

ROCOFIT  
(Fitness Club)

END TERM REPORT

*by*

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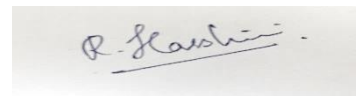
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(Section: K20EN)  
(Roll Number: RK20ENB70)



Department of Intelligent Systems  
School of Computer Science Engineering  
Lovely professional University, Jalandhar  
April-2021

## Student Declaration

This is to declare that this report has been written by us. No part of the report is copied from other sources. All information included from other sources have been duly acknowledged. We aver that if any part of the report is found to be copied, we shall take full responsibility for it.



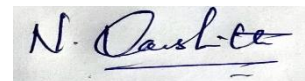
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Place: - Coimbatore, Tamil Nadu

Date: - 30-04-2021

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## BONAFIDE CERTIFICATE

Certified that this project report “ROCOFIT” is the bonafide work of “HARSHINI.R, VIKAS GUPTA, NOTAM VARSHITH” who carried out the project work under my supervision.

Dr. Dhanpratap Singh

Professor

25706

School of Computer Science and Engineering

## BACKGROUND AND OBJECTIVE

### BACKGROUND:

ROCOFIT is a fitness club which houses exercise equipment for the purpose of physical exercise.

In recent years, the number of fitness and health services have increased, expanding the interest among the population. Today, ROCOFIT stands as a reference of health services, rising the adherence to physical activity.

ROCOFIT has a main workout area, which primarily consists of free weights including dumbbells and barbells and the stands and benches used with these items and exercise machines, which use gears, cables and other mechanisms to guide the user's exercise. This area often includes mirrors so that exercisers can monitor and maintain correct posture during their workout.

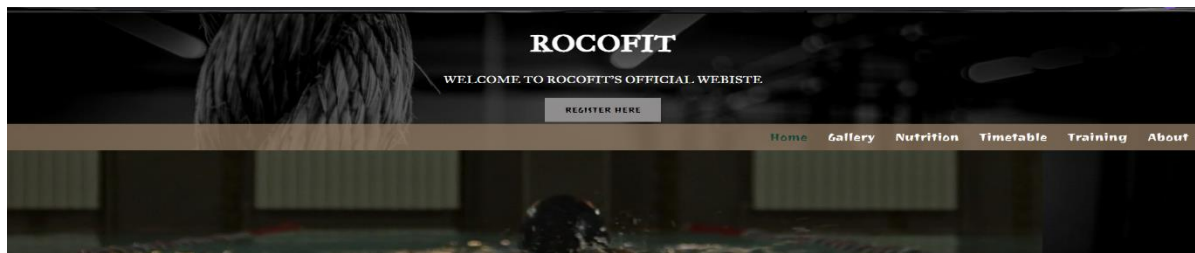
ROCOFIT exclusively consists of free weights (dumbbells and barbells), as opposed to exercise machines, is sometimes referred to as a black-iron gym, after the traditional color of weight plates.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Benefits of regular physical activity:

If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalisation or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.



## Member's Lounge

The perfect place to unwind after your workout. Relax, read the papers, chat with other members and friends as well as enjoy complimentary soft drinks, tea and coffee in the members' lounge.



## WORLD CLASS FACILITIES

Across the world, because members enjoy Fitness First like their second home, we strive to keep consistency in the look and feel of all our clubs by maintaining the world-class facilities we offer and the high standard of service.



"ROCOFIT is more than a place where high performers come to be their best. We've transformed every aspect of our membership to encompass integrated digital and in-club offerings to keep you at your best—all the time, any time."



## GYM



Within our clubs we've developed a brand new type of gym that integrates numerous types of training in a really social, open-plan layout. It's divided into specialised zones – we have areas for cardio, free weights, weights machines, functional training and more. With so much choice, it's really easy to keep your workout interesting and fresh at ROCOFIT.

## TENNIS COURTS & FACILITIES



Given our love of tennis, it's no surprise that our facilities are second to none. We've got the world's largest team of qualified coaches, as well as 850 match-quality courts, both indoors and outdoors. It means you can have a lesson, play a match or practice your serve all year round, whatever the weather. And our tennis courts are unique, really, only at ROCOFIT.

Our clubs are also home to vibrant communities of tennis-lovers, with competitions, matches and social events making it easy to find new people to play, whatever your level.

## SWIMMING POOL & SPA FACILITIES



Here at ROCOFIT, we offer a wide range of facilities and services for the whole family. With both indoor and outdoor pools at the majority of our clubs, you can look forward to swimming all year round, regardless of the weather. Our pools are suitable for both intensive training and relaxing play-time for the kids. Plus, with special shallow, splash pools at most clubs and trained lifeguards on constant watch during family swim sessions, allow your kids to enjoy the water with complete peace of mind.

Once you're out of the pool, relax in our state-of-the-art spas, complete with sauna, steam-room and whirlpools depending on your club.

## Contact Form

First Name\*

Last Name\*

Membership Number\*

Email\*

Location

Let us know your comments, concerns or requests\*:

## OBJECTIVE:

### A healthier state of mind

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

The ultimate goal of a gym is to help make its members healthier. Some health clubs require that new members undergo a health assessment. You will be weighed and a staff member will measure your body fat composition. These tests should not replace a proper wellness examination from your doctor. You should also consult your doctor before joining a health club, particularly if you are new to exercise.

### Personal Trainers

Most health clubs employ personal trainers. Keep in mind that they charge by the hour, and that this cost is separate from your basic health-club membership fees. Some health clubs give you a free session with a trainer when you join. Personal trainers help safely take your workouts to the next level. At the same time, you will work harder than ever before. A trainer helps guide you through both strength training and cardiovascular workouts. You do not have to sign up with a trainer immediately upon joining a health club, but only if you feel you need to increase the intensity of your workouts under professional guidance. Pick a trainer with an accredited national certification.

To build a culture of non-judgement and celebration of each other's progress

- To build a supportive and inclusive culture, free from assumptions about identity and appearance.
- To empower people to create healthy training habits
- To engage people who are excluded from most training facilities
- To provide high quality coaching and training facilities
- To have fair pricing models, remaining as affordable as possible
- To be a financially sustainable organisation, free from reliance on external funding
- To work with local community groups to improve our offer and accessibility for all members of our local communities. Further, we wish to reach out to communities most likely to feel excluded from mainstream commercial gyms.
- To empower people to improve their own physical and mental well-being

## DESCRIPTION OF PROJECT

### Modules

#### HOME:

In this part of the website, you come to know about our Rocofit Fitness Club and the facilities provided by us so that you can get your membership. You can also fill up your doubts in the Contact form which will be successfully submitted.

You can also become a member of the RCOFIT and can sign up by entering your basic details.

#### GALLERY:

In Gallery section you can find the best workout routines done in the luxurious ROCOFIT'S club and get to know about the importance of exercise. It has amazing effects when you click on those photos.

#### NUTRITION:

This part of the website provides it's readers as well as it's member to have perfect diet routine to maintain a fit and healthy material. It contains the articles written by ROCOFIT's specialists.

#### TIMETABLE:

You can find out the Special timetable prepared by the best Trainers around the world to provide the best benefits for you.

You can also come to know about the Class Etiquette and know about the membership details.

#### TRAINING:

This page explains the importance of the different types of exercise and tells you when and how it should be done so that you get the best result/

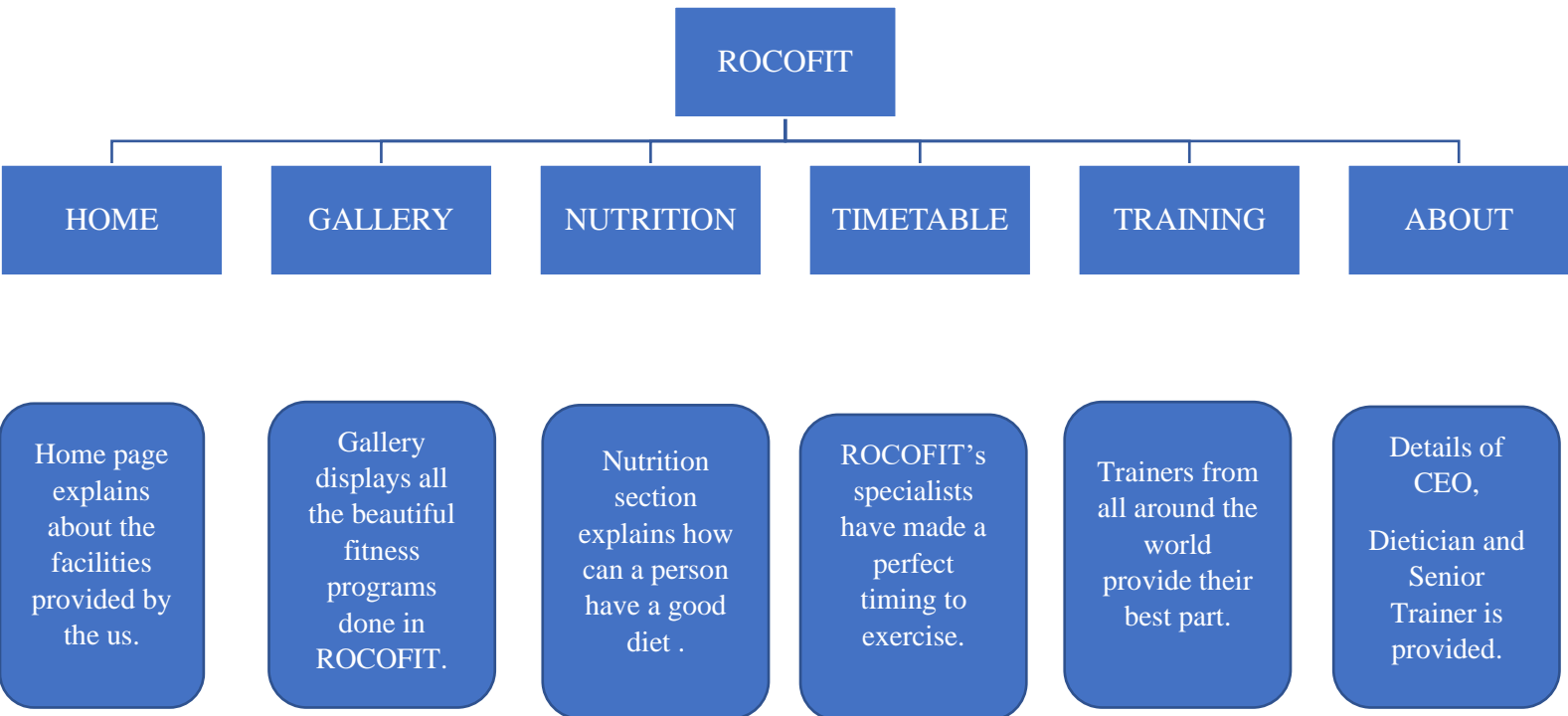
#### ABOUT:

This page contains all the important details about the CEO and Founder of ROCOFIT, Senior Dietician and our Senior Trainer.

They are very well experienced and their contact is much needed for those who need to join ROCOFIT.



FLOWCHART



## ROLES OF EACH THE MEMBERS

### HARHINI R:

1. Create modules like Nutrition, Timetable, Gallery.
2. Do the whole navigation bar and header section.
3. Make the up button at footer part.
4. Help designing the whole website.
5. Set the layouts.
6. Do the whole responsive coding.
7. Help group mates in their part of work.

### VIKAS GUPTA:

1. Create modules like screenshots, Home, Training, About.
2. Make the footer section.
3. Help in designing the whole website.
4. Help in setting the layouts.
5. Help group mates in their part of work.

### NOTAM VARSHITH

1. Create modules like Signup, Thanks, Submit.
2. Help in designing the whole website.
3. Help group mates in their work.
4. Help in making header section.

## IMPLEMENTATION OF SCHEDULED WORK OF PROJECT

First page is our home page in this page we use many interesting techniques like we use a beautiful background image and we created an amazing navigation bar also with six parts with beautiful hover effect . There is also a video after the navbar. There is also a contact form where you can write your comments and rate us.

# ROCOFIT


WELCOME TO ROCOFIT'S OFFICIAL WEBSITE

REGISTER HERE

Home Gallery Nutrition Timetable Training About

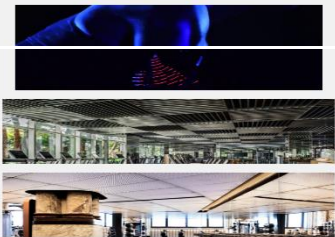
### Member's Lounge

The perfect place to unwind after your workout. Relax, read the papers, chat with other members and friends as well as enjoy complimentary soft drinks, tea and coffee in the members' lounge.




### WORLD CLASS FACILITIES

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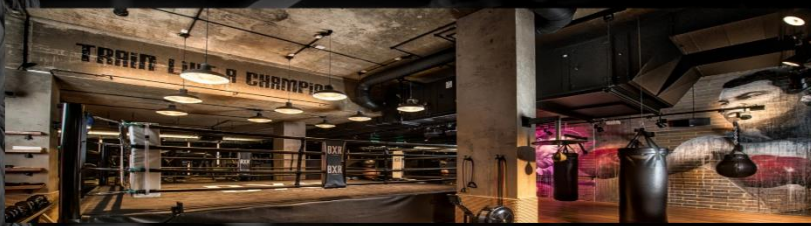


### ONLY AT EQUINOX

ROCOFIT is more than a place where high performers come to be their best. We've transformed every aspect of our membership to encompass integrated digital and in-club offerings to keep you at your best – all the time, any time.




### GYM



Within our clubs we've developed a brand new type of gym that integrates numerous types of training in a really social, open-plan layout. It's divided into specialised zones – we have areas for cardio, free weights, weights machines, functional training and more. With so much choice, it's really easy to keep your workout interesting and fresh at ROCOFIT.


### TENNIS COURTS & FACILITIES



Given our love of tennis, it's no surprise that our facilities are second to none. We've got the world's largest team of qualified coaches, as well as five match-quality courts, both indoors and outdoors. It means you can have a lesson, play a match or practice your serve all year round, whatever the weather – and you can book courts in advance really quickly with our app too.

Our clubs are also home to vibrant communities of tennis-lovers, with competitions, matches and social events making it easy to find new people to play, whatever your level.

### SWIMMING POOL & SPA FACILITIES



Here at ROCOFIT, we offer a wide range of facilities and services for the whole family. With both indoor and outdoor pools at the majority of our clubs, you can look forward to swimming all year round, regardless of the weather. Our pools are suitable for both intensive training and relaxing play-time for the kids. Plus, with special shallow, splash pools at most clubs and trained lifeguards on constant watch during family swim sessions, allow your kids to enjoy the water with complete peace of mind.

Once you're out of the pool, relax in our state-of-the-art spas, complete with sauna, steam-room and whirlpools depending on your club.

### Contact Form

First Name\*

Last Name\*

Membership Number\*

Email\*

Phone\*

Location

Let us know your comments, concern or requests\*

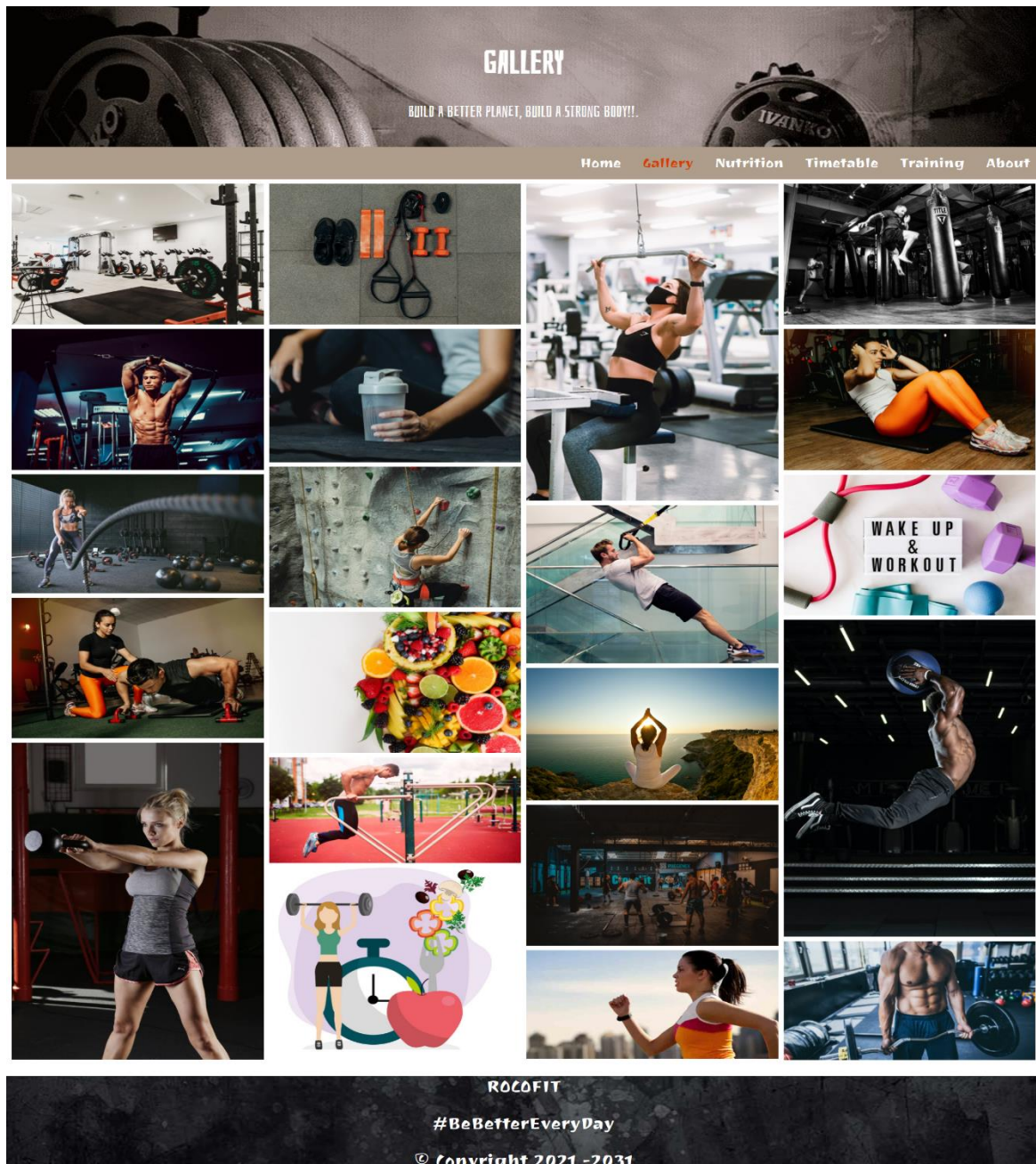
Submit

# ROCOFIT

#BeBetterEveryday

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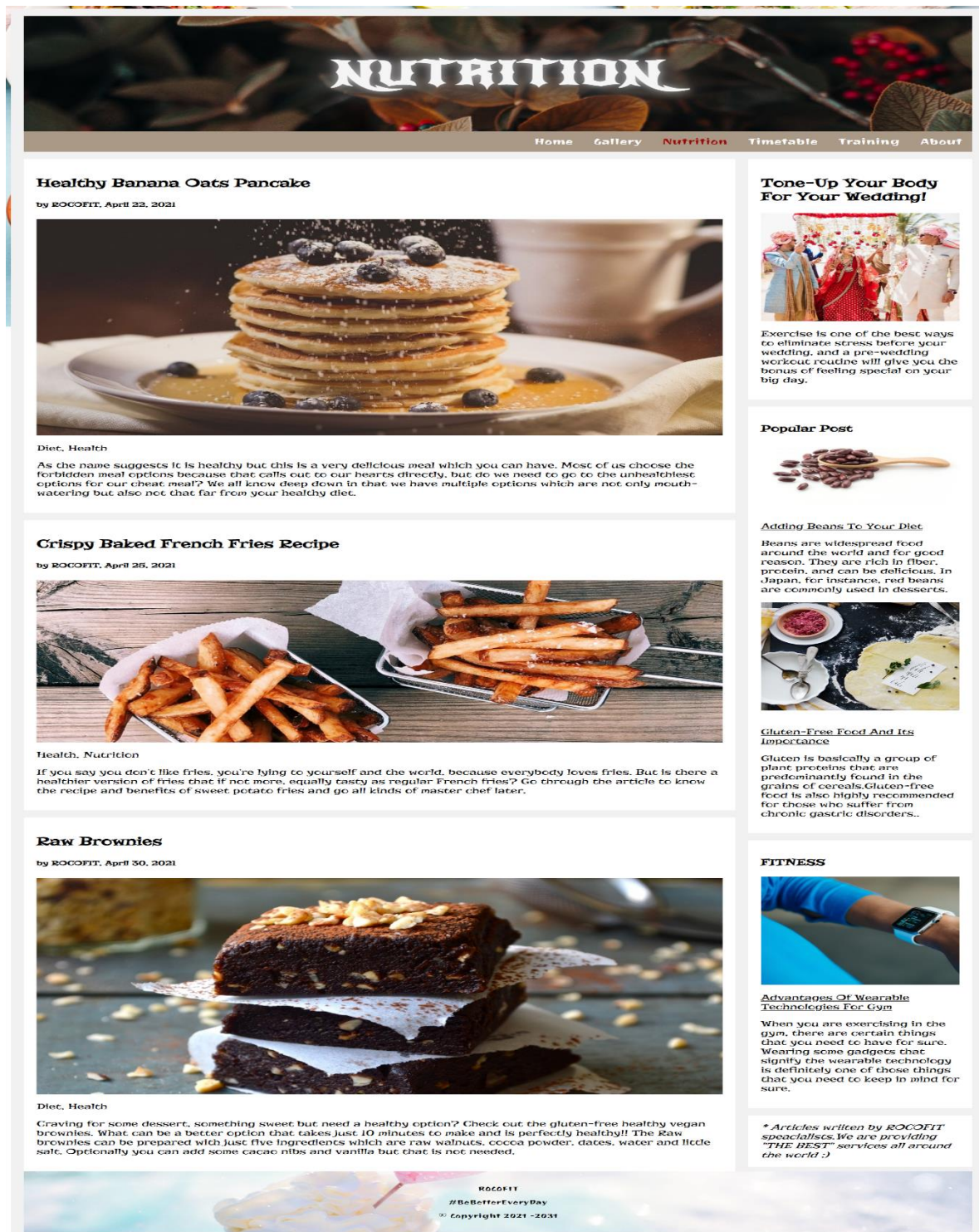
Second page is our Gallery page and it basically about the activities done here in our ROCOFIT's club. We have given a good header and footer background image. We have also arranged the images in order and gave it effect which when you move your cursor on a particular photo it shakes .



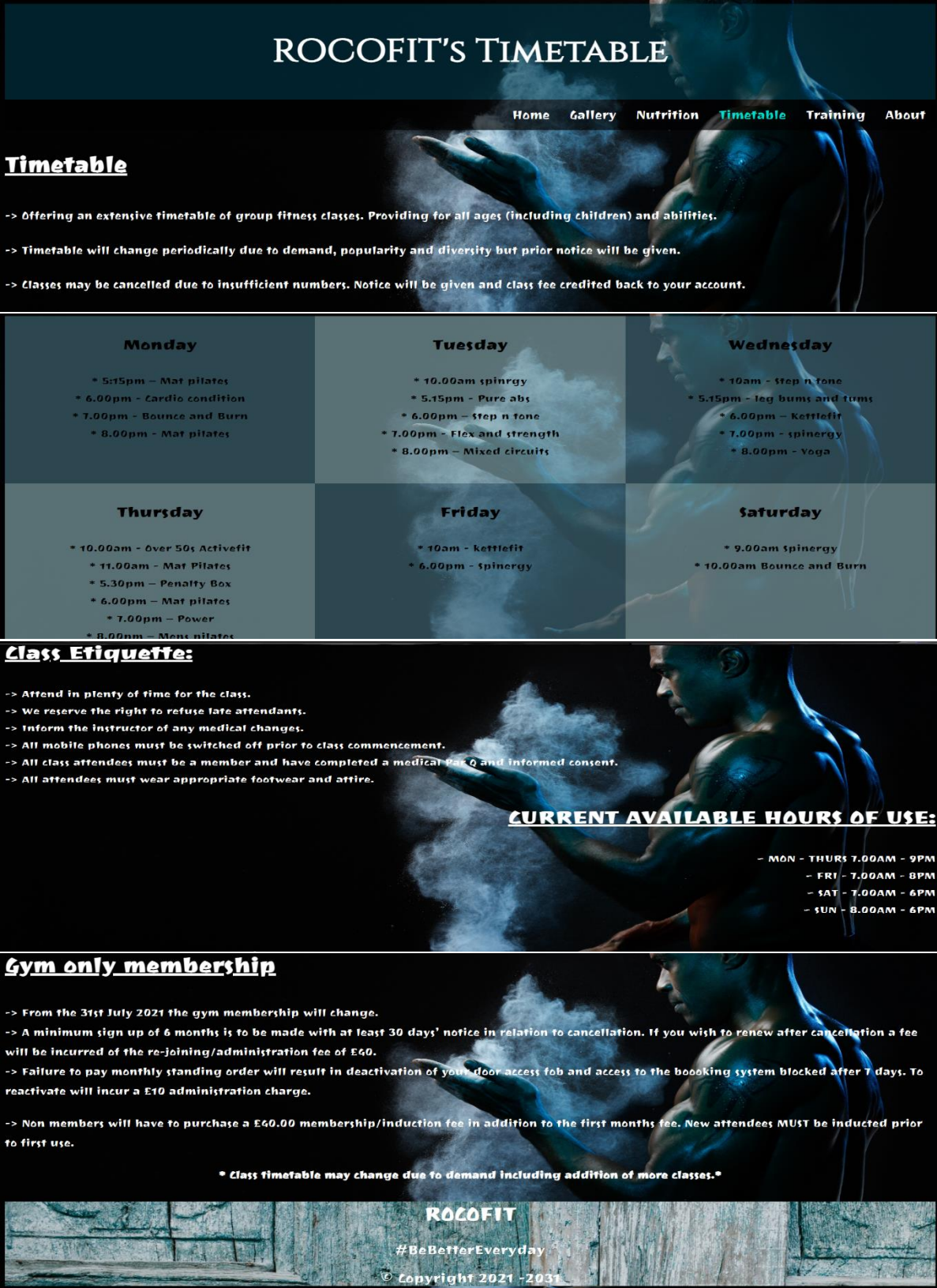


Third page is our Nutrition page, it's tells about the perfect diet which make us different from our competitors. We are constantly adding new properties so that we can always find something to meet your needs.

Separate background image is assigned for header and footer which makes our website look beautiful. The word "NUTRITION" will glow after every 0.5 seconds.



Timetable Section is beautifully done with a high quality background image and header and footer are given less opacity colors, navigation bar is active and this page tells about the timetable and membership details.



# ROCOFIT'S TIMETABLE

Home Gallery Nutrition **Timetable** Training About

## Timetable

- > Offering an extensive timetable of group fitness classes. Providing for all ages (including children) and abilities.
- > Timetable will change periodically due to demand, popularity and diversity but prior notice will be given.
- > Classes may be cancelled due to insufficient numbers. Notice will be given and class fee credited back to your account.

<b>Monday</b> <ul style="list-style-type: none"> <li>* 5:15pm - Mat pilates</li> <li>* 6:00pm - Cardio condition</li> <li>* 7:00pm - Bounce and Burn</li> <li>* 8:00pm - Mat pilates</li> </ul>	<b>Tuesday</b> <ul style="list-style-type: none"> <li>* 10:00am spinergy</li> <li>* 5:15pm - Pure abs</li> <li>* 6:00pm - step n tone</li> <li>* 7:00pm - Flex and strength</li> <li>* 8:00pm - Mixed circuits</li> </ul>	<b>Wednesday</b> <ul style="list-style-type: none"> <li>* 10am - step n tone</li> <li>* 5:15pm - leg bums and tums</li> <li>* 6:00pm - Kettlefit</li> <li>* 7:00pm - spinergy</li> <li>* 8:00pm - Yoga</li> </ul>
<b>Thursday</b> <ul style="list-style-type: none"> <li>* 10:00am - Over 50s Activefit</li> <li>* 11:00am - Mat Pilates</li> <li>* 5:30pm - Penalty Box</li> <li>* 6:00pm - Mat pilates</li> <li>* 7:00pm - Power</li> <li>* 8:00pm - Mat pilates</li> </ul>	<b>Friday</b> <ul style="list-style-type: none"> <li>* 10am - kettlefit</li> <li>* 6:00pm - spinergy</li> </ul>	<b>Saturday</b> <ul style="list-style-type: none"> <li>* 9:00am spinergy</li> <li>* 10:00am Bounce and Burn</li> </ul>

## Class Etiquette:

- > Attend in plenty of time for the class.
- > We reserve the right to refuse late attendants.
- > Inform the instructor of any medical changes.
- > All mobile phones must be switched off prior to class commencement.
- > All class attendees must be a member and have completed a medical form and informed consent.
- > All attendees must wear appropriate footwear and attire.

## CURRENT AVAILABLE HOURS OF USE:

- MON - THURS 7.00AM - 9PM
- FRI - 7.00AM - 8PM
- SAT - 7.00AM - 6PM
- SUN - 8.00AM - 6PM

## Gym only membership

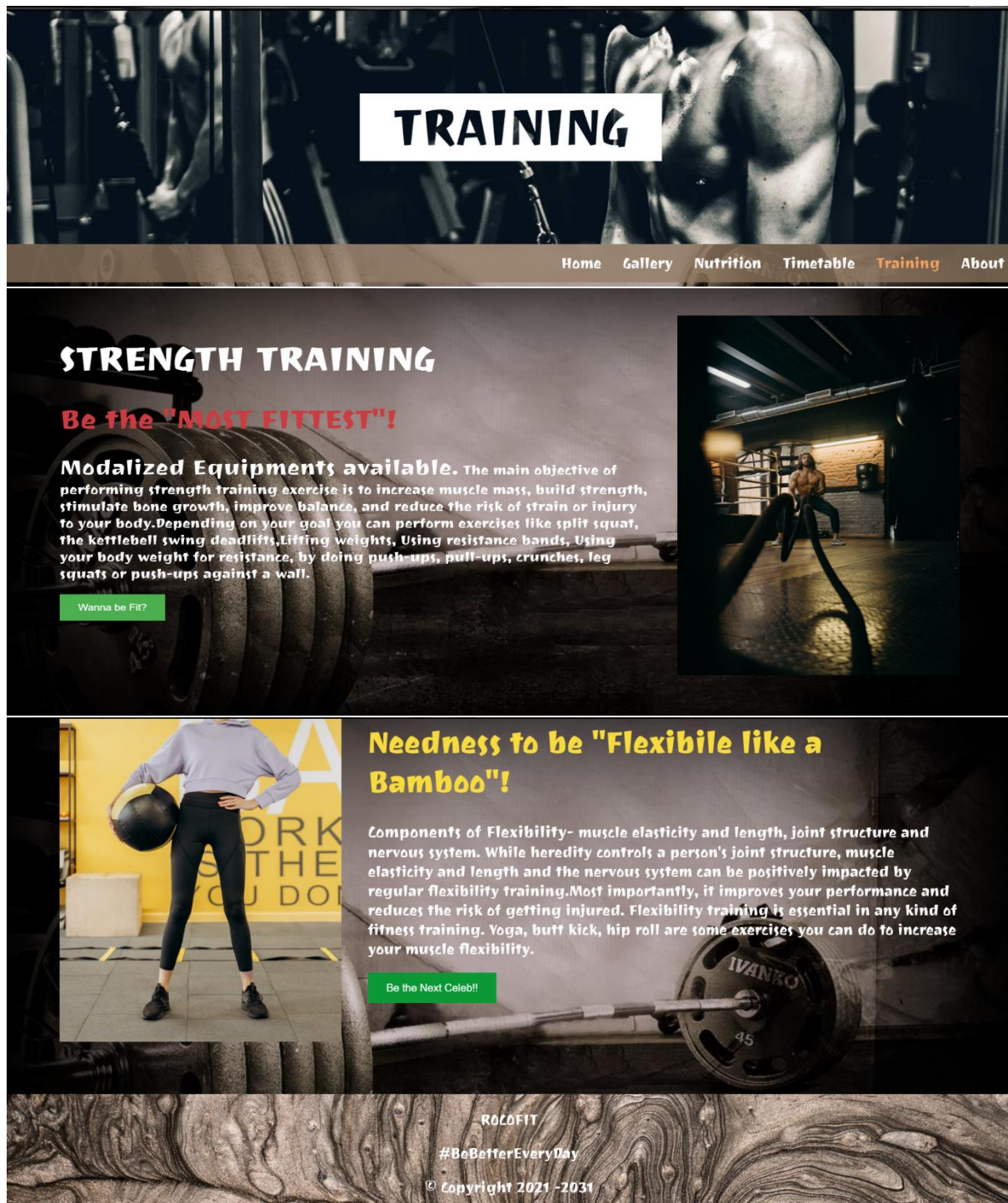
- > From the 31st July 2021 the gym membership will change.
- > A minimum sign up of 6 months is to be made with at least 30 days' notice in relation to cancellation. If you wish to renew after cancellation a fee will be incurred of the re-joining/administration fee of £40.
- > Failure to pay monthly standing order will result in deactivation of your door access fob and access to the booking system blocked after 7 days. To reactivate will incur a £10 administration charge.
- > Non members will have to purchase a £40.00 membership/induction fee in addition to the first months fee. New attendees MUST be inducted prior to first use.

\* Class timetable may change due to demand including addition of more classes.\*

ROCOFIT  
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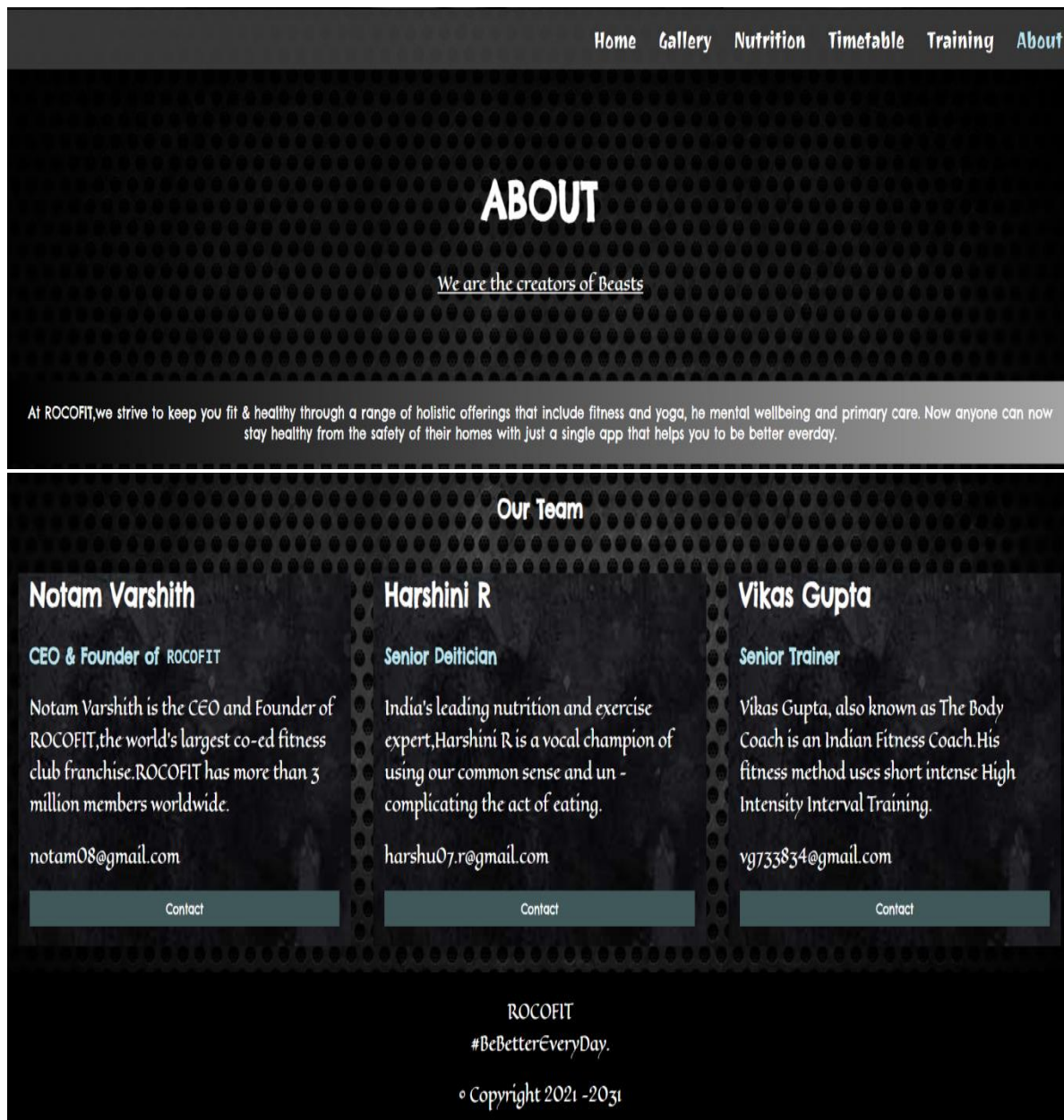


Our Training page is amazingly prepared with links of all the important topics. Once you click the buttons you will be taken to a page you can find more information. There is background image for a header, footer and for the whole file.



Last page which is our About page has wonderful fonts and the navbar is set on the top and details of the important people are given. Colours all around the page make it look more beautiful.

This about page also tells viewers who we are, and what is our motive.





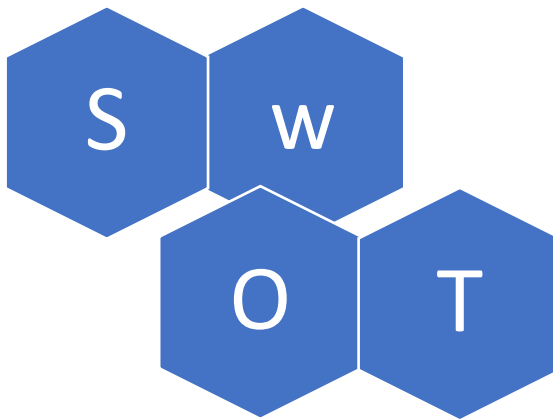
## TECHNOLOGIES AND FRAMEWORK

### Technologies & Languages: -

- HTML
- CSS
- Javascript

### Framework & Platforms: -

- W3schools.com
- Google Fonts
- Pexels(For images)
- Youtube(For Videos)



SWOT: Strengths, Weaknesses,  
Opportunities and Threats

#### STRENGTHS:

- ❖ World-Class responsive websites.
- ❖ Easy to Access.
- ❖ Best property options.
- ❖ 24/7 customer support.

#### WEAKNESSES:

- ❖ Server capacity issues.
- ❖ Work-force management.
- ❖ Google Fonts are added so some system might support and some might not.

#### OPPORTUNITIES:

- ❖ We have our branches all around the world
- ❖ Customers like our new ideas

#### THREATS:

- ❖ Changes need to be made so that we also compete with other worldwide fitness clubs.

-----END OF THE REPORT-----