

```
<!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;
```

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    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 {
```

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    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

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to all fitness levels and interests. Join us today and start your journey towards a healthier, stronger you!

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.

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.

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.

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.

Cardio Kickboxing

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.

>

Strength Training

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.

>

What Our Members Are Saying

>

"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.

>

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

>

"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.

>

Get in Touch

>

Name:</div>

```
<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";

    }

  });

});
```



```

scrollTopBtn.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'
        });
    });
});

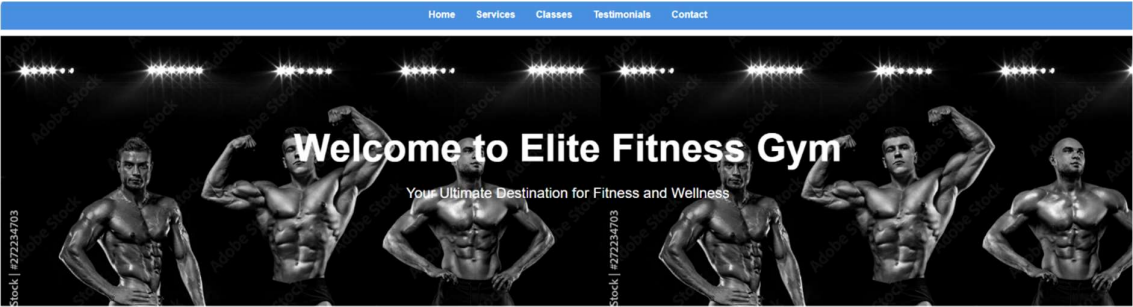
// Active class on navigation links while scrolling
const sections = document.querySelectorAll('section');
const navLinks = document.querySelectorAll('nav ul li a');

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');
        }
    });
});

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    }  
  });  
});  
  
// 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>
```



Transform Your Life with Us

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!

[Home](#)[Services](#)[Classes](#)[Testimonials](#)[Contact](#)

Our Services

Personal Training

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Group Fitness Classes

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.

Nutrition Counseling

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.

Featured Classes

Yoga Flow

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.

Cardio Kickboxing

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.

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What Our Members Are Saying

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

"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.

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Get in Touch

Name:

Email:

Message:

[Send Message](#)