<!DOCTYPE html>

    <head>

        <title>TRAININGS</title>

        <link rel="stylesheet" href="./css/syles.css">

        <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.4.1/css/bootstrap.min.css"

        integrity="sha384-Vkoo8x4CGsO3+Hhxv8T/Q5PaXtkKtu6ug5TOeNV6gBiFeWPGFN9MuhOf23Q9Ifjh" crossorigin="anonymous">

        <link href="https://fonts.googleapis.com/css2?family=Comic+Neue:wght@700&display=swap" rel="stylesheet">

    </head>

    <body>

        <nav class="navbar navbar-expand-lg navbar-dark bg-dark">

            <a class="navbar-brand" href="./index.html">

                <h2>Fitness Club</h2>

            </a>

            <ul class="navbar-nav mr-auto">

                <li class="nav-item active">

                    <a class="nav-link" href="./index.html">About <span class="sr-only">(current)</span></a>

                </li>

                <li class="nav-item">

                    <a class="nav-link" href="./training.html">Trainings</a>

                </li>

                <li class="nav-item">

                    <a class="nav-link" href="./timetable.html">Timetable</a>

                </li>

                <li class="nav-item">

                    <a class="nav-link" href="./nutrition.html">Nutrition</a>

                </li>

                <li class="nav-item">

                    <a class="nav-link" href="./gallery.html">Gallery</a>

                </li>

            </ul>

            </div>

        </nav>

        <div class="aboutmidt">

            <ul>

                <li class="bold"><i>Main workout area</li></i></li>

                <div>

                    <dl>Most health clubs have 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. A gym that predominantly or 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.</dl>

                </div>

                <li class="bold"><b><i>Cardio area / Exercise theatre</b></i></li>

                <div>

                    <dl>A cardio theater or cardio area includes many types of cardiovascular training-related equipment

                        such as

                        rowing machines,

                        stationary exercise bikes, elliptical trainers and treadmills. These areas often include a number of

                        audio-visual displays,

                        often TVs (either integrated into the equipment or placed on walls around the area itself) in order

                        to

                        keep

                        exercisers

                        entertained during long cardio workout sessions. Some gyms provide newspapers and magazines for

                        users of

                        the

                        cardio theatre

                        to read while working out</dl>

                </div>

                <li class="bold"><b><i>Group exercise classes</b></i></li>

                <div>

                    <dl>Most 2010-era health clubs offer group exercise classes that are conducted by certified fitness

                        instructors

                        or

                        trainers. Many types of group exercise classes exist, but generally these include classes based on

                        aerobics,

                        cycling (spinning), boxing or martial arts, high intensity training, step yoga, regular yoga and hot

                        (Bikram) yoga,

                        pilates, muscle training, stretching, and self-defense classes such as Krav Maga and Brazilian

                        jiu-jitsu.

                        Health clubs with swimming pools often offer aqua aerobics classes. The instructors often must gain

                        certification in

                        order to teach these classes and ensure participant safety.</dl>

                </div>

                <div>

                    <li class="bold"><b><i>Sports facilities</b></i></li>

                    <dl>Some health clubs offer sports facilities such as a swimming pools, squash courts, indoor running

                        tracks,

                        ice rinks, or

                        boxing areas. In some cases, additional fees are charged for the use of these facilities.</dl>

                </div>

                <li class="bold"><b><i>Personal training</b></i></li>

                <div>

                    <dl>Most health clubs employ personal trainers who are accessible to members for

                        training/fitness/nutrition/health advice and

                        consultation. Personal trainers can devise a customized fitness routine, sometimes including a

                        nutrition

                        plan, to help

                        clients achieve their goals. They can also monitor and train with members. More often than not,

                        access

                        to

                        personal trainers

                        involves an additional hourly fee.</dl>

                </div>

                <li class="bold"><b><i>Other facilities inc. Offers</b></i></li>

                <div>

                    <dl>Newer health clubs generally include health-shops selling equipment, snack bars, restaurants,

                        child-care

                        facilities,

                        member lounges and cafes. Some clubs have a sauna, steam room, or swimming pool and even nutrition

                        counseling.

                        Health clubs generally charge a fee to allow visitors to use the equipment, courses, and other

                        provided

                        services.

                        In the 2010s, some clubs have is eco-friendly health clubs which incorporate principles of "green

                        living" in

                        its

                        fitness regimen, into the design of the center (e.g., zero waste) or both.</dl>

                </div>

            </ul>

        </div>

    </body>

</html>