<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Membership</title>

<style>

/\* CSS for the navigation bar \*/

nav {

background-color: #000000;

color: #ffffff;

}

nav ul {

list-style-type: none;

margin: 0;

padding: 0;

overflow: hidden;

text-align: center; /\* Center the navigation links \*/

}

nav ul li {

display: inline-block;

margin-right: 20px;

}

nav ul li a {

display: block;

padding: 10px 20px;

color: #000dffbb;

text-decoration: none;

}

nav ul li a:hover {

background-color: #555;

}

/\* CSS for the main content \*/

.container {

margin: 20px auto;

max-width: 800px; /\* Center the content \*/

}

.section {

margin-bottom: 40px;

text-align: center; /\* Center the section content \*/

}

h1 {

color: #005eff;

margin-bottom: 20px;

background-color: #000000;

}

.long-text-box {

background-color: #0044ff;

color: #ffffff;

border: 3px solid #000000;

padding: 20px;

margin: 10px auto;

max-width: 800px; /\* Center the box \*/

text-align: center; /\* Center text inside the box \*/

}

.text-box {

display: inline-block; /\* Display boxes in a row \*/

background-color: #0044ff;

border: 9px solid #000000;

padding: 10px;

margin: 10px;

max-width: 140px; /\* Adjusted width for each text box \*/

text-align: center; /\* Center text inside the box \*/

border-radius: 10px; /\* Add rounded corners \*/

}

.text-smallbox {

background-color: #000000;

border: 4px solid #ddd;

padding: 10px;

margin: 10px;

max-width: 100px; /\* Adjusted width for each text box \*/

text-align: center; /\* Center text inside the box \*/

display: inline-block; /\* Display boxes in a row \*/

}

.sign-up-box {

background-color: #000000;

color: #0059ff;

border: 7px solid #0e39f6;

padding: 20px;

margin: 10px;

max-width: 900px; /\* Adjusted width for the sign-up box \*/

text-align: center; /\* Center text inside the box \*/

}

.sign-up-text {

font-size: 20px;

font-weight: bold;

}

.header-box {

background-color: #f5f5f5;

border: 1px solid #ddd;

padding: 10px;

margin: 10px;

border-radius: 5px; /\* Add rounded corners to the header box \*/

}

.header-box h3 {

margin-bottom: 5px;

color: #333; /

}

.large-emoji {

font-size: 40px;

display: inline-block;

margin-right: 40px;

}

</style>

</head>

<body>

<nav>

<ul>

<li><a href="home.html">Home</a></li>

<li><a href="about\_us.html">About Us</a></li>

<li><a href="service.html">Service</a></li>

<li><a href="membership.html">Membership</a></li>

<li><a href="community\_events.html">Community Events</a></li>

<li><a href="contact\_us.html">Contact Us</a></li>

</ul>

</nav>

<div class="container">

<div class="section">

<h1>Membership</h1> <!-- Centered Membership header -->

</div>

<div class="section">

<div class="long-text-box"> <!-- Long text box for Membership Workshops -->

<h2>Membership Workshops</h2>

<p>Our Membership Workshops provide in-depth training and guidance on various topics, serving as immersive experiences designed to empower participants with practical knowledge and skills. Through interactive sessions led by industry experts, attendees gain valuable insights into the latest trends, best practices, and strategies relevant to their fields. These workshops are carefully curated to cater to the diverse needs and interests of our members, fostering a collaborative learning environment where ideas are exchanged, challenges are addressed, and solutions are explored. Whether it's honing technical expertise, mastering new tools and technologies, or enhancing leadership capabilities, our workshops offer a comprehensive platform for continuous growth and professional development.</p>

<div class="large-emoji">🏋🏿‍♀️</div>

<div class="large-emoji">💪🏻</div>

<div class="large-emoji">🧘‍♀️</div>

<div class="large-emoji">🍎</div>

<div class="large-emoji">🏃🏽‍♀️</div>

</div>

</div>

</div>

<div class="section">

<div class="horizontal-box">

<div class="text-box ">

<h3>Nutrition and Meal Planning Workshop:</h3>

<p>Members will learn about the importance of nutrition in achieving fitness goals. Our nutrition experts will provide guidance on creating balanced meal plans, understanding macronutrients, and making healthy food choices to support their workout regimen. Participants will also receive practical tips for grocery shopping, meal prep, and managing dietary preferences or restrictions.</p>

</div>

<div class="text-box">

<h3>Functional Training Workshop:</h3>

<p>This workshop focuses on functional fitness exercises that improve everyday movement patterns and enhance overall strength and mobility. Participants will learn techniques for functional movements like squats, lunges, pushes, pulls, and core stabilization exercises. Our trainers will also demonstrate how to incorporate functional training into their workout routines to improve performance, prevent injuries, and boost functional fitness for daily activities.</p>

</div>

<div class="text-box">

<h3>Mindfulness and Stress Management Workshop:</h3>

<p> In this workshop, members will explore mindfulness techniques and stress management strategies to promote mental well-being alongside physical fitness. Participants will learn mindfulness practices such as meditation, deep breathing exercises, and mindful movement to cultivate awareness, reduce stress, and enhance focus during workouts and daily life. Additionally, our experts will share tips on incorporating mindfulness into their fitness journey for a holistic approach to health and wellness.</p>

</div>

</div>

<div class="section">

<h2>Membership Packages</h2>

<div class="horizontal-box">

<div class="text-box ">

<h3>Feature 1:</h3>

<p>Cutting-edge exercise machines and equipment, including cardio machines like treadmills, ellipticals, and stationary bikes, as well as strength training equipment such as free weights, resistance machines, and functional training tools like kettlebells and medicine balls.</p>

</div>

<div class="text-box">

<h3>Feature 2:</h3>

<p>Comprehensive fitness programs that cater to a wide range of interests and fitness levels. From beginner-friendly workouts to advanced training programs, our certified instructors provide guidance and support to help members reach their fitness goals effectively.</p>

</div>

<div class="text-box">

<h3>Feature 3:</h3>

<p> Amenities for recovery and relaxation, such as saunas, steam rooms, and massage services. These facilities are designed to help members unwind, reduce stress, and promote overall well-being after intense workouts.</p>

</div>

</div>

<div class="horizontal-box">

<div class="text-box ">

<h3>Personalized Training Programs:</h3>

<p>Our gym provides personalized training programs tailored to individual fitness goals and abilities.</p>

</div>

<div class="text-box">

<h3>Group Fitness Classes:</h3>

<p>Members can enjoy a variety of group fitness classes designed to make workouts fun and engaging.</p>

</div>

<div class="text-box">

<h3>State-of-the-Art Facilities:</h3>

<p>Our gym boasts state-of-the-art facilities equipped with modern exercise machines, free weights, and amenities such as saunas, steam rooms, and indoor pools.</p>

</div>

</div>

<div class="sign-up">

<div class="sign-up-box"> <!-- Big box with Sign Up and two small boxes -->

<div class="sign-up-text">

<p>Sign Up</p>

</div>

<div class="text-smallbox">

<p>UserName</p>

</div>

<div class="text-smallbox">

<p>Password</p>

</div>

</div>

</div>

</div>

<footer>

</footer>

</body>

</html>