

```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
  <meta charset="UTF-8">
```

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

```
  <title>Gym Website</title>
```

```
  <link rel="stylesheet" href="styles.css">
```

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

```
  <style>
```

```
    body {
```

```
      font-family: Arial, sans-serif;
```

```
      margin: 0;
```

```
      padding: 0;
```

```
      background: #a09595;
```

```
      background: url;
```

```
    color: #333;  
}
```

```
header {  
    background: rgba(203, 173, 173, 0.95);  
    color: #100707;  
    text-align: center;  
    padding: 2em 0;  
    box-shadow: 0 4px 6px rgba(0, 0, 0, 0.1);  
}
```

```
nav ul {  
    list-style: none;  
    padding: 0;  
}
```

```
nav ul li {
```

```
display: inline;  
margin: 0 15px;  
}
```

```
nav ul li a {  
    color: #161515;  
    text-decoration: none;  
    font-weight: bold;  
    font-size: 1.1em;  
}
```

```
section {  
    margin: 20px;  
    padding: 20px;  
    background: #ffffff;  
    border-radius: 10px;
```

```
    box-shadow: 0 8px 15px rgba(0, 0, 0, 0.1);  
    background-size: cover;  
}
```

```
#membership {  
    background: url('image.jpg') no-repeat center center/cover;  
    color: #333333;  
}
```

```
#coaches {  
    background: url('coaches-bg.jpg') no-repeat center center/cover;  
    color: #333333;  
}
```

```
#registration {  
    background: url('registration-bg.jpg') no-repeat center center/cover;  
    color: #333333;
```

```
}
```

```
#contact {
```

```
background: url('contact-bg.jpg') no-repeat center center/cover;
```

```
color: #333333;
```

```
}
```

```
h2 {
```

```
text-align: center;
```

```
color: #222222;
```

```
}
```

```
.plans, .coaches {
```

```
display: flex;
```

```
gap: 20px;
```

```
justify-content: center;
```

```
}
```

```
.plan, .coach {
```

```
  flex: 1;
```

```
  padding: 15px;
```

```
  border: 1px solid #120a0a;
```

```
  border-radius: 10px;
```

```
  text-align: center;
```

```
  background: rgba(203, 173, 173, 0.95);
```

```
  transition: transform 0.3s, box-shadow 0.3s;
```

```
}
```

```
.plan:hover, .coach:hover {
```

```
  transform: scale(1.05);
```

```
  box-shadow: 0 10px 20px rgba(0, 0, 0, 0.2);
```

```
}
```

```
.coach img {  
  width: 100px;  
  height: 100px;  
  border-radius: 50%;  
  object-fit: cover;  
  margin-bottom: 10px;  
}
```

```
form {  
  display: flex;  
  flex-direction: column;  
  gap: 15px;  
  background: rgba(203, 173, 173, 0.95);  
  padding: 20px;  
  border-radius: 10px;  
}
```

```
form input, form select, form textarea, form button {  
    padding: 12px;  
    border: 1px solid #ccc;  
    border-radius: 10px;  
    font-size: 1em;  
}
```

```
form button {  
    background: #444444;  
    color: #ffffff;  
    border: none;  
    cursor: pointer;  
    font-size: 1.1em;  
}
```

```
form button:hover {
```



```
background: #666666;  
}
```

```
footer {  
    text-align: center;  
    padding: 1px;  
    background: rgba(203, 173, 173, 0.95);  
    color: #ffffff;  
    position: fixed;  
    bottom: 0;  
    width: 100%;  
    font-size: 0.9em;  
}
```

```
</style>
```

```
</head>
```

```
<body>
```

```
<header>
```

```
  <nav>
```

```
    <ul class="nav-links">
```

```
      <li><a href="#membership">Membership Plans</a></li>
```

```
      <li><a href="#coaches">Coaches</a></li>
```

```
      <li><a href="#registration">Register</a></li>
```

```
      <li><a href="#contact">Contact</a></li>
```

```
    </ul>
```

```
  </nav>
```

```
  <h1>Welcome to FitLife Gym</h1>
```

```
</header>
```

```
<section id="membership">
```

```
  <h2>Membership Plans</h2>
```

```
  <div class="plans">
```

```
    <div class="plan">
```

```
      <h3>Basic Plan</h3>
```

<p>Access to gym facilities</p>

<p>Price: \$30/month</p>

</div>

<div class="plan">

<h3>Standard Plan</h3>

<p>Access to gym facilities + 2 personal training sessions/month</p>

<p>Price: \$50/month</p>

</div>

<div class="plan">

<h3>Premium Plan</h3>

<p>All-inclusive access + unlimited personal training sessions</p>

<p>Price: \$80/month</p>

</div>

</div>

</section>

```
<section id="coaches">
```

```
  <h2>Our Coaches</h2>
```

```
  <div class="coaches">
```

```
    <div class="coach">
```

```
      
```

```
      <h3>Rohit Singh</h3>
```

```
      <p>Specialty: Strength Training</p>
```

```
    </div>
```

```
    <div class="coach">
```

```
      
```

```
      <h3>Jane Smith</h3>
```

```
      <p>Specialty: Yoga and Flexibility</p>
```

```
    </div>
```

```
    <div class="coach">
```

```
      
```

```
      <h3>Emily Johnson</h3>
```

```
      <p>Specialty: Cardio and Endurance</p>
```

</div>

</div>

</section>

<section id="registration">

<h2>Register for Membership</h2>

<form id="registration-form">

<label for="name">Full Name:</label>

<input type="text" id="name" name="name" required>

<label for="email">Email:</label>

<input type="email" id="email" name="email" required>

<label for="plan">Choose Plan:</label>

<select id="plan" name="plan">

<option value="basic">Basic Plan</option>

```
<option value="standard">Standard Plan</option>
```

```
<option value="premium">Premium Plan</option>
```

```
</select>
```

```
<button type="submit">Register</button>
```

```
</form>
```

```
</section>
```

```
<section id="contact">
```

```
<h2>Contact Us</h2>
```

```
<form id="contact-form">
```

```
<label for="contact-name">Your Name:</label>
```

```
<input type="text" id="contact-name" name="contact-name" required>
```

```
<label for="contact-email">Your Email:</label>
```

```
<input type="email" id="contact-email" name="contact-email" required>
```

```
<label for="message">Message:</label>
```

```
<textarea id="message" name="message" rows="5" required></textarea>
```

```
<button type="submit">Send</button>
```

```
</form>
```

```
</section>
```

```
<footer>
```

```
<p>&copy; 2024 FitLife Gym. All rights reserved.</p>
```

```
</footer>
```

```
<script>
```

```
document.getElementById('registration-form').addEventListener('submit', function(event) {
```

```
    event.preventDefault();
```

```
    alert('Thank you for registering!');
```

```
});
```

```
document.getElementById('contact-form').addEventListener('submit', function(event) {  
    event.preventDefault();  
    alert('Thank you for contacting us! We will get back to you soon.');
```

  

```
});  
</script>  
</body>  
</html>
```



## Welcome to FitLife Gym

### Membership Plans

#### Basic Plan

Access to gym facilities  
Price: \$30/month

#### Standard Plan

Access to gym facilities + 2 personal training sessions/month  
Price: \$50/month

#### Premium Plan

All-inclusive access + unlimited personal training sessions  
Price: \$80/month

### Our Coaches



#### Rohit Singh

Specialty: Strength Training



#### Jane Smith

Specialty: Yoga and Flexibility



#### Emily Johnson

Specialty: Cardio and Endurance

### Register for Membership

Full Name:

Email:

Choose Plan:

Basic Plan



Register

### Contact Us

Your Name:

Your Email:

Message: