```
1 <!DOCTYPE html>
 2 <!-- This website template was created by: Student's First Name Student's Last
     Name -->
 3 <html lang="en">
 4 <head>
 5
       <link rel="stylesheet" href="css/styles.css">
       <title>Forward Fitness Club</title>
 7
       <meta charset="utf-8">
 8
       <meta name="viewport" content="width=device-width, initial-scale=1">
 9 </head>
10 <body>
11
12
       <div id="container">
13
14
       <!-- Use the header area for the website name or logo -->
15
           <a href="index.html"><img src="images/ffc_logo.png" alt="Forward Fitness"
16
             Club logo"></a>
17
       </header>
18
19
       <!-- Use the nav area to add hyperlinks to other pages within the website -->
20
       <nav>
21
           <l
22
               <a href="index.html">Home</a>
               <a href="about.html">About Us</a>
23
24
               <a href="classes.html">Classes</a>
25
               <a href="nutrition.html">Nutrition</a>
26
               <a href="contact.html">Contact Us</a>
27
           28
       </nav>
29
30
       <!-- Home Page Banner -->
       <div id="banner" class="desktop">
31
32
           <img src="images/homeBanner.jpg" alt="home banner image">
33
       </div>
34
35
       <!-- Use the main area to add the main content of the webpage -->
36
37
38
           Welcome to Forward Fitness Club. Our mission is to help our clients
             meet their fitness and nutrition goals.
39
40
           <div class="mobile">
41
42
               <h3>FREE One-Week Trial Membership!</h3>
43
               <a href="tel:8145559608">Call Us Today to Get Started</a>
44
45
               <h4>Fitness Club Hours:</h4>
               Monday - Thursday: 6:00am - 6:00pm<br>
46
47
               Friday: 6:00am - 4:00pm<br>
48
               Saturday: 8:00am - 6:00pm<br>
49
               Sunday: Closed
```

```
50
51
            </div>
52
53
            <div class="desktop">
54
55
                 If you have struggled with getting healthy and need the motivation >
                   and resources to make a healthy lifestyle change, contact us today. →
                   Our facility includes state-of-the-art equipment, convenient group >
                  training classes, and nutrition tips and information to keep you
                  healthy.
56
57
                We provide a FREE, one-week membership to experience the benefits
                                                                                         P
                  of our equipment and facility. This one-week trial gives you
                                                                                         P
                  complete access to our equipment, training classes, and nutrition
                                                                                         P
                  planning. Contact us today to start your free trial!
58
59
                <h1>Start Today!</h1>
61
                <figure>
62
                    <a href="classes.html"><img src="images/group.jpg" alt="group")</pre>
                      fitness"></a>
                    <a href="nutrition.html"><img src="images/nutrition.jpg" alt="good →</pre>
63
                       nutrition"></a>
                    <a href="contact.html"><img src="images/signup.jpg" alt="sign up"</pre>
64
                      icon"></a>
65
                </figure>
66
            </div>
67
68
69
        </main>
70
       <!-- Use the footer area to add webpage footer content -->
71
72
73
            © Copyright 2015. All Rights Reserved.<br>
74
            <a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a>
75
        </footer>
76
77
        </div>
78
79 </body>
80 </html>
```