https://github.com/explorecodingworldwithhareram/fitnessclub.html.git

```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0" />
  <title>PeakPulse Fitness Club</title>
  <style>
    /* Reset & Base */
    * { box-sizing: border-box; margin: 0; padding: 0; }
    body { font-family: Arial, sans-serif; background: #f5f5f5; color: #333; }
    .container { width: 90%; max-width: 1000px; margin: 0 auto; padding: 20px
0; }
    header { background: #1a1a1a; color: white; padding: 15px 0; }
    header .container { display: flex; justify-content: space-between; align-
items: center; flex-wrap: wrap; }
    header h1 { font-size: 24px; }
    header nav a { color: white; margin: 0 10px; text-decoration: none; }
    header nav a:hover { text-decoration: underline; }
    section { padding: 40px 0; }
    h2, h3 { margin-bottom: 15px; }

    /* Hero */
    .hero { background:
url('https://placehold.co/1200x400/png?text=PeakPulse+Fitness+Club') center/cover
no-repeat; color: white; text-align: center; padding: 80px 20px; }
    .hero h2 { font-size: 36px; margin-bottom: 10px; }
    .hero p { font-size: 18px; margin-bottom: 20px; }
    .btn { background: #e74c3c; color: white; padding: 10px 20px; text-
decoration: none; border-radius: 4px; }
    .btn:hover { background: #c0392b; }

    /* Class Schedule Table */
    table.schedule { width: 100%; border-collapse: collapse; margin-top: 20px; }
    table.schedule th, table.schedule td { border: 1px solid #ddd; padding: 10px;
text-align: left; }
    table.schedule th { background: #e74c3c; color: white; }
```

```css
    table.schedule tr:nth-child(even) { background: #f9f9f9; }

    /* Trainer Profiles */
    .trainers { display: flex; flex-wrap: wrap; gap: 20px; }
    .trainer { background: white; padding: 15px; border: 1px solid #ddd; border-
radius: 4px; width: calc((100% - 40px)/2); }
    .trainer img { width: 100%; height: auto; border-radius: 4px; margin-bottom:
10px; }
    .trainer h4 { margin-bottom: 5px; }
    .trainer p { margin-bottom: 8px; }

    /* Membership Plans */
    .plans { display: flex; flex-wrap: wrap; gap: 20px; }
    .plan { background: white; padding: 15px; border: 1px solid #ddd; border-
radius: 4px; width: calc((100% - 40px)/2); }
    .plan h4 { margin-bottom: 10px; }
    .plan p { margin-bottom: 8px; }
    .plan .price { font-size: 20px; font-weight: bold; color: #e74c3c; }

    /* Blog / Tips */
    .blog-grid { display: grid; grid-template-columns: repeat(auto-fill,
minmax(300px,1fr)); gap: 20px; }
    .blog-card { background: white; border: 1px solid #ddd; border-radius: 4px;
overflow: hidden; }
    .blog-card img { width: 100%; height: auto; }
    .blog-card .content { padding: 15px; }
    .blog-card h4 { margin-bottom: 10px; }
    .blog-card p { color: #555; }

    /* Booking / Contact Form */
    form { background: white; padding: 20px; border: 1px solid #ddd; border-
radius: 4px; }
    form label { display: block; margin: 10px 0 5px; }
    form input, form select, form textarea { width: 100%; padding: 8px; margin-
bottom: 10px; border: 1px solid #ccc; border-radius: 4px; }
    form button { background: #27ae60; color: white; padding: 10px 15px; border:
none; border-radius: 4px; cursor: pointer; }
    form button:hover { background: #1e874b; }

    /* Testimonials */
    .testimonials { background: white; padding: 20px; border-radius: 4px; }
```

```
    .testimonial { margin-bottom: 15px; }
    .testimonial blockquote { font-style: italic; color: #555; border-left: 4px
solid #e74c3c; padding-left: 10px; }
    .testimonial p { margin-top: 5px; font-weight: bold; }

    footer { background: #1a1a1a; color: white; text-align: center; padding: 15px
0; margin-top: 40px; }

    @media (max-width: 768px) {
      .trainers, .plans { flex-direction: column; }
      .trainer, .plan { width: 100%; }
      header .container { flex-direction: column; text-align: center; }
    }
  </style>
</head>
<body>

  <header>
    <div class="container">
      <h1>PeakPulse Fitness Club</h1>
      <nav>
        <a href="#home">Home</a>
        <a href="#schedule">Classes</a>
        <a href="#trainers">Trainers</a>
        <a href="#plans">Membership</a>
        <a href="#blog">Fitness Tips</a>
        <a href="#booking">Join / Contact</a>
      </nav>
    </div>
  </header>

  <section id="home" class="hero">
    <div class="container">
      <h2>Welcome to PeakPulse Fitness Club</h2>
      <p>Your health, strength, and transformation journey starts here.</p>
      <a href="#plans" class="btn">View Membership Plans</a>
    </div>
  </section>

  <section id="schedule" class="container">
    <h2>Class Schedule</h2>
```

```html
    <table class="schedule">
      <thead>
        <tr><th>Day</th><th>Class</th><th>Time</th><th>Trainer</th></tr>
      </thead>
      <tbody>
        <tr><td>Monday</td><td>Yoga</td><td>6:00 AM - 7:00 AM</td><td>Trainer
A</td></tr>
        <tr><td>Tuesday</td><td>HIIT</td><td>7:00 PM - 8:00 PM</td><td>Trainer
B</td></tr>
        <tr><td>Wednesday</td><td>Zumba</td><td>6:00 AM - 7:00 AM</td><td>Trainer
C</td></tr>
        <tr><td>Thursday</td><td>Strength Training</td><td>7:00 PM - 8:00
PM</td><td>Trainer D</td></tr>
        <tr><td>Friday</td><td>Pilates</td><td>6:00 AM - 7:00 AM</td><td>Trainer
A</td></tr>
        <tr><td>Saturday</td><td>Cardio Blast</td><td>9:00 AM - 10:00
AM</td><td>Trainer B</td></tr>
      </tbody>
    </table>
  </section>

  <section id="trainers" class="container">
    <h2>Our Trainers</h2>
    <div class="trainers">
      <div class="trainer">
        <img src="https://placehold.co/300x300/png?text=Trainer+1" alt="Trainer
1">
        <h4>Trainer A</h4>
        <p>Yoga & Flexibility Specialist</p>
      </div>
      <div class="trainer">
        <img src="https://placehold.co/300x300/png?text=Trainer+2" alt="Trainer
2">
        <h4>Trainer B</h4>
        <p>HIIT & Cardio Expert</p>
      </div>
      <div class="trainer">
        <img src="https://placehold.co/300x300/png?text=Trainer+3" alt="Trainer
3">
        <h4>Trainer C</h4>
        <p>Zumba & Dance Fitness Coach</p>
```

```html
          </div>
          <div class="trainer">
            <img src="https://placehold.co/300x300/png?text=Trainer+4" alt="Trainer
4">
            <h4>Trainer D</h4>
            <p>Strength & Weight Training Expert</p>
          </div>
      </div>
    </section>

    <section id="plans" class="container">
      <h2>Membership Plans</h2>
      <div class="plans">
        <div class="plan">
          <h4>Basic Plan</h4>
          <p>Access to gym equipment & open gym hours</p>
          <p class="price">₹1,200 / month</p>
        </div>
        <div class="plan">
          <h4>Standard Plan</h4>
          <p>Basic + 3 group classes per week</p>
          <p class="price">₹2,000 / month</p>
        </div>
        <div class="plan">
          <h4>Premium Plan</h4>
          <p>All classes + personal training session once a month</p>
          <p class="price">₹3,500 / month</p>
        </div>
        <div class="plan">
          <h4>Annual Plan</h4>
          <p>Best value: All Premium benefits for 12 months</p>
          <p class="price">₹36,000 / year</p>
        </div>
      </div>
    </section>

    <section id="blog" class="container">
      <h2>Fitness Tips & Blog</h2>
      <div class="blog-grid">
        <div class="blog-card">
          <img src="https://placehold.co/600x400/png?text=Tip+1" alt="Tip 1">
```

```html
        <div class="content">
            <h4>5 Beginner Mistakes at Gym and How to Avoid Them</h4>
            <p>Starting gym? Learn common mistakes and stay on track.</p>
        </div>
    </div>
    <div class="blog-card">
        <img src="https://placehold.co/600x400/png?text=Nutrition"
alt="Nutrition">
        <div class="content">
            <h4>Nutrition Tips for Muscle Growth</h4>
            <p>What to eat — and when — to fuel your gains effectively.</p>
        </div>
    </div>
    <div class="blog-card">
        <img src="https://placehold.co/600x400/png?text=Workout+Plan"
alt="Workout Plan">
        <div class="content">
            <h4>Weekly Workout Plan for Busy Professionals</h4>
            <p>A balanced workout schedule that fits even tight routines.</p>
        </div>
    </div>
    <div class="blog-card">
        <img src="https://placehold.co/600x400/png?text=Recovery" alt="Recovery">
        <div class="content">
            <h4>Importance of Rest & Recovery in Fitness</h4>
            <p>Why rest days matter — and how to structure them wisely.</p>
        </div>
    </div>
    </div>
</section>

<section id="booking" class="container">
    <h2>Join / Contact Us</h2>
    <form id="join-form">
        <label>Name:<br><input type="text" name="name" required></label>
        <label>Email:<br><input type="email" name="email" required></label>
        <label>Phone:<br><input type="tel" name="phone" required></label>
        <label>Plan Interested:<br>
        <select name="plan" required>
            <option value="">Select Plan</option>
            <option value="Basic">Basic</option>
```

```html
            <option value="Standard">Standard</option>
            <option value="Premium">Premium</option>
            <option value="Annual">Annual</option>
          </select>
        </label>
        <label>Message / Notes:<br><textarea name="message"
rows="3"></textarea></label>
        <button type="submit">Submit</button>
      </form>
      <div id="join-msg" style="margin-top:15px; display:none; color:
green;"></div>
    </section>

    <section id="testimonials" class="container">
      <h2>What Our Members Say</h2>
      <div class="testimonials">
        <div class="testimonial">
          <blockquote>"PeakPulse helped me transform my life — trainers are amazing
and classes are flexible."</blockquote>
          <p>- R. Kumar</p>
        </div>
        <div class="testimonial">
          <blockquote>"Great environment, friendly staff and well maintained
equipment. Highly recommended!"</blockquote>
          <p>- S. Mehta</p>
        </div>
      </div>
    </section>

    <footer>
      <div class="container">
        <p>&copy; 2025 PeakPulse Fitness Club. All rights reserved.</p>
      </div>
    </footer>

    <script>
      document.getElementById('join-form').addEventListener('submit', function(e) {
        e.preventDefault();
        document.getElementById('join-msg').textContent = 'Thank you! We received
your request. We will contact you soon.';
        document.getElementById('join-msg').style.display = 'block';
```

```
        e.target.reset();
    });
  </script>
</body>
</html>
```