HTML

```
<!DOCTYPE html>
<html lang="en">
<head>
```

```html
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>ABHISHEK GYM</title>
    <link rel="stylesheet" href="GYM.css">
</head>
<body>
    <header id="headder">
        <div id="left">
            <img src="icon.png" alt="">
            <div>
                NIKHIL GYM
            </div>
        </div>

        <div id="mid">
            <nav id="navbar">
                <ul id="nav">
                    <li><a href="null">Home</a></li>
                    <li><a href="null">About Us</a></li>
                    <li><a href="null">Fitness Calculator</a></li>
                    <li><a href="null">Contact Us </a></li>
                </ul>
            </nav>
        </div>

        <div id="right">
            <button class="btn">
                Contact Us Now
            </button>
            <button class="btn">
                E-mail Us
            </button>
        </div>
    </header>

    <div id="main">
        <h3>JOIN THE BEST GYM OF MASHOBRA NOW</h3>
        <form action="backend.js">
            <div class="form-group">
                <input type="text" placeholder="ENTER YOUR NAME ">
            </div>
            <div class="form-group">
                <input type="text" placeholder="ENTER YOUR AGE">
            </div>
            <div class="form-group">
                <input type="text" placeholder="ENTER YOUR GENDER ">
            </div>
            <div class="form-group">
```

```html
                <input type="text" placeholder="ENTER YOUR LOCALITY ">
            </div>
            <div class="form-group">
                <input type="text" placeholder="ENTER YOUR E-mail Id ">
            </div>
            <div class="form-group">
                <input type="text" placeholder="ENTER YOUR PHONE NUMBER">
            </div>

            <button class="subm">
                Submit Now
            </button>
        </form>
    </div>
</body>
</html>
```

CSS

```css
body{
    background: url('bg.jpg');
    height: 1000px;
    color: aliceblue;
    font-family: 'Baloo Bhai', cursive ;
}

#left{
    display: inline-block;
    position:fixed;
    top:12px;
    left: 20px;
}

#left img{
    margin:2px 24px;
    padding:auto;
```

```css
        width:50px;
        filter: invert(100%);
}

#right{
        display: inline-block;
        position:fixed ;
        top:12px;
        right: 20px;
        padding:12px 12px;
}

#mid{
        /* display: block;  */
        position: sticky;
        top:12px;
        width: 45%;
        margin: 12px auto;
}

#navbar ul{
        list-style: none;
}

#navbar li{
        display: inline-block;
        padding:12px 12px;
}

#nav a{
        text-decoration: none;
        color:aliceblue;
        font-size:25px;
}

#nav a:hover{
        color: rgb(151, 156, 160);
        text-decoration: underline;
}

.btn{
        background-color: transparent;
        color: aliceblue;
        font-size:15px ;
        border:1px solid white;
        margin: 0px 8px;
}
```

```css
.btn:hover{
    border:2px solid black;
    font-size: 15px;
    cursor: pointer;
    padding: 4px;
}

#main{
    height:350px;
    width:33%;
    border:3px solid rgb(116, 116, 149);
    position: relative;
    top: 100px;
    left:75px;
    border-radius: 30px;
}

#main h3{
    text-align:center;
}

.form-group input{
    margin: 10px auto;
    padding: 6px;
    border: 1px solid black;
    text-align: center;
    display: block;
    width:308px;
    border-radius: 10px;
}

.subm{
    display: block;
    width: 150px;
    margin:15px auto;
}
```