



Università degli Studi di Messina

Project of Web Programming

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HanaFitWay Fitness Platform Website

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Table Of Contents:

- 1. Context & Introduction 2
- 2. Design 4
- 3. Database Implementation 8
- 4. Conclusion 10

1. Introduction:

HanaFitWay's fitness platform serves as a consultation booking and client management system. The website provides an engaging interface for potential clients to explore services, book consultations, and register as members, while allowing fitness administrators to manage client data, track consultation booking, and maintain user profiles efficiently.

Customer Features:

- Account creation and authentication system
- Transformation gallery with before/after comparisons
- Service information and program details
- Social media integration (Instagram, YouTube)
- Free sample workout access
- Contact and appointment scheduling

Admin Features:

- Secure admin login system
- Client data management dashboard
- Consultation booking system
- Member analytics and tracking
- Database and system settings

Technical Implementation:

HTML: Structures the website components including:

- Responsive navigation system with social media integration
- Hero section with dynamic image carousel
- Interactive transformation showcase with before/after sliders
- Comprehensive services section
- Professional footer with contact information
- Member authentication forms

CSS: Implements advanced visual design through:

- Custom CSS variables for consistent theming

- Professional fitness-focused color scheme (Yellow #fff200, Black #000000)
- Responsive Bootstrap framework integration
- Advanced transformation slider animations
- Mobile-first responsive design approach
- Custom hover effects and transitions
- Professional typography and spacing

JavaScript: Provides interactive functionality via:

- Dynamic image carousel with automatic rotation
- Before/after transformation sliders with drag functionality
- Responsive navigation toggle
- Header scroll effects and mobile menu controls
- Interactive UI elements and animations

PHP: Manages backend operations including:

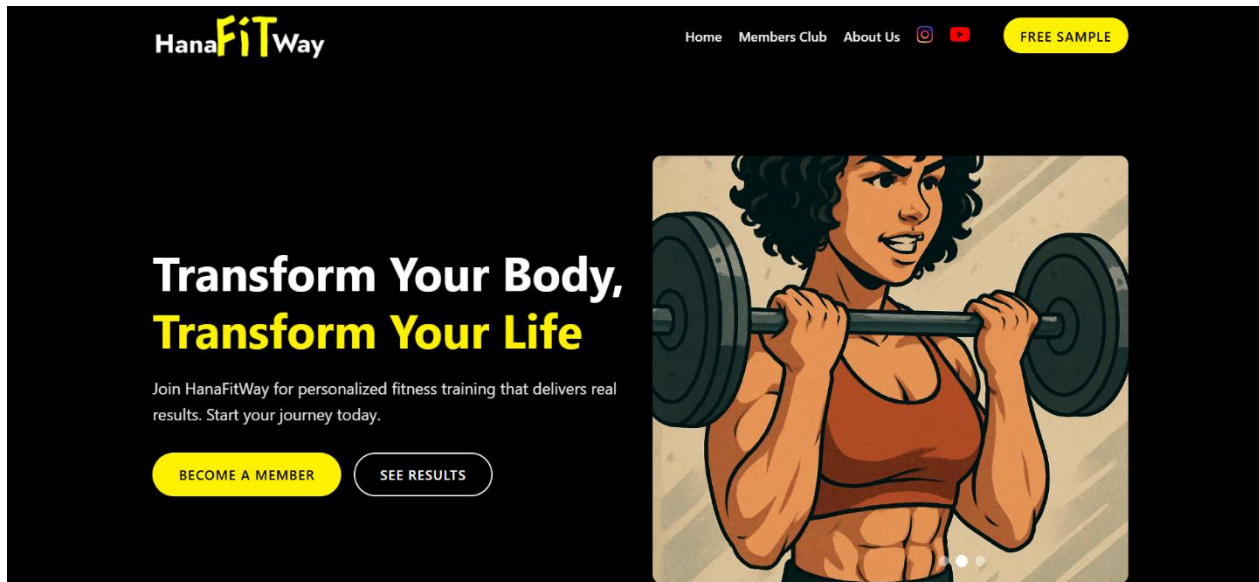
- User authentication and registration (Signup.php, Login.php)
- Admin dashboard functionality (admindash.php)
- Database connectivity (DBconnection.php)
- User session management (Userdash.php)
- Secure logout functionality (logout.php, admin_logout.php)
- Registration processing (process_register.php)

Database Structure:

- User authentication and profile data
- Admin credentials and access control
- Member subscription information
- Consultation booking and scheduling data
- Session management and user tracking

2. Design:

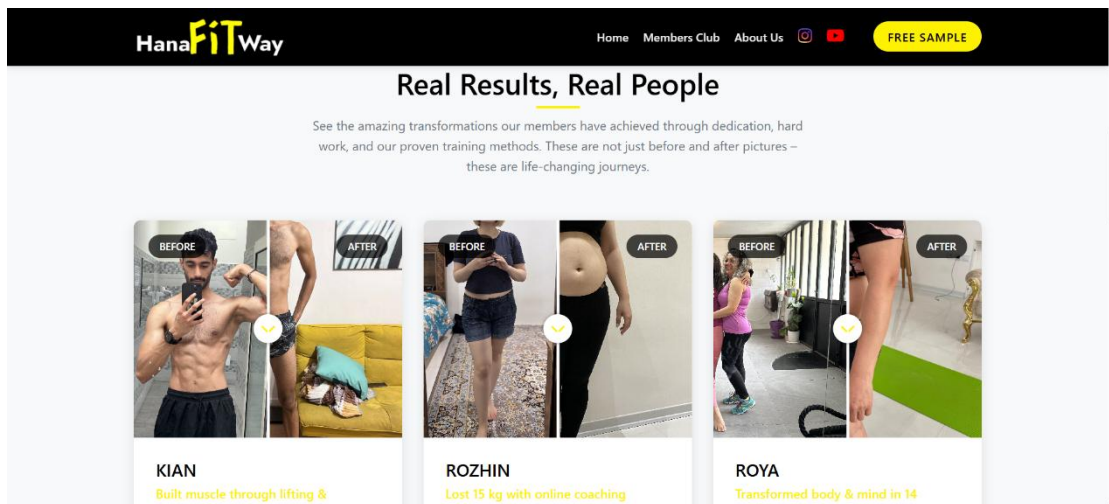
Homepage: Designed with a powerful visual impact featuring a striking black background with yellow accent colors. The hero section includes a dynamic image carousel showcasing fitness transformations and training sessions. Navigation is intuitive with clear sections for Home, Members Club, About Us, and direct social media integration to Instagram and YouTube channels and Free Sample page.



Hero Section: Features compelling messaging "Transform Your Body, Transform Your Life" with prominent calls-to-action for membership signup and viewing transformation results. The rotating image carousel provides visual engagement with multiple fitness-related images.

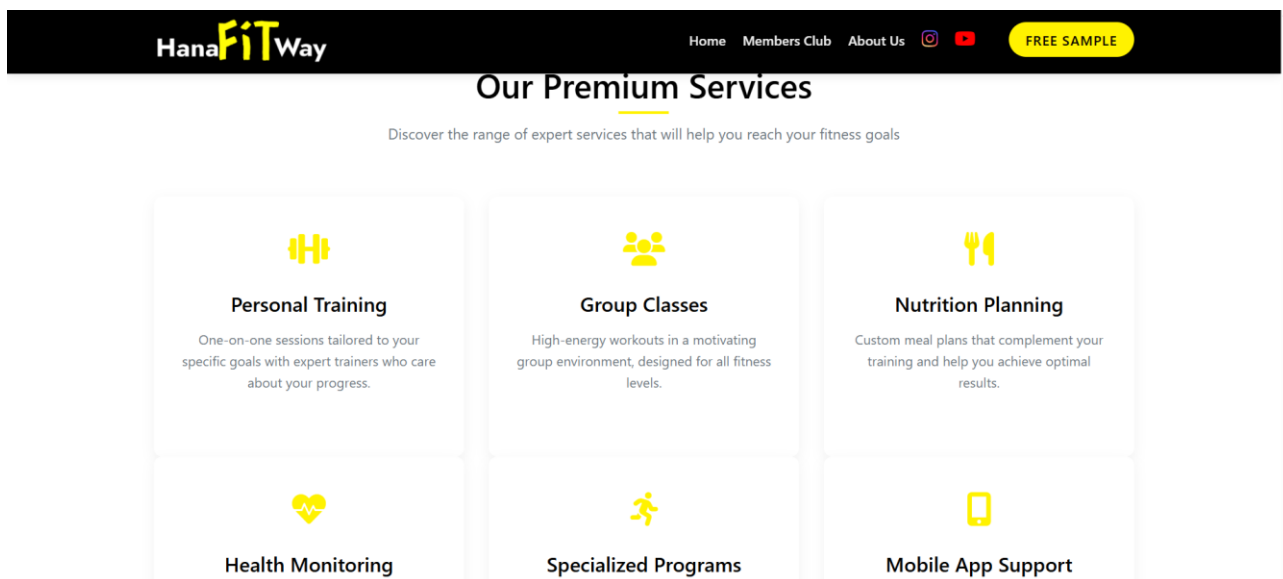
Transformations Showcase: The standout feature displaying real client results with interactive before/after comparison sliders. Each transformation card includes:

- Interactive slider for before/after comparison
- Client testimonials and success metrics
- Achievement statistics (weight loss, muscle gain, duration)
- Professional photography presentation



Services Section: Comprehensive display of six core services:

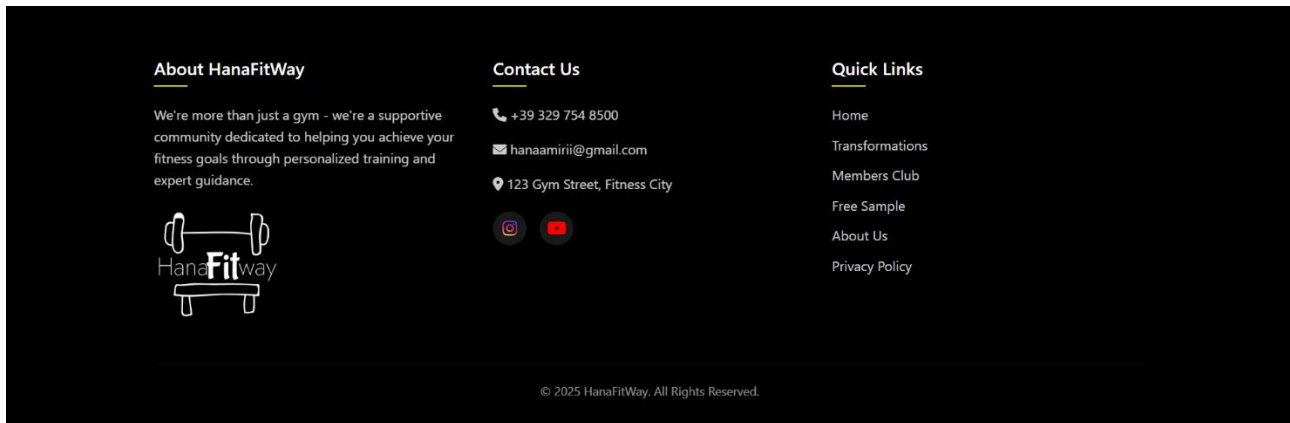
- Personal Training with expert trainers
- Group Classes for community motivation
- Nutrition Planning with custom meal plans
- Health Monitoring and progress tracking
- Specialized Programs for specific goals
- Mobile App Support for member convenience



Member Authentication: Secure login and registration system connecting to the member dashboard.

Social Media Integration: Direct links to Instagram (@hanaamirii) and YouTube (@HanaFitWay) for expanded content and community engagement.

Footer Section: Professional presentation including business information, contact details, quick navigation links, and social media connections. Features the HanaFitWay logo and comprehensive site navigation.



Responsive Design: Mobile-optimized interface ensuring seamless experience across all devices with adaptive layouts and touch-friendly navigation.

3. Database Integration:

Implemented using MySQL, hosted in a Docker environment.

Docker file:

Sets up the base image with PHP and apache. Run `docker-php-ext-install mysqli`:

Installs the `mysqli` extension, which enables communication between PHP and the MySQL database.

```
Dockerfile > ...
1  FROM php:8.1-apache
2  COPY ./src /var/www/html
3  RUN docker-php-ext-install mysqli
4
```

Docker compose: Setup of three Docker containers providing a PHP environment, a MySQL database, and a phpMyAdmin interface for database management.

```
🐳 docker-compose.yml > ...
1  version: '3.8'
   ↳ Run All Services
2  services:
   ↳ Run Service
3      mysql:
4          image: mysql:latest
5          container_name: mysql-Hana-Gym
6          environment:
7              MYSQL_ROOT_PASSWORD: root
8              MYSQL_DATABASE: Hana-Gym
9              MYSQL_USER: Hana
10             MYSQL_PASSWORD: root
11         ports:
12             - "3307:3306" # MySQL default port is 3306
13         volumes:
14             - ./data:/var/lib/mysql
15         command: --default-authentication-plugin=mysql_native_password
16
   ↳ Run Service
17     php:
18         build:
19             context: .
20             dockerfile: Dockerfile
21         container_name: php-Hana-Gym
22         ports:
23             - "8081:80"
24         volumes:
25             - ./src:/var/www/html
26         depends_on:
27             - mysql
28
   ↳ Run Service
29     phpmyadmin:
30         image: phpmyadmin:latest
31         container_name: phpmyadmin-Hana-Gym
32         environment:
33             PMA_HOST: mysql
34             PMA_PORT: 3306
35             MYSQL_ROOT_PASSWORD: root
36         ports:
37             - "8082:80"
38         depends_on:
39             - mysql
```


MYSQL part: Sets up a MYSQL database container for the project. It uses the latest MYSQL image and defines necessary environment variables to configure the database, including the database name, root password, and user credentials.

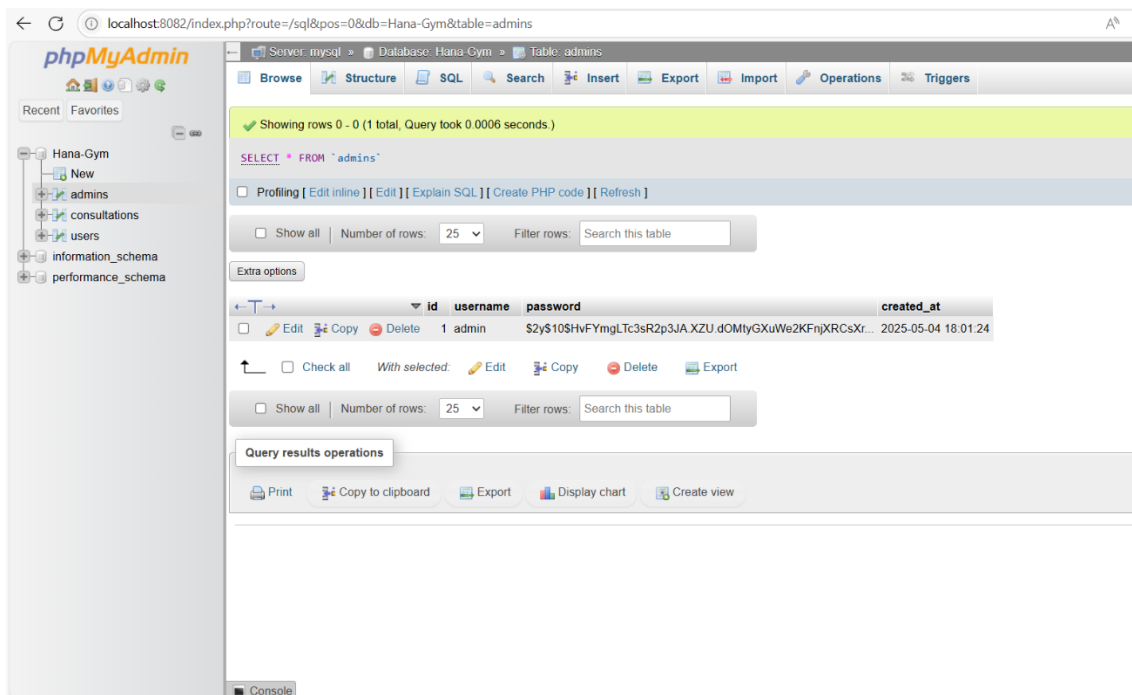
PHP part: Sets up a PHP container that serves the web application, ensuring it can interact with the MySQL database.

PhpMyAdmin part: Sets up a phpMyAdmin interface, which will connect to the MySQL database allowing users to manage the database through a web interface.

Admin Table: Manages administrator credentials.

Users Table: Stores user information, including login details.

Reservations Table: Stores booking details, including user reservations and scheduling information.



4. Conclusion:

The HanaFitWay fitness platform successfully implements a visually striking and functionally robust fitness service website that effectively serves both client and administrative needs. Key achievements include:

- **Visual Impact Design:** Professional fitness-focused aesthetic with compelling transformation showcases that drive user engagement and conversion
- **Interactive User Experience:** Advanced before/after comparison sliders, dynamic carousels, and responsive navigation create an engaging user journey
- **Comprehensive Service Presentation:** Clear categorization of fitness services from personal training to nutrition planning, making it easy for potential clients to understand offerings
- **Social Media Integration:** Seamless connection to Instagram and YouTube platforms, expanding brand reach and community engagement
- **Scalable Technical Architecture:** Docker-based deployment with MySQL database providing reliable, scalable infrastructure for growing membership base
- **Mobile-Optimized Experience:** Responsive design ensuring consistent user experience across all devices and screen sizes
- **Secure Member Management:** Robust authentication system with separate user and admin dashboards supporting membership growth and data management

The platform establishes a strong foundation for a fitness business's digital presence while providing room for future enhancements such as online booking systems, payment integration, and expanded member portal features. The combination of striking visual design and solid technical implementation positions HanaFitWay as a professional fitness brand ready to scale and serve a growing client base.