**THE FITNESS CLUB**

END TERM REPORT

By Group-6

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**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 are shall take full responsibility for it.

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**DECLARATION :**

There has been a continuing trend in India to quit good habits that lead to unhealthy life styles.Increasinglypeople are working to stay healthy and fit.That there is a growing demand for work out facilities and health clubs. In order maintain membership status people have had to shell out small fortunes to maintain healthy lifestyle.Many people have not anable to hold to pay the exensive fees and high monthly rates to maintain their membership.Fitness club is a limites liability club that provides affordable gym memberships to average health conscious consumers in the city and surrounding areas. Fitness club is a gym available to anyone no matter their ages,fitness level,expertise in gym equipment.

**OBJECTIVES OF THE PROJECT :**

* To provide oppurtunities to advance and maintain the health and wellness of the staff and the surrounding community.
* To offer a variety of exercise programs to encourage patrons to make changes for a healthier life style.
* And to provide individual attention to members encouraging wellness through fitness testing,evaluations,health screenings,exercise programming.
* To provide quality service to members with a distinguished reputation as being a superior training facility to any competitors in the area as well as in the industry.
* To encourage the art and science of strength training and bodybuilding.

**MOTIVE OF THE PROJECT :**

Fitness club is a health service that helps individuals attain one of the greatest gifts of all-good health.Personal gains such as improved self-esteem,self-motivation combined with measurable benefits will create tremendous advantages for the individuals.

“**our mission is to join together to create healthy proactive**

**Daily routines,and teach each other to make health a priority.**

**We will create a place not only for workout,but to form frienships**

**That we would take with us throughtout our lives”**

**VISION OF THE PROJECT :**

**“To create awareness about healthy lifestyle and**

**Its benefits and to encourage Fitness club employees to**

**Supply quality service and facilities to its members and**

**Help them to reach their fitness goals”**

**ABOUT US AND OUR TOP COLLECTION :**

WELCOME **TO MY FITNESS CLUB!!** 

**DIFFERENT SECTIONS OF THE PROJECT :**

This Fitness club will provide different health related core services:

* Aerobics
* Art of living classes
* Yoga
* Muscle Training
* Diabetes and obesity control
* Facilities of indoor games like badminton,snooker,table tennis,chess caroms,etc.

and also we are providing some supplementary services like customized services,retail products and health magazines

**FARE DETAILS :**

Fitness club is by far a low price leader in the fitness industry, and they can do this because they cut out all the frills that are not necessary for most fitness customers.

Our competitors just can’t match the value we bring to our members. When we look at that members can get at Fitness club blows the competition out of the water.

The prices are based on what type of exercises does the customer wants and extremely low when compared with the other clubs.

**FEE STRUCTURE**

|  |  |  |
| --- | --- | --- |
| MONTH | GYM | GYM+CARDIO |
| 1 month | 1000/- | 1500/- |
| 3 months | 2500/- | 4000/- |
| 6 months | 4000/- | 7000/- |

**TIMING** : Morning 5AM to 10AM

Evening 5PM to 10PM

**DETAILED WORK DESCRIPTION :**

Progress Report : Done by Diwakar Reddy with some contribution of Parmindar singh.

Final Report : Done by Parmindar singh with the contribution of Diwakar Reddy.

Website and code : Done by Manish singh with the contribution of remaining group members.

**TECHNOLOGIES USED FOR THE FRAME WORK :**

The languages which we have used while making this project are:

1.HTML

2.CSS

**HTML:**

1. I. HTML makes up the layout and structure for your website.
2. II. HTML is used to create a starting point for the website and is what most of web pages start from.

**CSS:**

1. I. CSS is used hand in hand with HTML to add colors, backgrounds, layouts, font styling and many more.
2. II. CSS a core technology web developer use to design website.

**SWOT ANALYSIS :**

**KEY STRENGHTS AND OPPURTUNITIES:**

* The key strength is the price of our membership is very low and 50% off is provided and for senior citizen 33% off is provided.
* The gym is all about flexibility, which is important in our society. We offer flexible hours for busy students that makes up for the maximum percentage.
* Concentrating on some basic advertising strategies in the campus area is a great opportunity to expand the fitness club customer base.
* Another opportunity for fitness club is that getting fit is currently a very big trend. Health Consciousness is extremely influenced in our society and can be greatly helpful.

**KEY WEAKNESS AND THREATS :**

* A key weakness is that we will have to assess is the fact that Fitness club has limited options in the type of workout equipment and facilities they offer compared to the other gyms
* Major threat is there are so many local gyms are there. But we have an edge over all these gyms and clubs in terms of low price and combination of both club and gym facilities
* To help minimize this threats, we will be offering group exercise classes to help make up some of the thing that we are lacking.

**BONAFIDE CERTIFICATE**

Certified that this project report “FITNESS CLUB” is the Bonafide work of “Manish Singh, Diwakar Reddy, Parminder Singh” who carried out the project work under my supervision.

<<Signature of the Supervisor>>

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