A Project Report on

"GYM WEBSITE"

Submitted in partial fulfillment of the requirements
For the award of the degree of Bachelor of Technology in Computer
Science & Engineering

AKS UNIVERSITY, SATNA
B.Tech (CSE) 5th Semester

Submitted by

Udit kumar gupta (B2255R10106198.)

Under The Guidance of   **Approved by**

Mr. Sajal Kumar Kar   Prof. (DR.) Akhilesh A. Waoo

Assistant Professor Dept. of CSE   (Associate Dean & Head CS/IT)

Department of Computer Science & Engineering
AKS University, Satna (M.P.)

CERTIFICATE

This certify that the project report entitled "**GYM-WEBSITE**" submitted by partial fulfilment of the requirement for the degree of Bachelor of Technology in Computer Science & Engineering in **July-Dec 2024** AKS University, Satna is a bonafide project work carried out by **Udit kumar gupta, Studen,B2255R10106198,** under my supervision. The subject of the project report has been approved by supervisor. This is also to certify that it is his/her original work and no part of this project is report has been submitted for any other degree/diploma.

All the assistance the and help received during the course of the investigation has been duly acknowledged.

1. I am satisfied that the report presented by **Udit kumar gupta** is worthy of consideration for award of the degree.
2. I certify:

   i)   That he/she pursued the prescribed course of research.   ii)

   That he/she bears good moral character.

Place: AKSU, Satna

                                                                    …………………..

Date:…/…./………   **External signature**

……………………….   ………………………………

Supervisor   Head of Department

Mr. Sajal Kumar Kar   **Prof.(DR) Akhilesh A. Waoo**

(Assistant Professor) Dept. of CSE   (Asso. Dean, Professor, CS/IT)

CERTIFICATE BY THE CANDIDATE

I certify that the project report entitled "**E-GYM**" is my own work conducted under the supervision of **Mr. Sajal kumar Kar** (Supervisor), Department of Computer Science, AKS University, Satna (M.P.) for partial fulfilment of the requirement for the degree in Bachelor of Technology in Computer Science & Engineering in **July-Dec 2024.**

I further certify that to the best of my knowledge and belief the project report does not contain any part of this work which has been submitted for the award of any degree either in this university or in any other University/ Deemed University/ Institutes.

- Udit Kumar Gutpa (B2255R10106198) - B.Tech 5th Semester

Place: AKSU, Satna
Date: …./…../………

………………………..

Signature of Candidate

Udit kumar gupta

SELF DECLARATION

I hereby declare that the work presented in this project entitled **"Udit kumar gupta "** towards the partial fulfilment of the requirement for the award of **Degree in B.Tech** in Department of Computer Science, **AKS University, Satna (M.P.)** is an authentic record of my own work.

I have not submitted the matter embodied in the project for the award of any other degree or diploma to any other institute or university.

<div align="right">

…………………………..

Signature of Candidate

Udit kumar gupta

</div>

ACKNOWLEDGEMENT

It is a great for me in taking this opportunity to express my sincere thanks and ineptness to **Prof. (Dr.) Akhilesh A. Waoo**, Head of the Department of CSE, AKS University, Satna (M.P.)

I consider myself lucky enough to have such a great project. This project would add as an asset to my profile.

At this moment of accomplishment, first of all I pay homage to my guide, **Mr. Sajal Kumar Kar**, Assistant Professor Dept. of CSE from AKS University Satna (M.P.). This work would not have been possible without his guidance, support and encouragement. Under his guidance I successfully overcame many difficulties and learned a lot.

I am deeply and forever indebted to my parents for their love, support and encouragement throughout my entire life.

.

ABSTRACT

An gym website is a website by which we can easily connect with gym from any place and the main is the provide a best facility such as which is the best trainer , what is timing ad routine of physical exercise.

This project outlines the development of a user-friendly website for [Gym Name], a fitness centre dedicated to empowering individuals to achieve their health and wellness goals. The website aims to provide a comprehensive online platform for potential and existing members, streamlining information access and engagement with the gym's services.

Key functionalities will include:

- **Informative Content:** A detailed overview of the gym's facilities, class schedules, membership options, pricing structures, and trainer profiles will be readily available.
- **Interactive Features:** Virtual tours of the gym layout, online class registration capabilities, and a member portal for account management (payment processing, schedule updates, etc.) will enhance user experience.
- **Community Building:** Integration of social media feeds, testimonials, and potentially a forum section will foster a sense of community and encourage member interaction.

Target Audience: The website caters to a broad audience seeking a fitness center that caters to their needs. This includes individuals new to exercise routines, those looking for a convenient and supportive environment, and experienced gym-goers seeking a comprehensive facility.

Technical Considerations: The website will be designed with responsiveness in mind, ensuring optimal display across various devices (desktops, tablets, smartphones). Security measures will prioritize user data protection. Content management systems (CMS) will be employed for easy website updates.

Project Benefits: The [Gym Name] website will serve as a central hub for information dissemination, membership management, and community building. It will increase brand awareness, improve accessibility, and ultimately contribute to the gym's growth and success.

TABLE OF CONTENT

INTRODUCTION

Before discuss of gym website let understand about a gym. As we know that now today world fit body play an important role in our daily routine hence to fit a body ,we do some kinds of exercise, play games and other types of work hence now a day some types of club are made for to do exercise by doing hard work , this types of the club is called GYM.A gym is a indoor facility for physical exercise and sports, hence that websites are which are based on gym are called a gym website. A gym website is a website where members can view the fitness class schedule, make a booking and find out what services are offered. A good gym websites should also inform the persona of the gym, inform the audience about the services, Location, training to among the people. A gym website is online platform of gym where people can easily search best gym in his area, and their budget and best trainer for the training and feedback of their customer by which we can easily understand. In gym websites we can easily see a equipment of the gym ,their trainers and their courses and timing . Aa we said before gym website is a online platform means it is online marketing, by which owner of gym can attract a people by their infrastructure of gym, facility, trainers and important thing is discount of their courses.

Taking Charge of Your Health Starts Here

we believe that fitness is a journey, not a destination. Our mission is to empower individuals in Indore and surrounding areas to achieve their health and wellness goals in a supportive and motivating environment. Whether you're a seasoned gym-goer or just starting your fitness journey, we offer a comprehensive range of services and amenities to help you reach your full potential.

Explore Our Website - Your One-Stop Shop for Fitness

This website serves as your central hub for all things [Gym Name]. Here, you'll find everything you need to make informed decisions about your fitness journey:

- **Unveiling Our Facilities:** Dive into a virtual tour of our state-of-the-art gym, equipped with top-notch equipment for cardio, strength training, and functional fitness. We cater to diverse fitness goals with dedicated areas, free weights, weight machines, and cardio machines.
- **Class Schedules at Your Fingertips:** Browse our dynamic class schedule, featuring a wide variety of fitness classes led by certified professionals. From high-energy Zumba

to corestre Pilates, we offer something for every fitness level and preference. Easily register for classes online, ensuring you secure your spot in your favorite workouts.

- **Membership Options Tailored to You:** Discover a variety of membership plans designed to fit your budget and lifestyle. Whether you're seeking a monthly commitment or a more flexible pay-as-you-go option, we have a plan that suits your needs. Each plan provides access to our facilities, classes, and expert guidance.

- **Meet Our Team:** Get to know our dedicated team of trainers who are passionate about helping you achieve your fitness goals. Their expertise, personalized guidance, and motivational support will ensure a safe and effective workout experience.

- **Building a Community of Wellness:** Connect with fellow fitness enthusiasts! Explore our testimonials section to hear inspiring stories from our members who have transformed their lives through fitness. We may even integrate a forum section in the future to foster a sense of community and encourage member interaction.

OBJECTIVE OF THE PROJECT

The primary objective of the fitness website is to create a comprehensive online platform that serves as a **central hub for member acquisition, engagement, and community building**. Here's a breakdown of the specific objectives:

- **Simplify Member Acquisition and Management:** Offer a seamless online registration process for new memberships, allowing users to explore options, compare pricing, and sign up directly through the website.

- **Enhance User Experience and Accessibility:** Provide a user-friendly and responsive website design that is easy to navigate and accessible across various devices. This ensures potential and existing members can find the information they need quickly and conveniently.

- **Streamline Class Registration and Booking:** Enable online registration for fitness classes, allowing members to easily view schedules, reserve spots, and manage their bookings efficiently.

- **Foster a Supportive Community:** Integrate features like testimonials and potentially a forum section to encourage member interaction, share success stories, and build a sense of community around fitness at [Gym Name].

- **Improve Operational Efficiency:** Reduce administrative tasks by offering online account management features for existing members. This may include options for updating personal information, managing payment methods, and viewing class schedules.

- **Data-Driven Decision Making:** The website can track user behavior and engagement to provide valuable insights into member preferences and trends. This data can be used to improve marketing strategies, optimize website content, and tailor offerings to better meet member needs.

- **Promote Member Retention:** Provide valuable resources and ongoing communication through the website to keep members engaged and motivated. This could include workout tips, healthy recipes, fitness challenges, and updates on new classes and gym offerings.

SCOPE OF THE PROJECT

The website's primary goal is to attract new members, retain existing ones, and provide a platform for members to manage their accounts and access gym information.

Features:

- **Informational Pages:**
    - About Us: Briefly describe the gym's philosophy, mission, and staff. ○ Services Offered: Showcase the gym's facilities, equipment, and class schedule (including descriptions). ○ Membership Options: Outline different membership packages, pricing, and benefits. ○ FAQs: Address frequently asked questions about memberships, billing, and gym policies. ○ Contact Us: Provide contact information, including phone number, email address, and a contact form.
- **Member Management Features (Potentially Login Required):**
    - Membership Signup: Allow users to sign up for memberships online.
    - Account Management: Enable members to update personal information, view billing history, and manage their memberships (e.g., freeze or cancel). ○ Class Booking (Optional): Integrate a system for booking spots in fitness classes.
- **Engagement Features (Optional):**
    - Workout Routines and Tips: Offer sample workout plans or fitness advice articles. ○ Success Stories: Showcase member testimonials or progress stories.
    - Trainer Bios (if applicable): Introduce the gym's trainers and their specialties. ○ Social Media Integration: Allow users to connect with the gym's social media pages.

Scope Exclusions: • E-commerce functionality (selling gym apparel or

merchandise).

- Complex appointment scheduling beyond class booking (for personal training sessions, for example).
- Extensive content management system (CMS) for adding blog posts or news articles.
- Features requiring advanced security measures (like online payment processing).

Additional Considerations:

- **Responsiveness:** Ensure the website is mobile-friendly and adaptable to different screen sizes.
- **Accessibility:** Design the website to be accessible for users with disabilities.
- **Search Engine Optimization (SEO):** Optimize website content to improve search ranking for relevant keywords.
- **Content Management System (CMS):** Consider a basic CMS allowing for easy updates to text and image content (like class schedules).
- **Analytics Tracking:** Integrate website analytics to track user behavior and website performance.

Next Steps:

- Finalize project requirements and timeline.
- Design website mockups and user interface (UI).
- Develop website functionality and integrate content management system (if applicable).
- Test and launch the website.

This scope provides a starting point for developing your gym's website. You can customize it further based on your specific needs and budget.

DEFINITION OF PROBLEM

1. **Limited Reach and Awareness:** Many potential gym members are unaware of the gym's existence, services, and unique offerings. Traditional marketing methods might not be reaching the target audience effectively.

2. **Inefficient Information Access:** People interested in the gym struggle to find essential information like class schedules, membership options, pricing, and trainer bios. Current methods (e.g., flyers, phone calls) might be time-consuming and inconvenient.

3. **Cumbersome Sign-up Process:** The current process for signing up for memberships might be complex and deter potential members. A streamlined online signup could significantly improve convenience.

4. **Lack of Engagement:** There's no easy way for members to stay connected with the gym, instructors, and other members. This can lead to a decrease in motivation and overall member satisfaction.

5. **Limited Lead Generation:** The gym lacks a system for capturing leads and nurturing them into paying members.

6. **Inflexible Communication:** Important announcements, schedule changes, or promotions might not reach members effectively through current methods.

7. **Difficulty Managing Memberships:** Managing memberships manually can be time consumming and prone to errors. An online system could streamline this process.

8. **Lack of Member Feedback:** The gym may not have a system for collecting feedback from members, hindering improvement and innovation.

9. **Inaccurate Data:** Manual data entry for memberships and payments can lead to inaccuracies, making it difficult to track key metrics and optimize marketing efforts.

10. **Absence of Online Booking:** The current system for booking classes might be inconvenient and limit member participation. An online booking system could address this issue.

BENEFITS OF PROJECT

1. **Increased Visibility and Reach:** A website makes your gym accessible to anyone with an internet connection, 24/7. This expands your reach beyond your local area and attracts potential members who might not have found you otherwise.

2. **Improved Brand Image:** A professional website portrays your gym as a credible and established business. It allows you to showcase your facilities, class offerings, and team, creating a positive first impression.

3. **Convenient Information Hub:** Provide all the information potential members need on your website. This includes class schedules, pricing, membership options, trainers' bios, and contact details. This saves them time and allows them to make informed decisions.

4. **Simplified Member Management:** Offer online membership sign-up, class booking, and payment options. This streamlines the process for new members and reduces administrative burdens for your staff.

5. **Enhanced Communication:** Keep members informed about schedule changes, special events, promotions, and gym news through website announcements, email lists, and social media integration.

6. **Community Building:** Create a forum or blog section on your website to foster a sense of community among members. Share workout tips, healthy recipes, and inspirational stories to keep them engaged.

7. **Marketing and Promotion:** Promote your gym's unique selling points, special offers, and community events through targeted website content and social media campaigns.

8. **Member Feedback:** Integrate a feedback form on your website to gather valuable insights from members. This helps you improve your services and cater to their needs.

9. **Data Collection and Analytics:** Track website traffic, user behavior, and member sign-ups to gain valuable data. Use this information to optimize your website, marketing strategies, and overall gym operations.

10. **Cost-Effective Marketing:** A website is a cost-effective marketing tool compared to traditional methods like print ads. It allows you to reach a wider audience and showcase your gym's offerings in a dynamic way.

MAIN MODULE OF THE PROJECT

Home page: In here we declare some detail of our gym .It is starting from our navigation bar ,in navigation bar we put home, courses, address, about us, contact. After this bar we write a gym motivation and detail .

Get started: in here this is registration form of our gym, by which people can buy courses and book their slot.

Book session: In here ,we define a courses detail means which type of courses are available ,and what is timing of this courses.

Trainers and training: in here, we details about trainers and training means which trainers are best for the particular practice.

Free courses: in here we create a pages of free courses of our gym. Address: Contact no.: Email id:

TECHNICAL OVERVIEW

. HTML Structure:

- **Foundation:** HTML provides the skeleton of the website. It defines sections like header, navigation, content, and footer using elements like `div`, `section`, and `article`.

- **Content Organization:**
    - Header: Contains the gym logo, name, and potentially contact information. o Navigation: Links to different sections of the website like "About Us," "Classes," "Membership," and "Contact." o Content Area: Displays key information about the gym - services offered, class schedules, trainer profiles (with images), testimonials, etc. Images and videos can be embedded using `<img>` and `<video>` tags respectively.
    - Footer: Includes copyright information, social media links, and possibly another contact section.

- **Forms (Optional):** A simple contact form can be implemented using HTML form elements to allow potential members to get in touch.

2. CSS Styling:

- **Visual Appeal:** CSS takes the basic HTML structure and adds visual design. You can style elements with:
    1. Fonts: Set font styles, sizes, and colors for headings, body text, etc. o Colors: Define a color scheme for the website that reflects the gym's brand. o Backgrounds: Set background colors, images, or gradients for different sections. o Layout: Control the layout of the website using properties like `float`, `margin`, and `padding`. This ensures elements are positioned correctly and content is readable.
    2. Responsiveness: Use media queries to adjust the layout for different screen sizes (desktops, tablets, mobiles) for optimal user experience.

3.javascript:

- We know that javascript is the scripting language this is used to provide feature to website here this is the brain part of the website .JavaScript is a high-level, interpreted programming language primarily used for creating dynamic and interactive web applications. As a cornerstone of web development, it operates alongside HTML and CSS to provide the core functionality for the client-side of web pages.

- JavaScript is a loosely typed language, meaning variables can hold different types of data without the need for explicit declarations.
- It supports event handling, enabling developers to create interactive user interfaces by responding to events like clicks, hovers, and keystrokes.
- Unlike class-based object-oriented languages, JavaScript uses prototypal inheritance, allowing objects to inherit properties and methods directly.
- Functions are treated as first-class objects, meaning they can be assigned to variables, passed as arguments, and returned from other functions.

  Modern JavaScript adheres to the ECMAScript (ES) standard, ensuring compatibility across various web browser

4.php:

   PHP is a wide ly PHP (Hypertext Preprocessor) is a widely-used, open-source scripting language designed specifically for web development. Its primary purpose is to enable dynamic and interactive web content by embedding scripts directly within HTML. Below is an overview of PHP's technical aspect

1. Key Features

- **Server-Side Execution**: PHP scripts are executed on the server, and the resulting HTML is sent to the client's browser.
- **Cross-Platform Compatibility**: PHP runs on various platforms, including Windows, Linux, and macOS, and integrates seamlessly with multiple web servers like Apache, Nginx, and IIS.
- **Database Integration**: PHP supports a wide range of databases, including MySQL, PostgreSQL, SQLite, and MongoDB.
- **Object-Oriented programming (OOP)**: PHP supports OOP principles, enabling developers to create modular and reusable code.
- **Open Source**: PHP is free to use, with an active community contributing to its development and providing extensive documentation.

5:**MYSQL:**

MySQL is an open-source relational database management system (RDBMS) that operates on the principles of the Structured Query Language (SQL). It is widely used for a variety of applications, from small-scale projects to large-scale enterprise systems. This section provides an overview of its key technical features and architectural components.

Key Features of MySQL

1. **Relational Database System**: MySQL organizes data into tables using a relational model, ensuring data integrity and ease of management. Relationships between tables can be defined using primary and foreign keys.
2. **High Performance**:
   o MySQL is optimized for speed and efficiency in data retrieval and manipulation.
   o It supports indexing, caching, and query optimization to enhance performance.
3. **Scalability**:
   o Supports large databases with millions of records. o Allows horizontal scaling using sharding and vertical scaling with advanced configurations.
4. **Cross-Platform Support**:
   o MySQL is platform-agnostic, running on various operating systems including Linux, Windows, macOS, and Unix.
5. **Data Types and Storage Engines**:
   o Provides a rich set of data types, including numeric, string, date/time, and spatial data types.

SYSTEM CONFIGURATION

i

Hardware Requirement

Processor: intel core Due 2.0 GHz or more

RAM: 4 GB or more

Hard Disk: 80 GB or more

Monitor: 15"CRT, or LCD monitor

Keyboard: Normal or multimedia

Mouse: compactible Mouse

Software Requirement
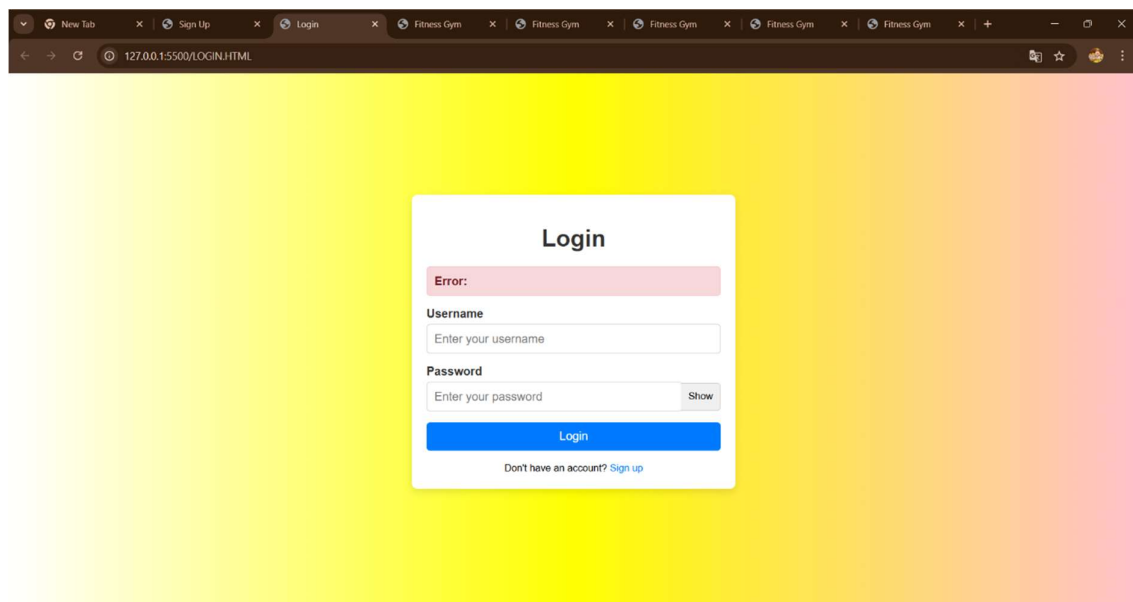
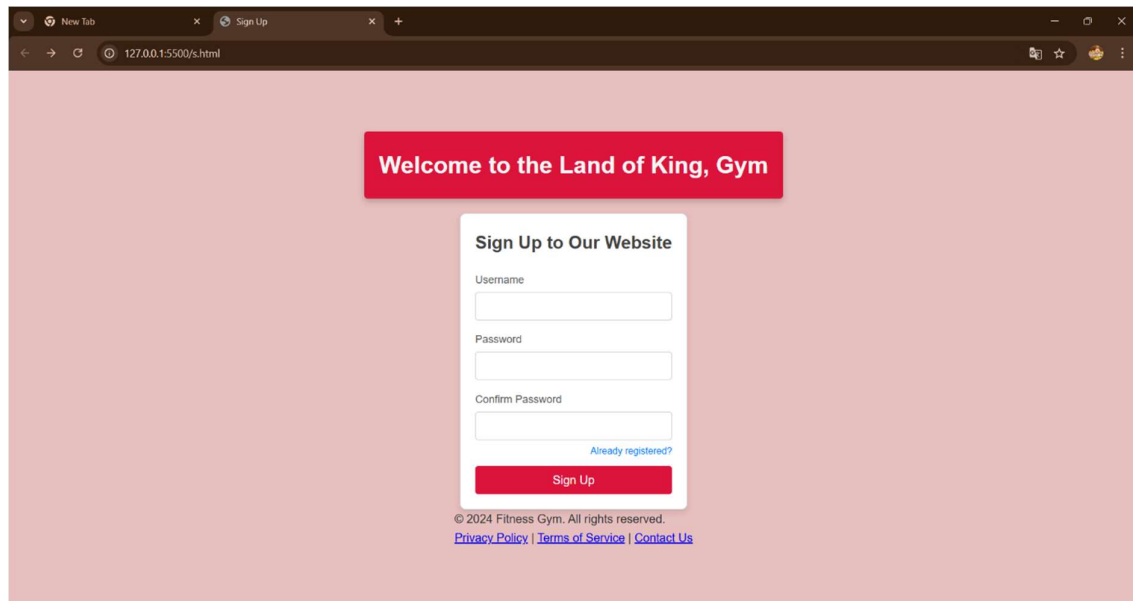Front end: HTML,CSS

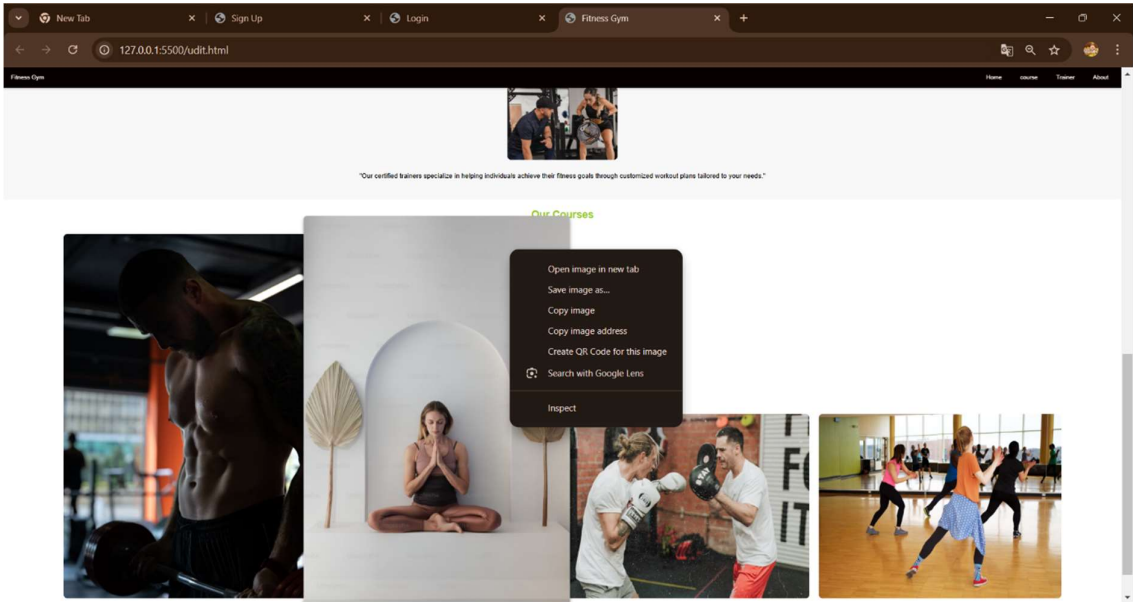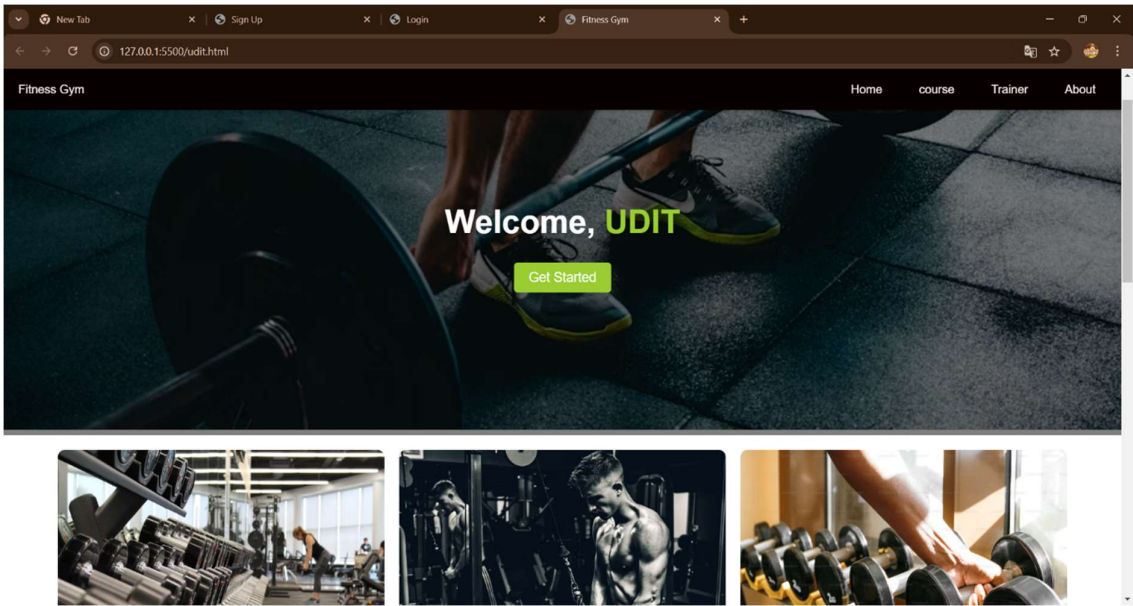Window: window8, window9, window10, window11
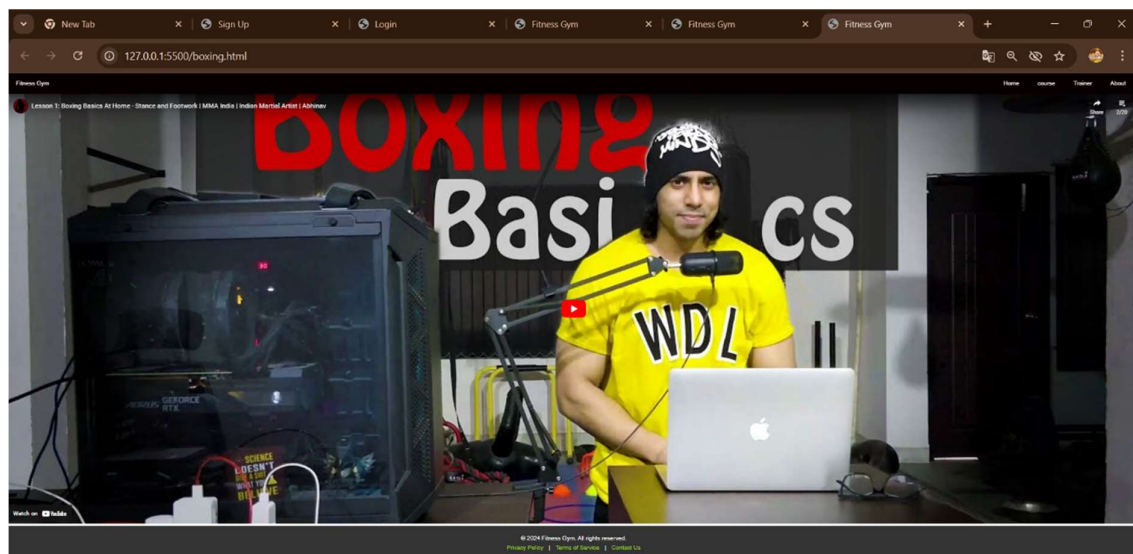
Web server: HTTP server or local server
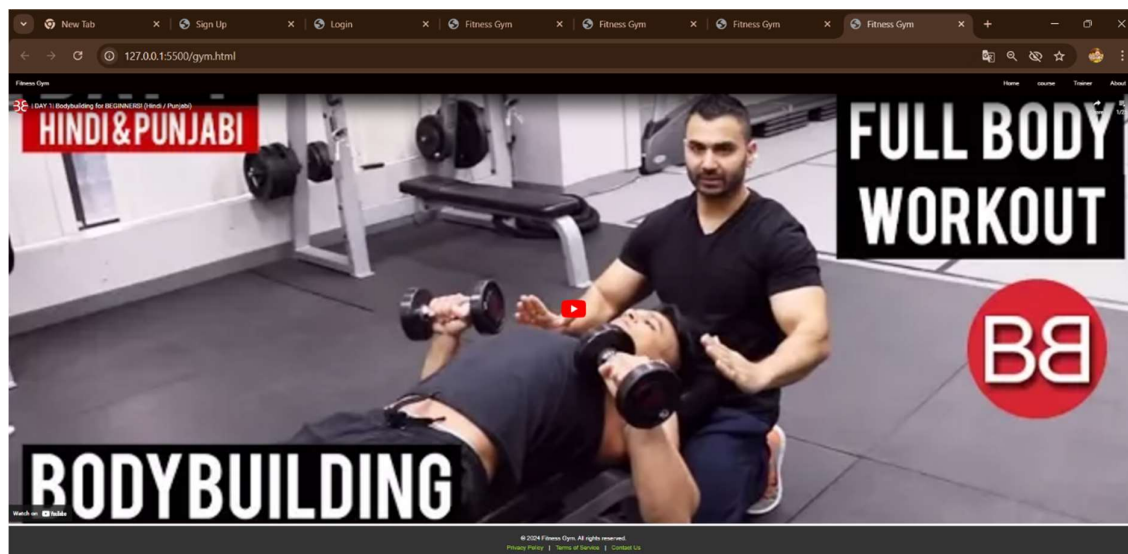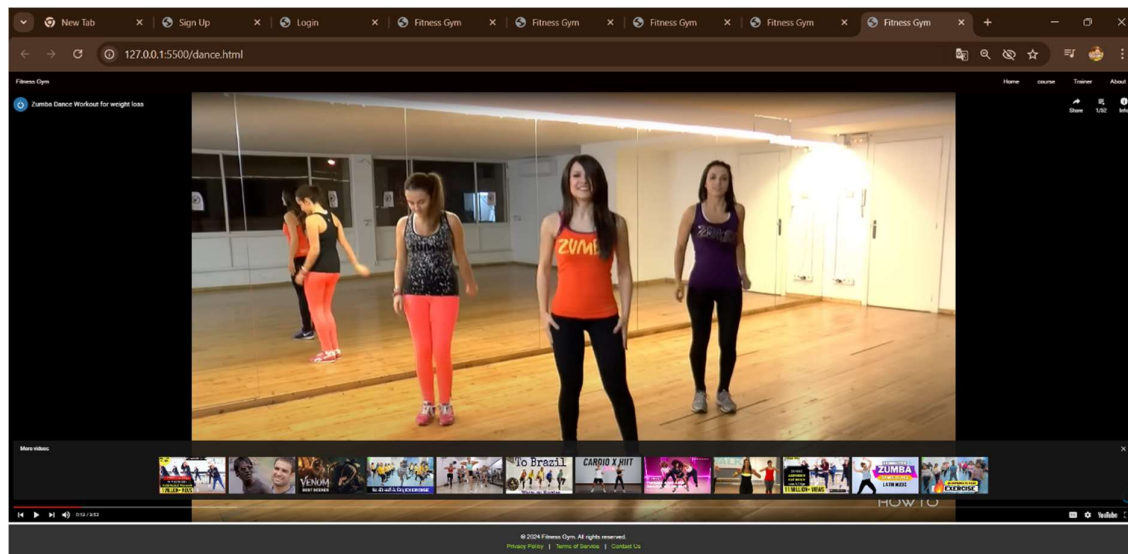
browser   Mozilla Firefox, Google Chrome etc.

addition   visual code studio.

OUTPUT

UDIT KUMAR GUPTA (B2255R101016198   GYM -WEBSITE

UDIT KUMAR GUPTA (B2255R101016198　　　　　　　　GYM -WEBSITE

Coding with explanation

Signup.php

```php
- <?php
$servername = "localhost";
$dbusername = "root";
$dbpassword = "";
$database = "user";

// Create a connection
$conn = new mysqli($servername, $dbusername, $dbpassword, $database);

// Die if connection was not successful
if ($conn->connect_error) {
    die("Sorry, we failed to connect: " . $conn->connect_error);
}

if ($_SERVER["REQUEST_METHOD"] == 'POST') {
    $username = $_POST['username'];
    $password = $_POST['password'];
    $cpassword = $_POST['cpassword'];

    // Check if passwords match
    if ($password == $cpassword) {
        // Store password as plain text (not recommended in real applications)
        // Use prepared statements to avoid SQL injection
        $stmt = $conn->prepare("INSERT INTO user (username, password, date)
VALUES (?, ?, NOW())");
        $stmt->bind_param("ss", $username, $password);

        if ($stmt->execute()) {
            echo "Signup successful!";
        } else {
            echo "Error: " . $stmt->error;
        }

        $stmt->close();
```

```php
  } else {
     echo "Passwords do not match.";
  }

  header("location: welcome.php");
}

$conn->close();
?>
```

```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Sign Up</title>

  <style>

    * {
       margin: 0;
       padding: 0;
       box-sizing: border-box;
    }

    body {
       font-family: 'Arial', sans-serif;
       line-height: 1.6;
    }

    header {
       background-color: rgb(8, 0, 0);
       color: whitesmoke;
       padding: 15px 20px;
       position: sticky;
       top: 0;
       z-index: 1000;
```

```css
        box-shadow: 0 2px 5px rgba(0, 0, 0, 0.2);
    }

    .nav {
        display: flex;
        justify-content: space-between;
        align-items: center;
    }

    ul {
        list-style-type: none;
        display: flex;
        gap: 20px;
    }

    li a {
        text-decoration: none;
        color: whitesmoke;
        padding: 5px 15px;
        transition: all 0.3s;
    }

    li a:hover {
        background-color: yellowgreen;
        border-radius: 5px;
    }

    body {
        font-family: Arial, sans-serif;
        background-color: #e6bfbf;
        color: #333;
        display: flex;
        flex-direction: column;
        align-items: center;
        justify-content: center;
        min-height: 100vh;
        padding: 20px;
    }
```

```css
#welcome {
    background-color: crimson;
    color: whitesmoke;
    padding: 20px;
    border-radius: 5px;
    text-align: center;
    margin-bottom: 20px;
    box-shadow: 0px 4px 8px rgba(0, 0, 0, 0.2);
}

form {
    background-color: #fff;
    border: 1px solid #ddd;
    padding: 20px;
    border-radius: 8px;
    box-shadow: 0px 4px 8px rgba(0, 0, 0, 0.1);
    max-width: 400px;
    width: 100%;
}

form h1 {
    margin-bottom: 20px;
    font-size: 1.5rem;
    color: #444;
}

.form-group {
    margin-bottom: 15px;
    text-align: left;
}

.form-group label {
    display: block;
    font-size: 0.9rem;
    margin-bottom: 5px;
    color: #555;
}
```

```css
.form-group input {
    width: 100%;
    padding: 10px;
    border: 1px solid #ccc;
    border-radius: 4px;
    font-size: 0.9rem;
}

.form-text {
    text-align: right;
    font-size: 0.8rem;
    margin-top: -10px;
    margin-bottom: 10px;
}

.form-text a {
    text-decoration: none;
    color: #007bff;
}

.form-text a:hover {
    text-decoration: underline;
}

button {
    width: 100%;
    padding: 10px;
    background-color: crimson;
    color: #fff;
    border: none;
    border-radius: 4px;
    font-size: 1rem;
    cursor: pointer;
}

button:hover {
    background-color: #d01b3d;
```

```css
    }

    @media (max-width: 500px) {
      form {
        padding: 15px;
      }

      form h1 {
        font-size: 1.3rem;
      }

      button {
        font-size: 0.9rem;
      }
    }
  </style>
```
```html
</head>
<body>
  <header>
    <nav>
      <div class="nav">
        <div>Fitness Gym</div>
        <ul>
          <li><a href="udit.html">Home</a></li>
          <li><a href="#course">course
            </a></li>
          <li><a href="#trainer">Trainer</a></li>
          <li><a href="#about">About</a></li>
        </ul>
      </div>
    </nav>
  </header>

  <div id="welcome">
    <h1>Welcome to the Land of King, Gym</h1>
  </div>

  <div>
```

```html
    <form action="sign.php" method="POST">
      <h1>Sign Up to Our Website</h1>

      <div class="form-group">
        <label for="username">Username</label>
        <input type="text" name="username" class="form-control" required>
      </div>

      <div class="form-group">
        <label for="password">Password</label>
        <input type="password" name="password" id="password"
class="form-control" required>
      </div>

      <div class="form-group">
        <label for="cpassword">Confirm Password</label>
        <input type="password" name="cpassword" class="form-control"
required>
      </div>

      <div class="form-text">
        <a href="login.php">Already registered?</a>
      </div>

      <button type="submit">Sign Up</button>
    </form>
  </div>
  <footer>
    <p>&copy; 2024 Fitness Gym. All rights reserved.</p>
    <p>
      <a href="#">Privacy Policy</a> |
      <a href="#">Terms of Service</a> |
      <a href="#">Contact Us</a>
    </p>
  </footer>
</body>
</html>
```

Login page:
```php
<?php
$server = "localhost";
$user = "root";
$password = "";
$database = "user";

// Create connection
$conn = mysqli_connect($server, $user, $password, $database);

// Check the connection
if (!$conn) {
    die("Connection failed: " . mysqli_connect_error());
}

$login = false;
$showError = false;

if ($_SERVER["REQUEST_METHOD"] == "POST") {
    $username = $_POST['username'];
    $password = $_POST['password'];

    // Use prepared statements for security
    $stmt = $conn->prepare("SELECT * FROM user WHERE username = ? AND password = ?");
    $stmt->bind_param("ss", $username, $password);  // Bind both username and password as strings
    $stmt->execute();
    $result = $stmt->get_result();

    if ($result->num_rows == 1) {
        $login = true;
        session_start();
        $_SESSION['loggedin'] = true;
```

```php
    $_SESSION['username'] = $username;
    header("location: welcome.php");
    exit;
  } else {
    $showError = "Incorrect username or password.";
  }

  $stmt->close();
}
?>
```
```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Login</title>
  <style>
    /* General Styles */
    body {
      margin: 0;
      padding: 0;
      font-family: Arial, sans-serif;
      background-color: #f8f9fa;
      display: flex;
      justify-content: center;
      align-items: center;
      height: 100vh;
    }
    .container {
      max-width: 400px;
      width: 100%;
      padding: 20px;
      background: #fff;
      box-shadow: 0 4px 10px rgba(0, 0, 0, 0.1);
      border-radius: 8px;
    }
    h1 {
      text-align: center;
      color: #333;
      margin-bottom: 20px;
    }
    .alert {
      padding: 10px;
      margin-bottom: 15px;
      border-radius: 5px;
      color: #721c24;
```

```css
        background-color: #f8d7da;
        border: 1px solid #f5c6cb;
    }
    .form-group {
        margin-bottom: 15px;
    }
    label {
        display: block;
        margin-bottom: 5px;
        font-weight: bold;
        color: #333;
    }
    input {
        width: 100%;
        padding: 10px;
        font-size: 16px;
        border: 1px solid #ccc;
        border-radius: 5px;
        box-sizing: border-box;
    }
    .input-group {
        display: flex;
        align-items: center;
    }
    .input-group button {
        padding: 10px;
        background: #f0f0f0;
        border: 1px solid #ccc;
        border-left: none;
        cursor: pointer;
        border-radius: 0 5px 5px 0;
    }
    .input-group input {
        border-radius: 5px 0 0 5px;
        border-right: none;
    }
    .btn {
        width: 100%;
        padding: 10px;
        background: #007bff;
        color: #fff;
        border: none;
        border-radius: 5px;
        font-size: 16px;
        cursor: pointer;
```

```
        text-align: center;
      }
      .btn:hover {
        background: #0056b3;
      }
      .text-center {
        text-align: center;
      }
      a {
        color: #007bff;
        text-decoration: none;
      }
      a:hover {
        text-decoration: underline;
      }
  </style>
</head>
<body>
  <div class="container">
    <h1>Login</h1>

    <!-- Error Alert -->
    <?php if ($showError): ?>
      <div class="alert">
        <strong>Error:</strong> <?= htmlspecialchars($showError) ?>
      </div>
    <?php endif; ?>

    <!-- Login Form -->
    <form action="login.php" method="POST" id="loginForm">
      <div class="form-group">
        <label for="username">Username</label>
        <input type="text" name="username" id="username" placeholder="Enter your
username" required>
      </div>
      <div class="form-group">
        <label for="password">Password</label>
        <div class="input-group">
          <input type="password" name="password" id="password" placeholder="Enter
your password" required>
          <button type="button" id="togglePassword">Show</button>
        </div>
      </div>
      <button type="submit" class="btn">Login</button>
    </form>
```

```html
      <div class="text-center" style="margin-top: 15px;">
        <small>Don't have an account? <a href="register.php">Sign up</a></small>
      </div>
    </div>

  <script>
    // Toggle password visibility
    const togglePassword = document.getElementById('togglePassword');
    const passwordInput = document.getElementById('password');

    togglePassword.addEventListener('click', function () {
      if (passwordInput.type === 'password') {
        passwordInput.type = 'text';
        this.textContent = 'Hide';
      } else {
        passwordInput.type = 'password';
        this.textContent = 'Show';
      }
    });
  </script>
</body>
</html>
```

HOME PAGE:
```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Fitness Gym</title>

  <style>
    * {
      margin: 0;
      padding: 0;
      box-sizing: border-box;
    }

    body {
      font-family: 'Arial', sans-serif;
      line-height: 1.6;
    }

    header {
```

```css
      background-color: rgb(8, 0, 0);
      color: whitesmoke;
      padding: 15px 20px;
      position: sticky;
      top: 0;
      z-index: 1000;
      box-shadow: 0 2px 5px rgba(0, 0, 0, 0.2);
}

.nav {
      display: flex;
      justify-content: space-between;
      align-items: center;
}

ul {
      list-style-type: none;
      display: flex;
      gap: 20px;
}

li a {
      text-decoration: none;
      color: whitesmoke;
      padding: 5px 15px;
      transition: all 0.3s;
}

li a:hover {
      background-color: yellowgreen;
      border-radius: 5px;
}

#welcome-section {
      position: relative;
      text-align: center;
      color: white;
}

#welcome-image {
      width: 100%;
      height: 70vh;
      object-fit: cover;
}
```

```css
#overlay {
   position: absolute;
   top: 0;
   left: 0;
   width: 100%;
   height: 100%;
   background: rgba(0, 0, 0, 0.5);
}

#welcome-text {
   position: absolute;
   top: 50%;
   left: 50%;
   transform: translate(-50%, -50%);
   text-align: center;
}

#welcome-text h1 {
   font-size: 44px;
}

#welcome-text h1 b {
   color: yellowgreen;
}

#welcome-text button {
   margin-top: 20px;
   padding: 10px 20px;
   background-color: yellowgreen;
   color: white;
   border: none;
   border-radius: 5px;
   cursor: pointer;
   font-size: 18px;
   transition: background-color 0.3s;
}

#welcome-text button:hover {
   background-color: darkgreen;
}

#view {
   display: flex;
   flex-wrap: wrap;
   justify-content: center;
```

```css
    padding: 20px;
    gap: 20px;
}

.viewimage {
    width: 30%;
    border-radius: 10px;
    transition: transform 0.3s;
}

.viewimage:hover {
    transform: scale(1.1);
}

#trainer {
    text-align: center;
    padding: 30px;
    background-color: #f8f8f8;
}

#trainer img {
    width: 300px;
    border-radius: 10px;
}

#trainer p {
    margin: 20px;
    font-size: 18px;
}

#courses {
    padding: 20px;
    text-align: center;
}

#courses h2 {
    margin-bottom: 20px;
    font-size: 28px;
    color: yellowgreen;
}

#courses img {
    width: 22%;
    margin: 10px;
    border-radius: 10px;
```

```css
    transition: transform 0.3s, box-shadow 0.3s;
}

#courses img:hover {
    transform: scale(1.1);
    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.3);
}

footer {
    background-color: #333;
    color: white;
    padding: 20px;
    text-align: center;
}

footer a {
    color: yellowgreen;
    text-decoration: none;
    margin: 0 10px;
}

footer a:hover {
    text-decoration: underline;
}


@media (max-width: 768px) {
    .viewimage {
        width: 90%;
    }

    ul {
        flex-direction: column;
        align-items: center;
    }

    li {
        margin: 10px 0;
    }

    #courses img {
        width: 45%;
    }
}
</style>
```

```html
</head>
<body>
  <header>
    <nav>
      <div class="nav">
        <div>Fitness Gym</div>
        <ul>
          <li><a href="udit.html">Home</a></li>
          <li><a href="#course">course
             </a></li>
          <li><a href="#trainer">Trainer</a></li>
          <li><a href="#about">About</a></li>
        </ul>
      </div>
    </nav>
  </header>

  <section id="welcome-section">
    <img src="https://images.unsplash.com/photo-1517836357463-
d25dfeac3438?w=1000&auto=format&fit=crop&q=60" id="welcome-image" alt="Fitness
Gym">
    <div id="overlay"></div>
    <div id="welcome-text">
      <h1>Welcome, <b id="dynamic-name">Guest</b></h1>
      <button onclick="getStarted()">Get Started</button>
    </div>
  </section>

  <section id="view">
    <img src="https://images.unsplash.com/photo-1534438327276-
14e5300c3a48?w=1000&auto=format&fit=crop&q=60" alt="Workout" class="viewimage">
    <img src="https://images.unsplash.com/photo-1507398941214-
572c25f4b1dc?w=1000&auto=format&fit=crop&q=60" alt="Fitness" class="viewimage">
    <img src="https://plus.unsplash.com/premium_photo-1670505062582-
fdaa83c23c9e?w=1000&auto=format&fit=crop&q=60" alt="Yoga" class="viewimage">
  </section>

  <section id="trainer">
    <h2>Our Experienced Trainers</h2>
    <img src="https://plus.unsplash.com/premium_photo-1672862927484-
cfc92dd88081?w=1000&auto=format&fit=crop&q=60" alt="Trainer">
    <p>"Our certified trainers specialize in helping individuals achieve their fitness goals
through customized workout plans tailored to your needs."</p>
  </section>
```

```html
    <section id="courses">
      <h2>Our Courses</h2>
      <img src="https://images.unsplash.com/photo-1628884879718-
60dd217d5c9b?w=1000&auto=format&fit=crop&q=60" alt="Course 1">
      <img src="https://plus.unsplash.com/premium_photo-1669446008800-
9a124b0fd3a2?w=1000&auto=format&fit=crop&q=60" alt="Course 2">
      <img src="https://images.unsplash.com/photo-1517438322307-
e67111335449?w=1000&auto=format&fit=crop&q=60" alt="Course 3" height="500vh">
      <img src="https://images.unsplash.com/photo-1524594152303-
9fd13543fe6e?w=1000&auto=format&fit=crop&q=60" alt="Course 4" height="500vh">
    </section>

    <footer>
      <p>&copy; 2024 Fitness Gym. All rights reserved.</p>
      <p>
        <a href="#">Privacy Policy</a> |
        <a href="#">Terms of Service</a> |
        <a href="#">Contact Us</a>
      </p>
    </footer>

    <!-- <script>
      // Prompt user for their name and update welcome message
      const userName = prompt("Enter your name:");
      if (userName) {
        document.getElementById("dynamic-name").textContent = userName;
      } -->

      <!-- // Smooth scrolling for anchor links
       -->
</script>
</body>
</html>

GYM PAGE:
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Fitness Gym</title>

  <style>
    * {
      margin: 0;
```

```css
    padding: 0;
    box-sizing: border-box;
}

body {
    font-family: 'Arial', sans-serif;
    line-height: 1.6;
}

header {
    background-color: rgb(8, 0, 0);
    color: whitesmoke;
    padding: 15px 20px;
    position: sticky;
    top: 0;
    z-index: 1000;
    box-shadow: 0 2px 5px rgba(0, 0, 0, 0.2);
}

.nav {
    display: flex;
    justify-content: space-between;
    align-items: center;
}

ul {
    list-style-type: none;
    display: flex;
    gap: 20px;
}

li a {
    text-decoration: none;
    color: whitesmoke;
    padding: 5px 15px;
    transition: all 0.3s;
}

li a:hover {
    background-color: yellowgreen;
    border-radius: 5px;
}
```

```css
footer {
    background-color: #333;
    color: white;
    padding: 20px;
    text-align: center;
}

footer a {
    color: yellowgreen;
    text-decoration: none;
    margin: 0 10px;
}

footer a:hover {
    text-decoration: underline;
}
iframe{
    width: 100%;
    height: 80vh;
}


@media (max-width: 768px) {
    .viewimage {
        width: 90%;
    }

    ul {
        flex-direction: column;
        align-items: center;
    }

    li {
        margin: 10px 0;
    }

    #courses img {
        width: 45%;
    }
}
</style>
</head>
<body>
    <header>
        <nav>
```

```html
        <div class="nav">
          <div>Fitness Gym</div>
          <ul>
            <li><a href="udit.html">Home</a></li>
            <li><a href="#course">course
               </a></li>
            <li><a href="#trainer">Trainer</a></li>
            <li><a href="#about">About</a></li>
          </ul>
        </div>
      </nav>
   </header>
<section>

   <iframe
src="https://www.youtube.com/embed/Sou12pLJFCc?list=PL5qo1Sl2GW3cMiepxpnY3vjo7
MPM-ejBh " frameborder="0"></iframe>
</section>

  <footer>
     <p>&copy; 2024 Fitness Gym. All rights reserved.</p>
     <p>
        <a href="#">Privacy Policy</a> |
        <a href="#">Terms of Service</a> |
        <a href="#">Contact Us</a>
     </p>
  </footer>

  <!-- <script>
     // Prompt user for their name and update welcome message
     const userName = prompt("Enter your name:");
     if (userName) {
        document.getElementById("dynamic-name").textContent = userName;
     } -->

     <!-- // Smooth scrolling for anchor links
      -->
</script>
</body>
</html>

DANCE HTML.:
<!DOCTYPE html>
<html lang="en">
<head>
```

```html
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0">
<title>Fitness Gym</title>

<style>
  * {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
  }

  body {
    font-family: 'Arial', sans-serif;
    line-height: 1.6;
  }

  header {
    background-color: rgb(8, 0, 0);
    color: whitesmoke;
    padding: 15px 20px;
    position: sticky;
    top: 0;
    z-index: 1000;
    box-shadow: 0 2px 5px rgba(0, 0, 0, 0.2);
  }

  .nav {
    display: flex;
    justify-content: space-between;
    align-items: center;
  }

  ul {
    list-style-type: none;
    display: flex;
    gap: 20px;
  }

  li a {
    text-decoration: none;
    color: whitesmoke;
    padding: 5px 15px;
    transition: all 0.3s;
  }
```

```css
    li a:hover {
       background-color: yellowgreen;
       border-radius: 5px;
    }



    footer {
       background-color: #333;
       color: white;
       padding: 20px;
       text-align: center;
    }

    footer a {
       color: yellowgreen;
       text-decoration: none;
       margin: 0 10px;
    }

    footer a:hover {
       text-decoration: underline;
    }
    iframe{
       width: 100%;
       height: 80vh;
    }


    @media (max-width: 768px) {
      .viewimage {
         width: 90%;
      }

      ul {
         flex-direction: column;
         align-items: center;
      }

      li {
         margin: 10px 0;
      }

      #courses img {
         width: 45%;
```

```html
          }
        }
    </style>
</head>
<body>
    <header>
      <nav>
        <div class="nav">
          <div>Fitness Gym</div>
          <ul>
            <li><a href="udit.html">Home</a></li>
            <li><a href="#course">course
                </a></li>
            <li><a href="#trainer">Trainer</a></li>
            <li><a href="#about">About</a></li>
          </ul>
        </div>
      </nav>
    </header>
<section>
    <iframe src="https://www.youtube.com/embed/HRkNfdlm5Qs?list=PLpTzWtYX-
XYTIipJ1lp9NoWSEEgOiVuxf" frameborder="0"></iframe>

</section>

    <footer>
      <p>&copy; 2024 Fitness Gym. All rights reserved.</p>
      <p>
        <a href="#">Privacy Policy</a> |
        <a href="#">Terms of Service</a> |
        <a href="#">Contact Us</a>
      </p>
    </footer>

    <!-- <script>
      // Prompt user for their name and update welcome message
      const userName = prompt("Enter your name:");
      if (userName) {
        document.getElementById("dynamic-name").textContent = userName;
      } -->

      <!-- // Smooth scrolling for anchor links
       -->
</script>
</body>
```

```
</html>
```

YOGA PAGE:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Fitness Gym</title>

  <style>
    * {
      margin: 0;
      padding: 0;
      box-sizing: border-box;
    }

    body {
      font-family: 'Arial', sans-serif;
      line-height: 1.6;
    }

    header {
      background-color: rgb(8, 0, 0);
      color: whitesmoke;
      padding: 15px 20px;
      position: sticky;
      top: 0;
      z-index: 1000;
      box-shadow: 0 2px 5px rgba(0, 0, 0, 0.2);
    }

    .nav {
      display: flex;
      justify-content: space-between;
      align-items: center;
    }

    ul {
      list-style-type: none;
      display: flex;
      gap: 20px;
    }

    li a {
```

```css
      text-decoration: none;
      color: whitesmoke;
      padding: 5px 15px;
      transition: all 0.3s;
    }

    li a:hover {
      background-color: yellowgreen;
      border-radius: 5px;
    }



    footer {
      background-color: #333;
      color: white;
      padding: 20px;
      text-align: center;
    }

    footer a {
      color: yellowgreen;
      text-decoration: none;
      margin: 0 10px;
    }

    footer a:hover {
      text-decoration: underline;
    }
    iframe{
      width: 100%;
      height: 80vh;
    }


    @media (max-width: 768px) {
      .viewimage {
        width: 90%;
      }

      ul {
        flex-direction: column;
        align-items: center;
      }
```

```css
      li {
        margin: 10px 0;
      }

      #courses img {
        width: 45%;
      }
    }
  </style>
</head>
<body>
  <header>
    <nav>
      <div class="nav">
        <div>Fitness Gym</div>
        <ul>
          <li><a href="udit.html">Home</a></li>
          <li><a href="#course">course
            </a></li>
          <li><a href="#trainer">Trainer</a></li>
          <li><a href="#about">About</a></li>
        </ul>
      </div>
    </nav>
  </header>
<section>
 <iframe
src="https://www.youtube.com/embed/4ZBUDd4bsyA?list=PL7SWM0gM_hB0Lz35_3R6I3
t06P6dz1-t6" frameborder="0"></iframe>
</section>

  <footer>
    <p>&copy; 2024 Fitness Gym. All rights reserved.</p>
    <p>
      <a href="#">Privacy Policy</a> |
      <a href="#">Terms of Service</a> |
      <a href="#">Contact Us</a>
    </p>
  </footer>

  <!-- <script>
    // Prompt user for their name and update welcome message
    const userName = prompt("Enter your name:");
    if (userName) {
      document.getElementById("dynamic-name").textContent = userName;
```

```
        } -->

        <!-- // Smooth scrolling for anchor links
          -->
</script>
</body>
</html>
BOXING.PAGE:
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fitness Gym</title>

    <style>
        * {
            margin: 0;
            padding: 0;
            box-sizing: border-box;
        }

        body {
            font-family: 'Arial', sans-serif;
            line-height: 1.6;
        }

        header {
            background-color: rgb(8, 0, 0);
            color: whitesmoke;
            padding: 15px 20px;
            position: sticky;
            top: 0;
            z-index: 1000;
            box-shadow: 0 2px 5px rgba(0, 0, 0, 0.2);
        }

        .nav {
            display: flex;
            justify-content: space-between;
            align-items: center;
        }

        ul {
            list-style-type: none;
```

```css
    display: flex;
    gap: 20px;
}

li a {
    text-decoration: none;
    color: whitesmoke;
    padding: 5px 15px;
    transition: all 0.3s;
}

li a:hover {
    background-color: yellowgreen;
    border-radius: 5px;
}


footer {
    background-color: #333;
    color: white;
    padding: 20px;
    text-align: center;
}

footer a {
    color: yellowgreen;
    text-decoration: none;
    margin: 0 10px;
}

footer a:hover {
    text-decoration: underline;
}
iframe{
    width: 100%;
    height: 80vh;
}


@media (max-width: 768px) {
    .viewimage {
        width: 90%;
    }
```

```
        ul {
            flex-direction: column;
            align-items: center;
        }

        li {
            margin: 10px 0;
        }

        #courses img {
            width: 45%;
        }
    }
   </style>
</head>
<body>
   <header>
     <nav>
       <div class="nav">
         <div>Fitness Gym</div>
         <ul>
           <li><a href="udit.html">Home</a></li>
           <li><a href="#course">course
               </a></li>
           <li><a href="#trainer">Trainer</a></li>
           <li><a href="#about">About</a></li>
         </ul>
       </div>
     </nav>
   </header>
<section>

   <iframe
src="https://www.youtube.com/embed/8Z7j1tT4phA?list=PLRkybtl8yoWuAUY03pLdURF
RwYqBjrW1u&index=2" frameborder="0"></iframe>
</section>

   <footer>
     <p>&copy; 2024 Fitness Gym. All rights reserved.</p>
     <p>
       <a href="#">Privacy Policy</a> |
       <a href="#">Terms of Service</a> |
       <a href="#">Contact Us</a>
     </p>
   </footer>
```

```html
    <!-- <script>
      // Prompt user for their name and update welcome message
      const userName = prompt("Enter your name:");
      if (userName) {
         document.getElementById("dynamic-name").textContent = userName;
      } -->

      <!-- // Smooth scrolling for anchor links
       -->
</script>
</body>
</html>
```

Conclusion

In conclusion, the gym website project serves as a comprehensive platform designed to inspire and engage fitness enthusiasts. By offering an intuitive interface, detailed information about gym facilities, membership options, and class schedules, the website bridges the gap between convenience and accessibility. Its integration of personalized fitness plans, interactive features like online booking, and engaging content such as blogs and success stories ensures a well-rounded experience for users.

The project highlights the importance of digital presence in the fitness industry, allowing the gym to reach a broader audience while fostering a sense of community among members. As technology evolves, the website can be further enhanced with features like live streaming classes, AI-based fitness recommendations, and wearable device integration to stay ahead in a competitive market.

Overall, this project demonstrates a successful blend of user-centered design and robust functionality, making it a valuable tool for promoting health and wellness.