



# FIRST FITNESS

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# Introduction

First **Fitness** – Interactive Gym Website

## ABOUT THE PROJECT:

The goal of this project was to create a modern and responsive website for the First Fitness gym. The website not only presents the club's services but also provides a convenient experience for users on all devices. The project focuses on improving user experience, effectively displaying information, and facilitating easy communication between the gym and its clients.



# Design Decisions

01

## Color Matching

The website uses black and yellow colors. These colors match the real design of the First Fitness gym.

02

## Simplicity First

The main idea is to keep the website simple. Nothing distracts the user, and all information is easy to find.

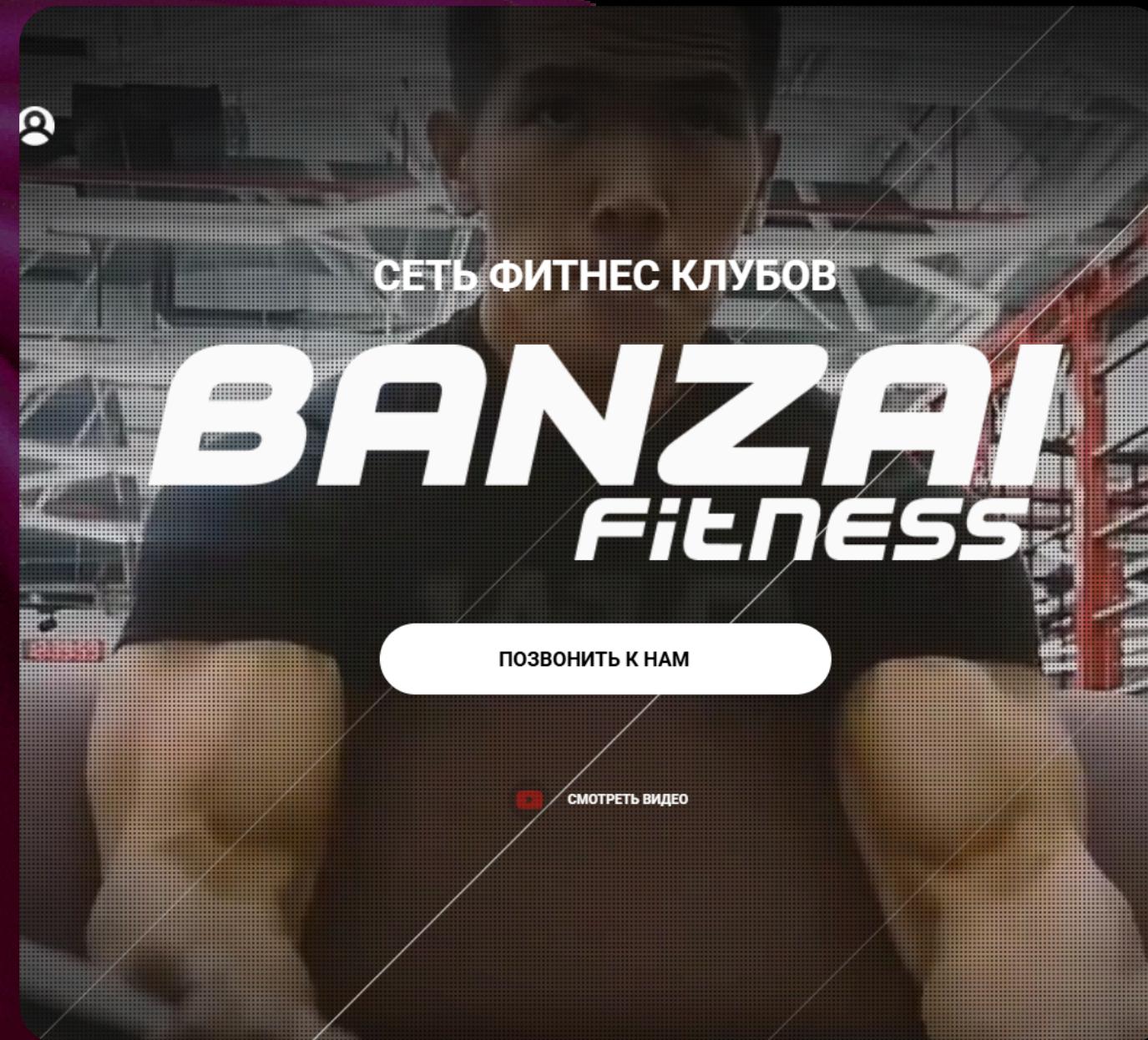
03

## Smooth Experience

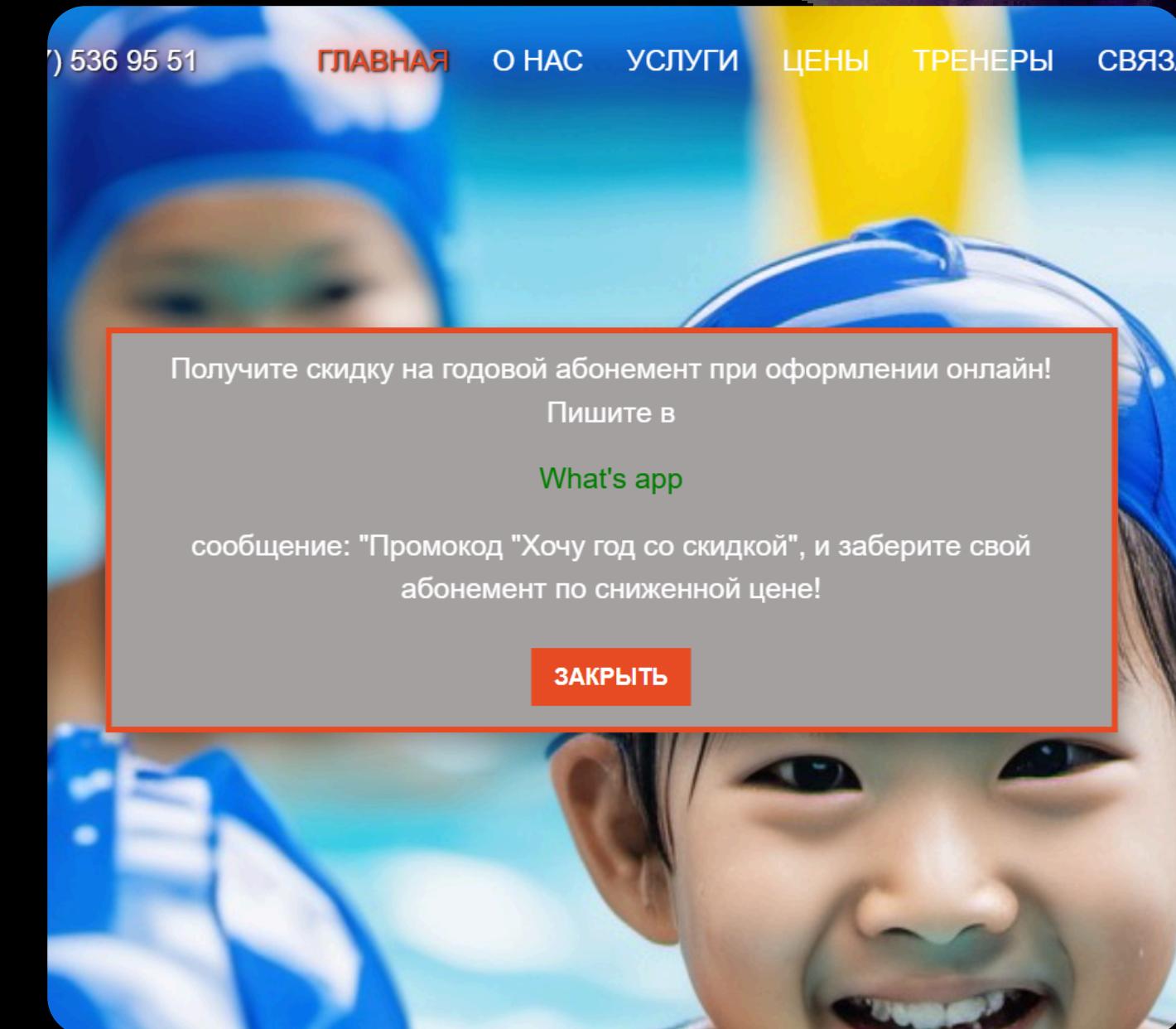
Some animations were added to make the site more interesting. I found ideas for them on YouTube and used them in the project.

# Related Websites

BANZAI GYM



PYRAMYD GYM



# Goals and objectives



## ➤ Modern Design for All Devices

Make a website that looks good on computers, phones, and tablets. Uses HTML5, CSS3, Flexbox, and Bootstrap.

## ➤ Live Class Schedule

A pop-up window shows workout times. Made with JavaScript. Updates automatically for users.

## ➤ Easy Menu

Users can find sections quickly: "About", "Workouts", "Contacts", "Trainers". All links work smoothly.

## ➤ Quick Contact

A contact form to send messages. Users can:

- Choose a topic
- Add phone/email
- See gym location on map

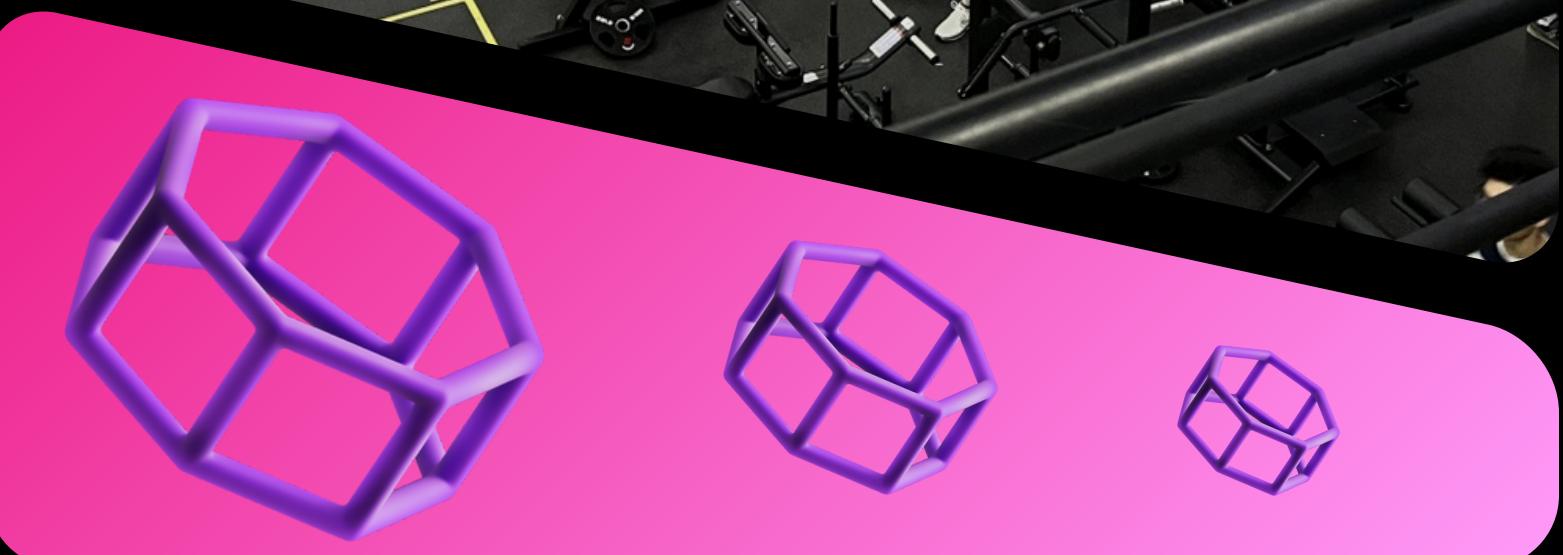
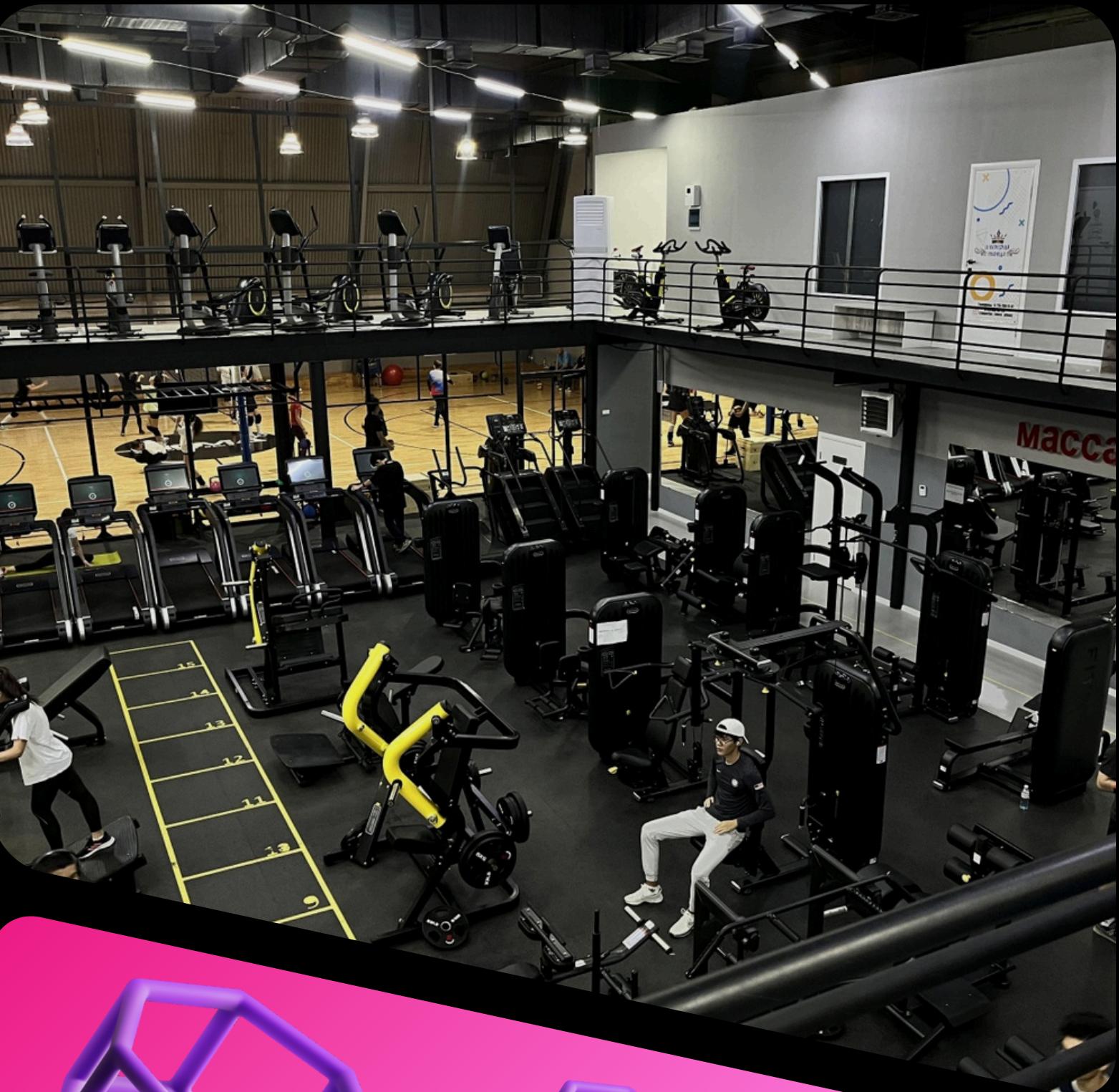
# User & Business Needs

## User Needs:

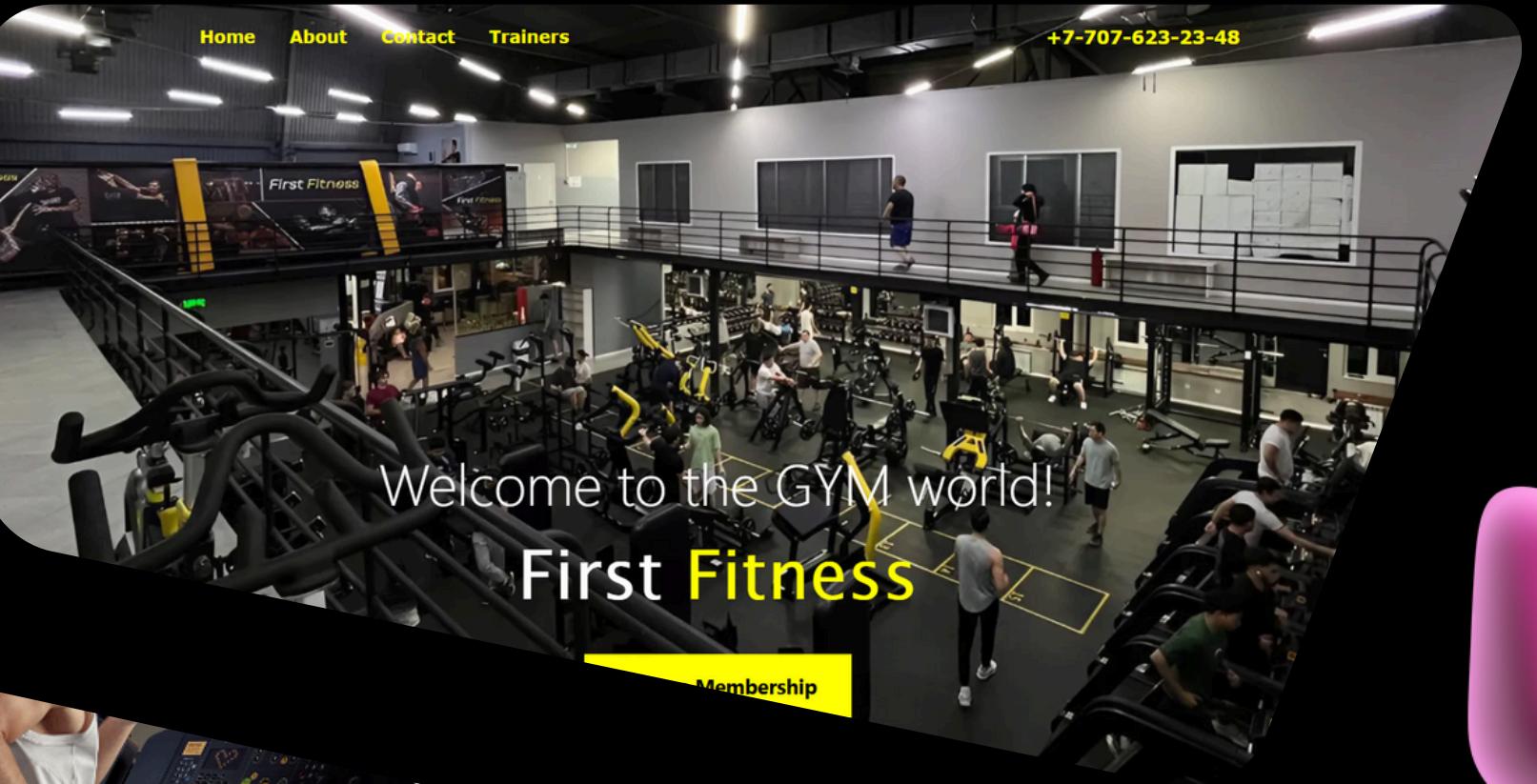
1. See the schedule, choose a sport, and find the gym location.
2. Contact a trainer or the gym staff.

## Business Goals:

1. Attract new clients.
2. Show the brand.
3. Get user messages through the contact form.



# WEB INTERFACE



Our certified trainers will help you achieve your fitness goals.



## Meet Our Professional Team

Certified trainers with years of experience



John Smith is a certified personal trainer specializing in strength and conditioning. John has helped many clients achieve their fitness goals.

# Technology Stack Used

## FRONTEND

- HTML5, CSS3
- Bootstrap 5
- JavaScript

## :ADDITIONAL:

- Google Fonts
- Google Maps API (via iframe)
- Possibility to expand later using PHP and MySQL



# Money and Structure



## IF THE WEBSITE WAS HOSTED:

- Hosting: ~1,000–2,000 KZT per month
- Domain: ~4,000–6,000 KZT per year
- Total: ≈ 20,000 KZT per year (approximately)

## CODE STRUCTURE:

- index.html | style.css | script.js | trainers.html | instruct.css

## CHALLENGES:

- Modal window + JavaScript schedule
- Card layout and mobile adaptation
- Working with forms (validation)

## REFERENCES

- Bootstrap documentation: <https://getbootstrap.com/>
- Youtube – <https://www.youtube.com/watch?v=Bmtu5eNnjK8&t=25791s>
- [https://youtu.be/eMhhI1Wq8JA?si=-pKbeuAq\\_v4BHpLI](https://youtu.be/eMhhI1Wq8JA?si=-pKbeuAq_v4BHpLI)
- Pictures – YANDEX, 2GIS, Self-recording
- Map – Google Maps iframe



THANKS FOR  
ATTENTION