<!DOCTYPE html>

<html lang="en">

<head>

<title>Falcon Fitness Center </title>

<meta charset="utf-8">

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

<style> h1 {background: navy; color: gold;}

</style>

</head>

<header>

<a href="index.html"><img src="images/PrimaryLogo.png" alt="Falcon Fitness Center Logo" height="75" width="75"></a></a>

<a href="index.html">&#10026 Home &#10026</a> &nbsp; &nbsp;

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<a href="nutrition.html">&#10026 Nutrition &#10026</a> &nbsp; &nbsp;

<a href="contact.html">&#10026 Contact Us &#10026</a>

</header>

<nav>

</nav>

<body>

<main>

<h1> Home Page &#128526 </h1>

<img src="images/SecondaryLogo.png" alt="Image of Dumbell"height="200" width="200">

<p><img src="images/welcome.jpg" alt="Image of Dumbell"height="200" width="220"><br>

Welcome to Falcon Fitness Center. Our mission is to help our clients meet their fitness and nutrition goals. </p>

<p> <img src="images/healthy.jpg" alt="Image of Dumbell"height="200" width="300"><br>

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. </p>

<p><img src="images/free.jfif" alt="Image of Dumbell"height="180" width="280"><br>

We provide a FREE, one-week membership to experience the benefits of our equipment and facility. This one-week trial gives you complete access to our equipment, training classes, and nutrition planning. Contact us today to start your free trial! </p>

</main>

<footer>

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<a href="mailto:falconfitnesscenter515@gmail.com">falconfitnesscenter515@gmail.com</a>

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<a href="https://www.facebook.com/"><img src="images/facebook1.png" alt="Falcon Fitness Center Logo" height="20" width="20"></a>

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<nav>

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<body>

<main>

<h1>Weights &#128526 </h1>

<div class="container1">

<img class="equip" src="images/Weights1.jpeg" alt="Picture of Weights" height="160" width="300"><img class="equip" src="images/Weights2.jpeg" alt="Picture of Weights" height="160" width="270"><img class="equip" src="images/Weights3.jpeg" alt="Picture of Weights" height="160" width="300"><img class="equip" src="images/Weights4.jpeg" alt="Picture of Weights" height="160" width="270">

</div>

<div class="container2">

<p> Our facility includes a weight training area with several weight options. Build lean muscle with weights and improve your core with weight training. </p>

<ul>

<li>Dumbbells</li>

<li>Kettle Bells</li>

<li>Barbells</li>

</ul></div><br>

<h1>Cardio &#128526 </h1>

<div class="container3">

<img class="equip" src="images/Cardio1.jpeg" alt="Picture of Cardio" height="146" width="200"><img class="equip" src="images/Cardio2.jpeg" alt="Picture of Cardio" height="146" width="200"><img class="equip" src="images/Cardio3.jpeg" alt="Picture of Cardio" height="146" width="200"><img class="equip" src="images/Cardio4.jpeg" alt="Picture of Cardio" height="146" width="200">

</div>

<div class="container4">

<p>Burn fat through cardio workouts. If you need to lose 20lbs or more, include at least 30 minutes of cardio each day. We have several equipment choices for your workout. </p>

<ul>

<li>Treadmills</li>

<li>Elliptical Machines</li>

<li>Exercise Bikes</li>

</ul></div><br>

<h1>Personal Training &#128526 </h1>

<div class="container5">

<img class="equip" src="images/Personaltrainer.jpeg" alt="Picture of Trainer" height="147" width="202"><img class="equip" src="images/Personaltrainer2.jpeg" alt="Picture of Trainer" height="147" width="202"><img class="equip" src="images/Personaltrainer3.jpeg" alt="Picture of Trainer" height="147" width="202"><img class="equip" src="images/Personaltrainer4.jpeg" alt="Picture of Trainer" height="147" width="202">

</div>

<div class="container6">

<p> Our certified personal trainers work with you one on one to help you obtain your fitness goals. Our personal trainers keep you motivated and push you farther than you would push yourself. When you feel like you cannot do one more rep, they tell you that you can. Personal training has many benefits: </p>

<ul>

<li>Accountability</li>

<li>Personalized Program</li>

<li>Consistent Support and Motivation</li>

</ul></div><br>

<h1> Common Exercises &#128526 </h1>

<img src="images/SecondaryLogo.png" alt="Image of Dumbell"height="200" width="200">

<p> The following are common exercises that we encourage our clients to do as part of their daily exercise routine.</p>

<dl>

<dt><b>Burpee</b></dt>

<dd>Burpees are a great, full body exercise to increase your strength and endurance. Begin in a standing position, drop into a squat and extend your hands forward, kick your feet back and then forward again quickly, and then jump up from a squatted position.

<br></dd>

<dt><b>Plank</b></dt>

<dd>Planks build your core strength. To perform a plank, get in a push up position and rest your forearms on the floor. Hold the position as long as you can.

<br></dd>

<dt><b>Mountain Climber</b></dt>

<dd>Mountain climbers are a good cardio exercise. Place your hands on the floor in a push up position, then bring one knee up to your chest and then switch as quickly as you can (as though you are climbing a mountain).

<br></dd>

</dl>

<p>For more information about how to stay active, visit <a href="http://www.fitness.gov/be-active/ways-to-be-active/">fitness.gov</a>.</p>

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<main>

<h1> Available Classes &#128526 </h1>

<table border="1">

<caption><i><b> Classes </b></i></caption>

<tr>

<td> Classes </td>

<td> Monday </td>

<td> Tuesday </td>

<td> Wednesday </td>

<td> Thursday </td>

<td> Friday </td>

<td> Saturday </td>

<td> Sunday </td>

</tr>

<tr>

<td> Yoga </td>

<td> 6pm-7pm </td>

<td> 6pm-7pm </td>

<td> 6pm-7pm </td>

<td> 6pm-7pm </td>

<td> 6pm-7pm </td>

<td> 10am-11am </td>

<td> 10am-11am </td>

</tr>

<tr>

<td> Cardio </td>

<td> 7pm-8pm </td>

<td> 7pm-8pm </td>

<td> 7pm-8pm </td>

<td> 7pm-8pm </td>

<td> 7pm-8pm </td>

<td> 11am-12pm </td>

<td> 11am-12pm </td>

</tr>

<tr>

<td> Weightlifting </td>

<td> 8pm-9pm </td>

<td> 8pm-9pm </td>

<td> 8pm-9pm </td>

<td> 8pm-9pm </td>

<td> 8pm-9pm </td>

<td> 12pm-1pm </td>

<td> 12pm-1pm </td>

</tr>

</table>

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<nav>

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<body>

<main>

<h1> Ready to get Started? Contact us today &#128526 </h1>

<div class="container7">

<p>

<img src="images/SecondaryLogo.png" alt="Image of Dumbell"height="200" width="200"><br>

We are located at: <br>

25743 Bloom Court<br>

Weston, FL </p>

</div>

<div class="container8">

<p>

<img class="equip" src="images/calling.png" alt="Picture of Weights" height="150" width="200"><br>

Phone Number <br>

<a class="mobile" href="tel: 9547778888">(954)777-8888</a> </p>

</div>

<div class="container9">

<p>

<img class="equip" src="images/emailing.jfif" alt="Picture of Weights" height="140" width="200"><br>

Email Address <br>

<a href="mailto:falconfitnesscenter515@gmail.com"> falconfitnesscenter515@gmail.com</a></p>

<br><br>

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<a href="contact.html">&#10026 Contact Us &#10026</a>

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<nav>

</nav>

<body>

<main>

<div id="banner" class="desktop" style="margin: 0px;">

<img src="images/Fruit3.jpeg" alt="banner of fruit" width="100%" height="250px" style="magin: 0px; padding: 0px;">

</div>

<section class="columncontainer" style="width: 100%; margin:0 auto;">

<div class="column1" style="width: 45%; float: left; margin: 10px;">

<h1> Smoothies </h1>

<p> Smoothies are a great way to get your fruit and vegetables into your daily diet. They're even better when you add in vitamin and protein supplaments. Try one today to help replace your vital nutrients and cool off after an intense workout </p>

<br>

<center><table>

<caption> Menu of Smoothies </caption>

<tr>

<th> Tropical Splash </th> <td> Strawberry, Watermelon, Pinapple, 1 boost </td> <td> $4.00 </td>

</tr>

<tr>

<th> Smoothie Sunset </th> <td> Orange, Peach, Strawberry, 1 boost </td> <td> $4.00 </td>

</tr>

<tr>

<th> Bright Sunrise </th> <td> Banana, Pineapple, Watermelon, 1 boost </td> <td> $4.00 </td>

</tr>

</table></center>

<br>

<center><table>

<caption> Boosts </caption>

<tr>

<th> Protien </th> <td> Helps repair muscles </td>

</tr>

<tr>

<th> Vitamin B </th> <td> Provides energy for the day </td>

</tr>

<tr>

<th> Vitamin C </th> <td> Supports immune system </td>

</tr>

</table></center>

<h2> Order a Smoothie! </h2>

<form>

Name:<br>

<input type="type">

<br><br>

I would like to order a: <br>

<input type="checkbox" value="tropicalsplash">

Tropical Splash <br>

<input type="checkbox" value="smoothsunset">

Smooth Sunset <br>

<input type="checkbox" value="brightsunrise">

Bright Sunrise <br><br>

And my boost is: <br>

<input type="checkbox" value="protein"> Protein <br>

<input type="checkbox" value="vitaminb"> Vitamin B <br>

<input type="checkbox" value="vitaminc"> Vitamin C <br><br>

<input type="submit" value="Submit">

</form>

</div>

<div class="column1" style="width: 45%; float: right; margin: 10px;">

<h1> Meals </h1>

<p> A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. </p>

<br>

<center><table>

<caption> Menu of Meals </caption>

<tr>

<th> Salads </th> <td> Ceaser Salad, Cobb Salad, Fruit Salad </td> <td> $10.00 </td>

</tr>

<tr>

<th> Soups </th> <td> Tomatoe Soup, Broccoli & Cheddar Soup, Garlic Soup, Chicken Noodle Soup </td> <td> $8.00 </td>

</tr>

<tr>

<th> Pastas </th> <td> Penne Pasta, Marinara Sauce, Bow tie Pasta </td> <td> $10.00 </td>

</tr>

</table></center>

<br>

<center><table>

<caption> Sides </caption>

<tr>

<th> Fruit Bowl </th> <td> Fruit provides vitamins, minerals, dietary fibre and plant chemicals called phytonutrients </td>

</tr>

<tr>

<th> Yogurt </th> <td> Yogurt offers several important nutrients including protein and calcium </td>

</tr>

<tr>

<th> Vegtables </th> <td> Reduces the risk of heart disease and stroke, prevent some types of cancer </td>

</tr>

</table></center>

<h2> Order a Meal! </h2>

<form>

Name:<br>

<input type="type">

<br><br>

I would like to order a: <br>

<input type="checkbox" value="tropicalsplash">

Salad <br>

<input type="checkbox" value="smoothsunset">

Soup <br>

<input type="checkbox" value="brightsunrise">

Pasta <br><br>

And my side is: <br>

<input type="checkbox" value="protein"> Fruit bowl <br>

<input type="checkbox" value="vitaminb"> Yogurt <br>

<input type="checkbox" value="vitaminc"> Vegtables <br><br>

<input type="submit" value="Submit">

</form>

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body {

background-color: grey;

color: white;

font-family: Times New Roman, Arial, serif;

font-size: 12pt;

text-align: center;

}

h1 {

background-color: silver;

color: white;

font-weight: 1000;

font-style: oblique;

text-align: center;

}

p {

border: solid 10px white;

padding: 10px;

margin: 10px;

border-style: ridge;

border-width: 12px;

border-color: blue;

border-bottom-color: gold;

border-right-color: gold;

border-radius: 1 0px;

box-shadow: 10px 10px 20px black;

}

ul {

display: inline-block;

border: solid 1px black;

padding: 17px;

padding-bottom: ;

margin: 5px;

border-style: groove;

border-width: 12px;

border-color: blue;

border-bottom-color: gold;

border-right-color: gold;

border-radius: 20px;

text-align: left;

box-shadow: 10px 10px 20px black;

}

.container1 {

margin-left: auto;

margin-right: auto;

}

.container2 {

display: flex;

}

.container3 {

margin-left: auto;

margin-right: auto;

}

.container4 {

display: flex;

}

.container5 {

margin-left: auto;

margin-right: auto;

}

.container6 {

display: flex;

}

nav {

width: 100%;

background-color: #002D9780;

}

ul {

text-align: center;

}

li {

list-style: none;

display: inline-block;

}

a {

display: inline-block;

text-decoration: none;

text-transform: uppercase;

color: #ffffff;

font-size: 15px;

letter-spacing: 2px;

font-family: 'Raleway', Seriff;

font-weight: 600;

padding: 25px;

}

a:hover {

background-color: #211b4385;

transition: all ease 1.5s;

}

table {

border: solid 10px white;

padding: 10px;

margin: 10px;

border-style: ridge;

border-width: 12px;

border-color: blue;

border-bottom-color: gold;

border-right-color: gold;

border-radius: 1 0px;

box-shadow: 10px 10px 20px black;

}

















