footer-link">Contact Us</a>

          </li>

        </ul>

        <ul class="footer-list">

          <li>

            <p class="footer-list-title has-before">Contact Us</p>

          </li>

          <li class="footer-list-item">

            <div class="icon">

              <ion-icon name="location" aria-hidden="true"></ion-icon>

            </div>

            <address class="address footer-link">

              shop no 3&4 indian fitness near saptusangi mata mandir above shivam medical satpur colony nashik

            </address>

          </li>

          <li class="footer-list-item">

            <div class="icon">

              <ion-icon name="call" aria-hidden="true"></ion-icon>

            </div>

            <div>

              <a href="tel:18001213637" class="footer-link">1800-121-3637</a>

              <a href="tel:+915552348765" class="footer-link">+91 9973453558 </a>

            </div>

          </li>

          <li class="footer-list-item">

            <div class="icon">

              <ion-icon name="mail" aria-hidden="true"></ion-icon>

            </div>

            <div>

              <a href="mailto:info@fitlife.com" class="footer-link">info@fitlife.com</a>

              <a href="mailto:services@fitlife.com" class="footer-link">services@fitlife.com</a>

            </div>

          </li>

        </ul>

        <ul class="footer-list">

          <li>

            <p class="footer-list-title has-before">Our Newsletter</p>

          </li>

          <li>

            <form action="" class="footer-form">

              <input type="email" name="email\_address" aria-label="email" placeholder="Email Address" required

                class="input-field">

              <button type="submit" class="btn btn-primary" aria-label="Submit">

                <ion-icon name="chevron-forward-sharp" aria-hidden="true"></ion-icon>

              </button>

            </form>

          </li>

          <li>

            <ul class="social-list">

              <li>

                <a href="#" class="social-link">

                  <ion-icon name="logo-facebook"></ion-icon>

                </a>

              </li>

              <li>

                <a href="#" class="social-link">

                  <ion-icon name="logo-instagram"></ion-icon>

                </a>

              </li>

              <li>

                <a href="#" class="social-link">

                  <ion-icon name="logo-twitter"></ion-icon>

                </a>

              </li>

            </ul>

          </li>

        </ul>

      </div>

    </div>

    <div class="footer-bottom">

      <div class="container">

        <p class="copyright">

          &copy; 2024 Fitlife. All Rights Reserved By <a href="#" class="copyright-link">Fitlife</a>

        </p>

        <ul class="footer-bottom-list">

          <li>

            <a href="#" class="footer-bottom-link has-before">Privacy Policy</a>

          </li>

          <li>

            <a href="#" class="footer-bottom-link has-before">Terms & Condition</a>

          </li>

        </ul>

      </div>

    </div>

  </footer>

  <!--

    - #BACK TO TOP

  -->

  <a href="#top" class="back-top-btn" aria-label="back to top" data-back-top-btn>

    <ion-icon name="caret-up-sharp" aria-hidden="true"></ion-icon>

  </a>

  <!--

    - custom js link

  -->

  <script src="./assets/js/script.js" defer></script>

  <!--

    - ionicon link

  -->

  <script type="module" src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script>

  <script nomodule src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>

</body>

</html>

JAVASCRIPT

'use strict';

/\*\*

 \* add event on element

 \*/

const addEventOnElem = function (elem, type, callback) {

  if (elem.length > 1) {

    for (let i = 0; i < elem.length; i++) {

      elem[i].addEventListener(type, callback);

    }

  } else {

    elem.addEventListener(type, callback);

  }

}

/\*\*

 \* navbar toggle

 \*/

const navbar = document.querySelector("[data-navbar]");

const navTogglers = document.querySelectorAll("[data-nav-toggler]");

const navLinks = document.querySelectorAll("[data-nav-link]");

const toggleNavbar = function () { navbar.classList.toggle("active"); }

addEventOnElem(navTogglers, "click", toggleNavbar);

const closeNavbar = function () { navbar.classList.remove("active"); }

addEventOnElem(navLinks, "click", closeNavbar);

/\*\*

 \* header & back top btn active

 \*/

const header = document.querySelector("[data-header]");

const backTopBtn = document.querySelector("[data-back-top-btn]");

window.addEventListener("scroll", function () {

  if (window.scrollY >= 100) {

    header.classList.add("active");

    backTopBtn.classList.add("active");

  } else {

    header.classList.remove("active");

    backTopBtn.classList.remove("active");

  }

});

CSS

/\*-----------------------------------\*\

#style.css

\\*-----------------------------------\*/

/\*\*

\* copyright 2022 codewithsadee

\*/

/\*-----------------------------------\*\

#CUSTOM PROPERTY

\\*-----------------------------------\*/

:root {

/\*\*

\* colors

\*/

--rich-black-fogra-29\_50: hsl(210, 26%, 11%, 0.5);

--rich-black-fogra-29-1: hsl(210, 26%, 11%);

--rich-black-fogra-29-2: hsl(210, 50%, 4%);

--silver-metallic: hsl(212, 9%, 67%);

--coquelicot\_20: hsla(12, 98%, 52%, 0.2);

--coquelicot\_10: hsla(12, 98%, 52%, 0.1);

--sonic-silver: hsl(0, 0%, 47%);

--cadet-gray: hsl(214, 15%, 62%);

--light-gray: hsl(0, 0%, 80%);

--coquelicot: hsl(12, 98%, 52%);

--gainsboro: hsl(0, 0%, 88%);

--white\_20: hsl(0, 0%, 100%, 0.2);

--white\_10: hsl(0, 0%, 100%, 0.1);

--black\_10: hsl(0, 0%, 0%, 0.1);

--white: hsl(0, 0%, 100%);

/\*\*

\* typography

\*/

--ff-catamaran: 'Catamaran', sans-serif;

--ff-rubik: 'Rubik', sans-serif;

--fs-1: 3.8rem;

--fs-2: 3rem;

--fs-3: 2.5rem;

--fs-4: 2rem;

--fs-5: 1.8rem;

--fs-6: 1.5rem;

--fw-900: 900;

--fw-800: 800;

--fw-700: 700;

--fw-500: 500;

/\*\*

\* spacing

\*/

--section-padding: 80px;

/\*\*

\* shadow

\*/

--shadow-1: 0 0 20px var(--black\_10);

--shadow-2: 0px 10px 24px var(--coquelicot\_20);

/\*\*

\* border radius

\*/

--radius-10: 10px;

--radius-8: 8px;

--radius-5: 5px;

/\*\*

\* transition

\*/

--transition-1: 0.25s ease;

--transition-2: 0.5s ease;

--cubic-in: cubic-bezier(0.51, 0.03, 0.64, 0.28);

--cubic-out: cubic-bezier(0.33, 0.85, 0.4, 0.96);

}

/\*-----------------------------------\*\

#RESET

\\*-----------------------------------\*/

\*,

\*::before,

\*::after {

margin: 0;

padding: 0;

box-sizing: border-box;

}

li { list-style: none; }

a {

text-decoration: none;

color: inherit;

}

a,

img,

span,

input,

button,

strong,

ion-icon { display: block; }

img { height: auto; }

input,

button {

background: none;

border: none;

font: inherit;

}

input { width: 100%; }

button { cursor: pointer; }

ion-icon { pointer-events: none; }

address { font-style: normal; }

html {

font-family: var(--ff-rubik);

font-size: 10px;

scroll-behavior: smooth;

}

body {

background-color: var(--white);

color: var(--sonic-silver);

font-size: 1.6rem;

line-height: 1.6;

}

:focus-visible { outline-offset: 4px; }

::-webkit-scrollbar { width: 5px; }

::-webkit-scrollbar-track { background-color: var(--light-gray); }

::-webkit-scrollbar-thumb { background-color: var(--coquelicot); }

::-webkit-scrollbar-thumb:hover { background-color: var(--rich-black-fogra-29-1); }

/\*-----------------------------------\*\

#REUSED STYLE

\\*-----------------------------------\*/

.container { padding-inline: 15px; }

.section { padding-block: var(--section-padding); }

.bg-dark {

background-color: var(--rich-black-fogra-29-1);

color: var(--silver-metallic);

}

.has-bg-image {

background-repeat: no-repeat;

background-position: top left;

}

.has-before,

.has-after {

position: relative;

z-index: 1;

}

.has-before::before,

.has-after::after {

content: "";

position: absolute;

}

.h1,

.h2,

.h3 {

font-family: var(--ff-catamaran);

line-height: 1.25;

}

.h1 {

color: var(--white);

font-size: var(--fs-1);

font-weight: var(--fw-900);

}

.h2,

.h3 {

color: var(--rich-black-fogra-29-1);

font-weight: var(--fw-800);

}

.h2 { font-size: var(--fs-2); }

.h3 { font-size: var(--fs-4); }

.section-text { font-size: var(--fs-6); }

.btn {

max-width: max-content;

font-size: var(--fs-6);

text-transform: uppercase;

font-weight: var(--fw-500);

padding: 15px 35px;

border-radius: var(--radius-8);

transition: var(--transition-1);

}

.btn-primary {

background-color: var(--coquelicot);

color: var(--white);

}

.btn-primary:is(:hover, :focus) {

background-color: var(--white);

color: var(--coquelicot);

box-shadow: var(--shadow-2);

}

.btn-secondary {

background-color: var(--white);

color: var(--coquelicot);

}

.btn-secondary:is(:hover, :focus) { background-color: var(--rich-black-fogra-29-1); }

.w-100 { width: 100%; }

.circle,

.abs-img { position: absolute; }

.circle {

top: 50%;

left: 50%;

transform: translate(-50%, -56%);

width: 100%;

z-index: -1;

animation: rotate360 15s linear infinite;

}

@keyframes rotate360 {

0% { transform: translate(-50%, -56%) rotate(0); }

100% { transform: translate(-50%, -56%) rotate(1turn); }

}

.circle-2 { animation-direction: reverse; }

.hero-subtitle,

.section-subtitle {

font-family: var(--ff-catamaran);

font-weight: var(--fw-700);

text-transform: uppercase;

max-width: max-content;

}

.section-subtitle {

background-color: var(--coquelicot\_10);

color: var(--coquelicot);

padding: 8px 20px;

border-radius: var(--radius-8);

}

.section-title { margin-block: 18px 35px; }

.btn-link {

--color: var(--white);

color: var(--color);

font-size: var(--fs-6);

font-weight: var(--fw-500);

text-transform: uppercase;

max-width: max-content;

transition: var(--transition-1);

}

.btn-link::before {

bottom: 0;

left: 0;

width: 100%;

height: 2px;

background-color: var(--color);

transition: var(--transition-1);

}

.btn-link:is(:hover, :focus) { --color: var(--coquelicot); }

.text-center { text-align: center; }

.img-holder {

aspect-ratio: var(--width) / var(--height);

background-color: var(--light-gray);

overflow: hidden;

}

.img-cover {

width: 100%;

height: 100%;

object-fit: cover;

}

.has-scrollbar {

display: flex;

gap: 25px;

overflow-x: auto;

padding-block-end: 30px;

scroll-snap-type: inline mandatory;

}

.scrollbar-item {

min-width: 100%;

scroll-snap-align: start;

}

.has-scrollbar::-webkit-scrollbar { height: 10px; }

.has-scrollbar::-webkit-scrollbar-track,

.has-scrollbar::-webkit-scrollbar-thumb { border-radius: 50px; }

.has-scrollbar::-webkit-scrollbar-thumb:hover { background-color: var(--coquelicot); }

.has-scrollbar::-webkit-scrollbar-button { width: calc(25% - 25px); }

/\*-----------------------------------\*\

#HEADER

\\*-----------------------------------\*/

.header .btn { display: none; }

.header {

background-color: var(--white);

position: fixed;

top: 0;

left: 0;

width: 100%;

padding-block: 10px;

box-shadow: var(--shadow-1);

z-index: 4;

}

.header > .container {

display: flex;

justify-content: space-between;

align-items: center;

}

.logo {

color: var(--rich-black-fogra-29-1);

font-family: var(--ff-catamaran);

font-size: 3.5rem;

font-weight: var(--fw-900);

display: flex;

align-items: center;

margin-inline-start: -8px;

}

.logo ion-icon {

color: var(--coquelicot);

font-size: 40px;

transform: rotate(90deg) translate(-2px, -5px);

}

.nav-open-btn {

background-color: var(--coquelicot);

padding: 20px 15px;

border-radius: var(--radius-8);

}

.nav-open-btn .line {

background-color: var(--white);

width: 30px;

height: 3px;

}

.nav-open-btn .line:not(:last-child) { margin-block-end: 6px; }

.nav-open-btn .line:nth-child(2) {

width: 25px;

margin-inline-start: auto;

}

.navbar {

background-color: var(--coquelicot);

color: var(--white);

position: fixed;

top: 100%;

left: 0;

width: 100%;

height: 100%;

display: grid;

place-content: center;

visibility: hidden;

transition: 0.25s var(--cubic-in);

}

.navbar.active {

visibility: visible;

transform: translateY(-100%);

transition: 0.5s var(--cubic-out);

}

.nav-close-btn {

position: absolute;

top: 10px;

right: 15px;

background-color: var(--rich-black-fogra-29-1);

color: var(--white);

font-size: 40px;

padding: 10px;

border-radius: var(--radius-8);

}

.navbar-link {

font-family: var(--ff-catamaran);

font-size: var(--fs-4);

text-align: center;

padding-block: 10px;

margin-block-end: 20px;

transition: var(--transition-1);

}

.navbar-link:is(:hover, :focus, .active) { color: var(--rich-black-fogra-29-1); }

/\*-----------------------------------\*\

#HERO

\\*-----------------------------------\*/

.hero {

color: var(--cadet-gray);

text-align: center;

padding-block-start: calc(var(--section-padding) + 80px);

padding-block-end: 0;

overflow: hidden;

}

.hero::after {

bottom: 0;

left: 0;

width: 100%;

height: 240px;

background-color: var(--coquelicot);

z-index: -1;

}

.hero-content { margin-block-end: 90px; }

.hero-subtitle {

background-color: var(--white\_10);

color: var(--white);

margin-inline: auto;

padding: 5px;

padding-inline-end: 15px;

border-radius: var(--radius-8);

}

.hero-subtitle .strong {

display: inline-block;

background-color: var(--coquelicot);

padding: 2px 15px;

margin-inline-end: 15px;

border-radius: var(--radius-5);

}

.hero-title { margin-block: 30px 8px; }

.hero .section-text { margin-block-end: 40px; }

.hero .btn { margin-inline: auto; }

.hero-banner { position: relative; }

.abs-img-1 {

top: 20px;

right: -50px;

width: 190px;

}

.abs-img-2 {

bottom: -50px;

left: -40px;

width: 280px;

}

.hero .abs-img { animation: move 3s linear infinite alternate; }

@keyframes move {

0% { transform: translate(0, 0); }

50% { transform: translate(-5px, 10px); }

100% { transform: translate(5px, 20px); }

}

.hero .abs-img-2 { animation-direction: alternate-reverse; }

/\*-----------------------------------\*\

#ABOUT

\\*-----------------------------------\*/

.about { overflow: hidden; }

.about-banner { margin-block-end: 50px; }

.about-banner::after {

bottom: 0;

left: 0;

width: 100%;

height: 50%;

background-color: var(--coquelicot);

border-radius: var(--radius-10);

z-index: -2;

}

.about-banner .abs-img {

bottom: 0;

left: 0;

z-index: -1;

animation: moveUp 2.5s ease infinite;

}

@keyframes moveUp {

0%,

30%,

60%,

100% { transform: translateY(0); }

20% { transform: translateY(-30px); }

40% { transform: translateY(-15px); }

}

.about .section-text:not(:last-of-type) { margin-block-end: 15px; }

.about .wrapper { margin-block-start: 30px; }

.about-coach {

display: flex;

align-items: center;

gap: 20px;

margin-block-end: 30px;

}

.about .coach-avatar {

overflow: hidden;

border-radius: 50%;

}

.about .coach-name {

font-weight: var(--fw-700);

margin-block-end: 5px;

}

.about .coach-title { font-size: var(--fs-6); }

.about .btn-primary:is(:hover, :focus) {

background-color: var(--rich-black-fogra-29-1);

color: var(--white);

box-shadow: none;

}

/\*-----------------------------------\*\

#VIDEO

\\*-----------------------------------\*/

.video {

padding-block: 0;

margin-block-end: -250px;

}

.video-card {

background-color: var(--light-gray);

background-size: cover;

background-position: center;

height: 500px;

border-radius: var(--radius-10);

display: flex;

flex-direction: column;

justify-content: center;

align-items: center;

overflow: hidden;

}

.video-card::before {

top: 0;

left: 0;

bottom: 0;

right: 0;

background-color: var(--rich-black-fogra-29\_50);

z-index: -1;

}

.video-card .card-title {

color: var(--white);

font-size: var(--fs-3);

}

.play-btn {

background-color: var(--coquelicot);

color: var(--white);

width: max-content;

font-size: 30px;

padding: 25px;

border-radius: 50%;

margin-block: 25px 35px;

animation: pulse 2s ease infinite;

}

@keyframes pulse {

0% { box-shadow: 0 0 0 0 var(--coquelicot); }

100% { box-shadow: 0 0 0 40px transparent; }

}

/\*-----------------------------------\*\

#CLASS

\\*-----------------------------------\*/

.class { padding-block-start: calc(var(--section-padding) + 250px); }

.class .section-subtitle { margin-inline: auto; }

.class .section-title { color: var(--white); }

.class-card {

background-color: var(--white);

border-radius: var(--radius-10);

height: 100%;

overflow: hidden;

}

.class-card .card-banner img { transition: var(--transition-2); }

.class-card:is(:hover, :focus-within) .card-banner img {

transform: scale(1.1);

}

.class-card .card-content { padding: 24px; }

.class-card .title-wrapper {

display: flex;

align-items: center;

}

.class-card .title-icon {

padding-inline-end: 20px;

margin-inline-end: 20px;

min-width: max-content;

border-inline-end: 1px solid var(--gainsboro);

}

.class-card .card-title { transition: var(--transition-1); }

.class-card .card-title:is(:hover, :focus) { color: var(--coquelicot); }

.class-card .card-text {

color: var(--sonic-silver);

font-size: var(--fs-6);

margin-block: 16px 12px;

}

.class-card .progress-wrapper {

display: flex;

justify-content: space-between;

align-items: center;

font-family: var(--ff-catamaran);

color: var(--rich-black-fogra-29-1);

font-size: var(--fs-6);

font-weight: var(--fw-800);

margin-block-end: 8px;

}

.class-card .progress-bg {

background-color: var(--coquelicot\_10);

border-radius: 50px;

}

.class-card .progress-bar {

background-color: var(--coquelicot);

height: 10px;

border-radius: inherit;

}

/\*-----------------------------------\*\

#BLOG

\\*-----------------------------------\*/

.blog .section-subtitle { margin-inline: auto; }

.blog-card {

background-color: var(--white);

border: 1px solid var(--light-gray);

border-radius: var(--radius-10);

height: 100%;

overflow: hidden;

}

.blog-card .card-banner { position: relative; }

.blog-card .card-banner img { transition: var(--transition-2); }

.blog-card:is(:hover, :focus) .card-banner img {

transform: scale(1.1);

}

.blog-card .card-meta {

background-color: var(--coquelicot);

color: var(--white);

position: absolute;

bottom: 0;

left: 0;

padding: 8px 20px;

font-size: var(--fs-6);

font-weight: var(--fw-500);

text-transform: uppercase;

}

.blog-card .card-content { padding: 25px; }

.blog-card .card-title { transition: var(--transition-1); }

.blog-card .card-title:is(:hover, :focus) { color: var(--coquelicot); }

.blog-card .card-text {

font-size: var(--fs-6);

margin-block: 8px 12px;

}

.blog-card .btn-link { --color: var(--coquelicot); }

.blog-card .btn-link:is(:hover, :focus) { --color: var(--rich-black-fogra-29-1); }

/\*-----------------------------------\*\

#FOOTER

\\*-----------------------------------\*/

.footer { font-size: var(--fs-6); }

.footer-top .container {

display: grid;

gap: 50px;

}

.footer .logo { color: var(--white); }

.footer-brand-text { margin-block: 25px; }

.footer-top .wrapper {

display: flex;

justify-content: flex-start;

align-items: flex-start;

gap: 20px;

}

.footer-brand-list li:not(:last-child) { margin-block-end: 15px; }

.footer-brand-title,

.footer-list-title {

color: var(--white);

font-family: var(--ff-catamaran);

}

.footer-list-title {

font-size: var(--fs-4);

font-weight: var(--fw-800);

margin-block-end: 28px;

}

.footer-list-title::before {

bottom: 0;

width: 70px;

height: 1px;

background-color: var(--coquelicot);

}

.footer-list > li:not(:first-child) { margin-block-start: 12px; }

.footer-link { transition: var(--transition-1); }

.footer-link:not(.address):is(:hover, :focus) { color: var(--coquelicot); }

.footer-list-item {

display: flex;

justify-content: flex-start;

align-items: center;

gap: 20px;

}

.footer-list-item .icon {

background-color: var(--coquelicot);

color: var(--white);

font-size: 24px;

padding: 8px;

border-radius: 50px;

}

.footer-form {

position: relative;

margin-block-end: 30px;

}

.footer-form .input-field {

background-color: var(--white);

color: var(--rich-black-fogra-29-1);

padding-block: 18px;

padding-inline: 30px 80px;

border-radius: var(--radius-10);

}

.footer-form .btn {

position: absolute;

top: 5px;

right: 5px;

bottom: 5px;

padding: 0;

font-size: 26px;

padding-inline: 12px;

}

.footer-form .btn-primary:is(:hover, :focus) {

background-color: var(--rich-black-fogra-29-1);

color: var(--white);

box-shadow: none;

}

.social-list {

display: flex;

gap: 15px;

}

.social-link {

background-color: var(--white\_20);

color: var(--white);

padding: 13px;

border-radius: 50%;

transition: var(--transition-1);

}

.social-link:is(:hover, :focus) { background-color: var(--coquelicot); }

.footer-bottom {

background-color: var(--rich-black-fogra-29-2);

color: var(--white);

text-align: center;

padding-block: 15px;

}

.copyright-link {

display: inline-block;

color: var(--coquelicot);

}

.footer-bottom-list {

display: flex;

justify-content: center;

gap: 15px;

margin-block-start: 10px;

}

.footer-bottom-link {

padding-inline-start: 20px;

transition: var(--transition-1);

}

.footer-bottom-link::before {

top: 50%;

transform: translateY(-50%);

left: 0;

width: 10px;

height: 10px;

background-color: var(--coquelicot);

border-radius: 50%;

}

.footer-bottom-link:is(:hover, :focus) { color: var(--coquelicot); }

/\*-----------------------------------\*\

#BACK TO TOP

\\*-----------------------------------\*/

.back-top-btn {

position: fixed;

bottom: 20px;

right: 40px;

background-color: var(--coquelicot);

color: var(--rich-black-fogra-29-1);

font-size: 20px;

padding: 11px;

border-radius: 50%;

border: 2px solid var(--rich-black-fogra-29-1);

visibility: hidden;

opacity: 0;

transition: var(--transition-1);

z-index: 4;

}

.back-top-btn.active {

visibility: visible;

opacity: 1;

transform: translateY(-10px);

}

/\*-----------------------------------\*\

#MEDIA QUERIES

\\*-----------------------------------\*/

/\*\*

\* responsive for larger than 575px screen

\*/

@media (min-width: 575px) {

/\*\*

\* CUSTOM PROPERTY

\*/

:root {

/\*\*

\* typography

\*/

--fs-1: 5.8rem;

--fs-2: 4rem;

}

/\*\*

\* REUSED STYLE

\*/

.container {

max-width: 540px;

width: 100%;

margin-inline: auto;

}

.hero-subtitle,

.section-subtitle { font-size: var(--fs-5); }

/\*\*

\* HEADER

\*/

.header .container {

max-width: unset;

padding-inline: 30px;

}

/\*\*

\* HERO

\*/

.hero-content { padding-inline: 40px; }

.hero-subtitle .strong { padding-block: 6px; }

.hero::after { height: 340px; }

.abs-img-1 {

top: 130px;

right: -10px;

width: 230px;

}

.abs-img-2 {

bottom: 20px;

left: -40px;

width: 310px;

}

/\*\*

\* ABOUT

\*/

.about .wrapper {

display: flex;

justify-content: flex-start;

align-items: center;

gap: 40px;

}

.about-coach { margin-block-end: 0; }

/\*\*

\* VIDEO

\*/

.video-card .card-title { --fs-3: 3.5rem; }

/\*\*

\* FOOTER

\*/

.footer-top .container {

grid-template-columns: 1fr 1fr;

column-gap: 25px;

}

}

/\*\*

\* responsive for larger than 768px screen

\*/

@media (min-width: 768px) {

/\*\*

\* CUSTOM PROPERTY

\*/

:root {

/\*\*

\* typography

\*/

--fs-2: 4.5rem;

}

/\*\*

\* REUSED STYLE

\*/

.container { max-width: 720px; }

.scrollbar-item { min-width: calc(50% - 12.5px); }

/\*\*

\* HERO

\*/

.hero-banner {

max-width: max-content;

margin-inline: auto;

}

.abs-img-1 {

top: 140px;

right: 50px;

}

/\*\*

\* FOOTER

\*/

.footer-bottom .container {

display: flex;

justify-content: space-between;

align-items: center;

}

.footer-bottom-list { margin-block-start: 0; }

}

/\*\*

\* responsive for larger than 992px screen

\*/

@media (min-width: 992px) {

/\*\*

\* REUSED STYLE

\*/

.container,

.header .container { max-width: 960px; }

/\*\*

\* HEADER

\*/

.nav-open-btn,

.nav-close-btn { display: none; }

.header .btn { display: block; }

.header {

background-color: transparent;

box-shadow: none;

padding-block: 30px;

transition: var(--transition-1);

}

.header.active {

transform: translateY(-100%);

background-color: var(--white);

padding-block: 20px;

box-shadow: var(--shadow-1);

animation: slideIn 0.5s ease forwards;

}

@keyframes slideIn {

0% { transform: translateY(-100%); }

100% { transform: translateY(0); }

}

.header .container { gap: 30px; }

.header .logo { color: var(--white); }

.header.active .logo { color: var(--rich-black-fogra-29-1); }

.navbar,

.navbar.active {

all: unset;

margin-inline-start: auto;

}

.navbar-list {

display: flex;

gap: 10px;

}

.navbar-link {

color: var(--white);

font-size: unset;

padding: 0 10px;

margin-block-end: 0;

}

.header.active .navbar-link { color: var(--rich-black-fogra-29-1); }

.header .navbar-link:is(:hover, :focus, .active) { color: var(--coquelicot); }

.header.active .btn {

background-color: var(--coquelicot);

color: var(--white);

}

.header.active .btn:is(:hover, :focus) { background-color: var(--rich-black-fogra-29-1); }

/\*\*

\* HERO

\*/

.hero {

background-size: contain;

text-align: left;

}

.hero::before {

content: "";

position: absolute;

top: -1000px;

left: -500px;

width: 1500px;

height: 1500px;

background-image: radial-gradient(circle, var(--coquelicot\_20) 20%, transparent 70% 100%);

z-index: -1;

}

.hero .container {

display: grid;

grid-template-columns: 1fr 1fr;

align-items: center;

gap: 25px;

}

.hero-content {

padding-inline: 0;

margin-block-end: 0;

}

.hero-subtitle,

.hero .btn { margin-inline: 0; }

.hero::after {

width: 330px;

height: 100%;

left: auto;

right: 0;

}

/\*\*

\* ABOUT

\*/

.about .container {

display: grid;

grid-template-columns: 1fr 1fr;

align-items: center;

gap: 50px;

}

.about-banner { margin-block-end: 0; }

.about .wrapper { gap: 30px; }

/\*\*

\* FOOTER

\*/

.footer-top .container {

grid-template-columns: 0.85fr 0.5fr 1fr 0.85fr;

column-gap: 50px;

}

}

/\*\*

\* responsive for larger than 1200px screen

\*/

@media (min-width: 1200px) {

/\*\*

\* CUSTOM PROPERTY

\*/

:root {

/\*\*

\* typography

\*/

--fs-1: 7rem;

--fs-2: 5.5rem;

--fs-4: 2.2rem;

--fs-5: 2rem;

/\*\*

\* spacing

\*/

--section-padding: 120px;

}

/\*\*

\* REUSED STYLE

\*/

.container,

.header .container { max-width: 1140px; }

.btn {

padding: 18px 45px;

border-radius: var(--radius-10);

}

.section-subtitle { --fs-5: 2.2rem; }

.has-scrollbar { gap: 30px; }

.scrollbar-item { min-width: calc(33.33% - 20px); }

/\*\*

\* HEADER

\*/

.header .container { padding-inline: 0; }

/\*\*

\* HERO

\*/

.hero::after { width: 420px; }

.hero .section-text { --fs-6: 1.8rem; }

.abs-img-1 {

top: 170px;

right: -30px;

width: 260px;

}

.abs-img-2 {

bottom: 60px;

left: -80px;

width: 360px;

}

/\*\*

\* ABOUT

\*/

.about .wrapper { gap: 40px; }

/\*\*

\* CLASS, BLOG

\*/

:is(.class-card, .blog-card) .card-content { padding: 30px; }

.blog-card .card-meta { padding: 15px 30px; }

/\*\*

\* FOOTER

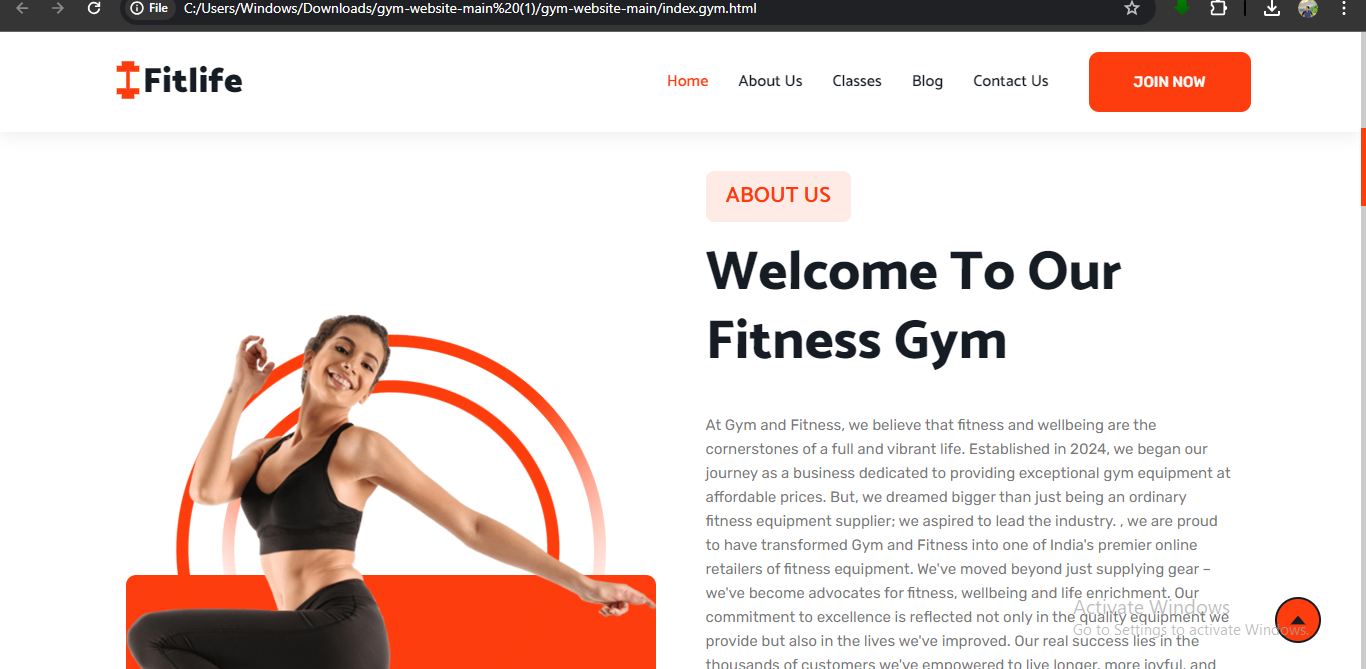
\*/

.footer-top .container { grid-template-columns: 1fr 0.6fr 0.9fr 1fr; }

**Figure 4.1:** Home Page

# 

**Figure 4.2:** About us Page



# 

**Figure 4.3:** Blog Page

# 

**Figure 4.4:** Classes Page

# Conclusion

*FITLIFE*

In conclusion, the Fitlife website project aims to create a compelling and user-centric online platform for Fitlife Fitness Club. By leveraging modern web technologies, best practices in web development, and Agile methodologies, the project seeks to achieve its objectives of promoting the club, engaging visitors, and enhancing the overall user experience. With a dedicated team of professionals and a collaborative approach to project management, Fitlife is well-positioned to succeed in the competitive fitness industry. it is a comprehensive online platform designed to provide users with valuable fitness-related information, resources, and services. Through the use of HTML, CSS, and JavaScript, the website offers an intuitive and visually appealing interface that encourages user engagement and interaction.

# References

OpenCV Documentation: The official documentation for OpenCV provides detailed explanations of various functions, algorithms, and techniques for image processing and computer vision. It includes code examples and tutorials to help you understand and implement text detection algorithms using OpenCV.

Website: https://docs.opencv.org/

Tesseract OCR Documentation: The Tesseract OCR documentation offers comprehensive guides and resources for integrating Tesseract OCR into your project. It provides instructions for installation, usage, and customization of the OCR engine, along with tips for optimizing recognition accuracy.

Website: https://github.com/tesseract-ocr/tesseract/wiki

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