<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

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

    <title>Elite Fitness Gym</title>

    <style>

        body {

            font-family: Arial, sans-serif;

            margin: 0;

            padding: 0;

            color: #333;

        }

        header {

            background-color: #4a90e2;

            color: #fff;

            padding: 1rem 0;

            position: fixed;

            width: 100%;

            top: 0;

            left: 0;

            z-index: 1000;

        }

        nav ul {

            list-style: none;

            padding: 0;

            margin: 0;

            text-align: center;

        }

        nav ul li {

            display: inline;

            margin: 0 15px;

        }

        nav ul li a {

            color: #fff;

            text-decoration: none;

            font-weight: bold;

        }

        .hero {

            background-image: url(gym2.jpg);

            color: #fff;

            text-align: center;

            padding: 150px 0;

            margin-top: 60px; /\* Adjusted for fixed header \*/

        }

        .hero h1 {

            font-size: 4rem;

            margin: 0;

        }

        .hero p {

            font-size: 1.5rem;

        }

        .container {

            width: 80%;

            margin: 0 auto;

            padding: 2rem 0;

        }

        .intro {

            text-align: center;

            padding: 3rem 0;

        }

        .intro h2 {

            font-size: 2.5rem;

            margin-bottom: 1rem;

        }

        .intro p {

            max-width: 700px;

            margin: 0 auto;

            line-height: 1.6;

        }

        .services, .classes, .testimonials, .contact {

            padding: 2rem 0;

        }

        .services, .classes, .testimonials {

            text-align: center;

        }

        .service-item, .class-item, .testimonial-item {

            margin: 1rem 0;

        }

        .service-item h3, .class-item h3, .testimonial-item h3 {

            margin: 0.5rem 0;

        }

        .contact form {

            max-width: 600px;

            margin: 0 auto;

        }

        .contact form label {

            display: block;

            margin: 0.5rem 0 0.2rem;

        }

        .contact form input, .contact form textarea {

            width: 100%;

            padding: 0.5rem;

            margin-bottom: 1rem;

            border: 1px solid #ddd;

            border-radius: 4px;

        }

        .contact form button {

            background-color: #4a90e2;

            color: #fff;

            padding: 0.5rem 1rem;

            border: none;

            border-radius: 4px;

            cursor: pointer;

            font-size: 1rem;

        }

        footer {

            background-color: #333;

            color: #fff;

            text-align: center;

            padding: 1rem 0;

        }

        /\* Scroll-to-top button \*/

        .scroll-to-top {

            position: fixed;

            bottom: 20px;

            right: 20px;

            background-color: #4a90e2;

            color: #fff;

            padding: 10px 15px;

            border-radius: 50%;

            display: none;

            cursor: pointer;

        }

        /\* Active navigation link \*/

        nav ul li a.active {

            text-decoration: underline;

        }

    </style>

</head>

<body>

    <header>

        <nav>

            <ul>

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

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

                <li><a href="#classes">Classes</a></li>

                <li><a href="#testimonials">Testimonials</a></li>

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

            </ul>

        </nav>

    </header>

    <section class="hero">

        <h1>Welcome to Elite Fitness Gym</h1>

        <p>Your Ultimate Destination for Fitness and Wellness</p>

    </section>

    <div class="container">

        <section id="intro" class="intro">

            <h2>Transform Your Life with Us</h2>

            <p>At Elite Fitness Gym, we believe that fitness is not just about working out; it’s a lifestyle. Our mission is to provide a motivating and supportive environment where you can achieve your personal fitness goals. With cutting-edge equipment, expert trainers, and a range of classes, we cater to all fitness levels and interests. Join us today and start your journey towards a healthier, stronger you!</p>

        </section>

        <section id="services" class="services">

            <h2>Our Services</h2>

            <div class="service-item">

                <h3>Personal Training</h3>

                <p>Our certified personal trainers will work with you one-on-one to create a customized workout plan that fits your goals and needs. Whether you're aiming for weight loss, muscle gain, or overall fitness, we've got you covered.</p>

            </div>

            <div class="service-item">

                <h3>Group Fitness Classes</h3>

                <p>From high-intensity interval training to calming yoga sessions, our group classes are designed to keep you motivated and engaged. Enjoy the energy of a group setting while achieving your fitness goals.</p>

            </div>

            <div class="service-item">

                <h3>Nutrition Counseling</h3>

                <p>Optimize your results with our personalized nutrition counseling. Our experts will help you develop a balanced diet plan that supports your workout regime and enhances your overall well-being.</p>

            </div>

        </section>

        <section id="classes" class="classes">

            <h2>Featured Classes</h2>

            <div class="class-item">

                <h3>Yoga Flow</h3>

                <p>Improve your flexibility, balance, and relaxation with our Yoga Flow classes. Perfect for all skill levels, these sessions will help you find inner peace while enhancing your physical health.</p>

            </div>

            <div class="class-item">

                <h3>Cardio Kickboxing</h3>

                <p>Get your heart pumping with our Cardio Kickboxing classes. This high-energy workout combines cardio and kickboxing techniques to provide a full-body workout that's both effective and fun.</p>

            </div>

            <div class="class-item">

                <h3>Strength Training</h3>

                <p>Build muscle and increase strength with our Strength Training classes. These sessions focus on weight lifting and resistance exercises to help you achieve your strength goals.</p>

            </div>

        </section>

        <section id="testimonials" class="testimonials">

            <h2>What Our Members Are Saying</h2>

            <div class="testimonial-item">

                <p>"Elite Fitness Gym has changed my life. The personal trainers are incredibly supportive, and the community is welcoming. I’ve never felt more motivated to reach my fitness goals." - Jessica M.</p>

            </div>

            <div class="testimonial-item">

                <p>"The variety of classes keeps my workouts interesting and challenging. I look forward to every session and have seen amazing results!" - David L.</p>

            </div>

            <div class="testimonial-item">

                <p>"The nutrition counseling helped me make better food choices and significantly improved my overall health. I highly recommend Elite Fitness Gym to anyone looking to make a change." - Emily S.</p>

            </div>

        </section>

        <section id="contact" class="contact">

            <h2>Get in Touch</h2>

            <form action="#" method="post" id="contactForm">

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

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

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

            </form>

        </section>

    </div>

    <footer>

        <p>&copy; 2024 Elite Fitness Gym. All rights reserved.</p>

    </footer>

    <!-- Scroll-to-top button -->

    <button class="scroll-to-top" id="scrollToTopBtn">↑</button>

    <script>

        // Scroll-to-top functionality

        const scrollToTopBtn = document.getElementById("scrollToTopBtn");

        window.addEventListener("scroll", () => {

            if (document.body.scrollTop > 200 || document.documentElement.scrollTop > 200) {

                scrollToTopBtn.style.display = "block";

            } else {

                scrollToTopBtn.style.display = "none";

            }

        });

        scrollToTopBtn.addEventListener("click", () => {

            window.scrollTo({ top: 0, behavior: "smooth" });

        });

        // Smooth scrolling for navigation links

        document.querySelectorAll('a[href^="#"]').forEach(anchor => {

            anchor.addEventListener('click', function (e) {

                e.preventDefault();

                document.querySelector(this.getAttribute('href')).scrollIntoView({

                    behavior: 'smooth'

                });

            });

        });

        // Active class on navigation links while scrolling

        const sections = document.querySelectorAll('section');

        const navLinks = document.querySelectorAll('nav ul li a');

        window.addEventListener('scroll', () => {

            let current = '';

            sections.forEach(section => {

                const sectionTop = section.offsetTop;

                if (pageYOffset >= sectionTop - 100) {

                    current = section.getAttribute('id');

                }

            });

            navLinks.forEach(link => {

                link.classList.remove('active');

                if (link.getAttribute('href') === '#' + current) {

                    link.classList.add('active');

                }

            });

        });

        // Basic form validation (you can customize it)

        document.getElementById('contactForm').addEventListener('submit', function (e) {

            const name = document.getElementById('name').value;

            const email = document.getElementById('email').value;

            const message = document.getElementById('message').value;

            if (!name || !email || !message) {

                alert("Please fill in all fields before submitting.");

                e.preventDefault();

            }

        });

    </script>

</body>

</html>