

Index.html

```
<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

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

  <title>Gym Fitness Center</title>

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

  <script>

    function showPopup() {

      alert('Hello everyone! Welcome To Fitness Gym');

    }

    window.onload = showPopup;

  </script>
</head>

<body>

  <header>

    <nav>

      <h1>Fitness Gym</h1>

      <ul>

        <li><a href="#home">Home</a></li>

        <li><a href="#about">About Us</a></li>

        <li><a href="#services">Services</a></li>

        <li><a href="#gallery">Images</a></li>

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

      </ul>

    </nav>

    <section class="hero" id="home">
```

<h2>Get Fit, Stay Strong!</h2>

<p>Your journey to fitness starts here.</p>

</section>

</header>

<section id="about">

<h2>About Us</h2>

<p>Welcome to Fitness Gym, where we help you achieve your health and fitness goals with experienced trainers and top-notch equipment.</p>

<p>At Gym and Fitness, we believe that fitness and wellbeing are the cornerstones of a full and vibrant life. Established in 2002, we began our journey as a family-owned 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.</p>

<p>The diverse range of programs, from group exercises, corporate training to personalized training.</p>

</section>

<section id="services">

<h2>Our Services</h2>

<div class="service-card">

<h3>Personal Training</h3>

<p>One-on-one training sessions customized to your fitness level.

<p>They'll help you work out and execute other lifestyle changes to reach your fitness goal.</p>

</p>

</div>

<div class="service-card">

<h3>Group Classes</h3>

<p>Stay motivated with our high-energy group classes.</p>

</div>

<div class="service-card">

<h3>Nutrition Plans</h3>

<p>Get personalized nutrition advice for optimal health.

<p>When it comes to nutrition, things can become overly complicated. However, it is clear that nutrition has a huge impact on the progress that you make in the gym.</p>

</p>

</div>

</section>

<section id="gallery">

<h2>Image Gallery</h2>

<div class="image-box">

</div>

</section>

<section id="contact">

<h2>Contact Us</h2>

<form id="contactForm">

<input type="text" id="name" placeholder="Your Name" required>

<input type="email" id="email" placeholder="Your Email" required>

<textarea id="message" placeholder="Your Message"></textarea>

<button type="submit">Submit</button>

<hr>

<hr>

```
<h3>Privacy Policy || Terms and conditions of Services</h3>
<h4></h4>
<br>
<hr>
<hr>

</form>
</section>
</body>
</html>
```

Style.css

```
body {
  font-family: 'Arial', sans-serif;
  margin: 0;
  padding: 0;
  background-color: #f0f0f0;
  color: #060505;
}
```

```
header {
  background-color: #463e3e;
  color: white;
  padding: 20px 0;
  text-align: center;
}
```

```
nav ul {
  list-style-type: none;
  margin: 0;
```

```
padding: 0;  
}
```

```
nav ul li {  
    display: inline;  
    margin: 0 15px;  
}
```

```
nav ul li a {  
    color: white;  
    text-decoration: none;  
    font-weight: bold;  
    transition: color 0.3s;  
}
```

```
nav ul li a:hover {  
    color: #ffeb3b;  
}
```

```
.hero {  
    background: linear-gradient(rgba(0,0,0,0.5), rgba(0,0,0,0.5));  
    color: white;  
    padding: 80px 20px;  
    text-align: center;  
}
```

```
section {  
    padding: 40px 20px;  
    margin: 20px 0;  
    background: white;  
    border-radius: 10px;
```

```
    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.1);  
}
```

```
section h2 {  
    color: #4CAF50;  
    text-transform: uppercase;  
    margin-bottom: 20px;  
    text-align: center;  
}
```

```
section p {  
    line-height: 1.6;  
}
```

```
.service-card {  
    margin: 20px 0;  
    padding: 20px;  
    border: 1px solid #ccc;  
    border-radius: 10px;  
    background-color: #fff;  
    transition: transform 0.3s, box-shadow 0.3s;  
}
```

```
.service-card:hover {  
    transform: translateY(-5px);  
    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.1);  
}
```

```
#gallery {  
    padding: 20px;  
    margin: 20px 0;
```

```
background: white;

border-radius: 10px;

box-shadow: 0 4px 8px rgba(234, 8, 8, 0.928);

}
```

```
#gallery .image-box {

display: flex;

justify-content: space-around;

flex-wrap: wrap;

}
```

```
#gallery .image-box img {

width: 200px;

height: 200px;

margin: 10px;

border-radius: 10px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

transition: transform 0.3s;

}
```

```
#contactForm {

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0 2px 4px rgba(0, 0, 0, 0.1);

}
```

```
#contactForm input, #contactForm textarea, #contactForm button {

width: calc(100% - 20px);

margin: 10px 0;

padding: 10px;
```

```
border: 1px solid #ccc;
border-radius: 5px;
}
```

```
#contactForm button {
background-color: #4CAF50;
color: white;
border: none;
cursor: pointer;
transition: background-color 0.3s;
}
```

```
#contactForm button:hover {
background-color: #45a049;
}
```

```
hr {
border: 1px solid #ccc;
}
```

```
h3, h4 {
text-align: center;
}
```


Fitness Gym

[Home](#)[About Us](#)[Services](#)[Images](#)[Contact](#)

GET FIT, STAY STRONG!

Your journey to fitness starts here.

ABOUT US

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The diverse range of programs, from group exercises, corporate training to personalized training.

Activate Windows
Go to Settings to activate Windows.

OUR SERVICES

Personal Training

One-on-one training sessions customized to your fitness level.

They'll help you work out and execute other lifestyle changes to reach your fitness goal.

Group Classes

Stay motivated with our high-energy group classes.

Nutrition Plans

Get personalized nutrition advice for optimal health.

When it comes to nutrition, things can become overly complicated. However, it is clear that nutrition has a huge impact on the progress that you make in the gym.

IMAGE GALLERY



CONTACT US

[Privacy Policy](#) || [Terms and conditions of Services](#)



Activate Windows

Go to Settings to activate Windows.

127.0.0.1:3000 says
Hello everyone! Welcome To Fitness Gym

OK

GET FIT, STAY STRONG!

Your journey to fitness starts here.