<meta name="description" content="Cardio is a free one page template made exclusively for Codrops by Luka Cvetinovic" />

    <meta name="keywords" content="html template, css, free, one page, gym, fitness, web design" />

    <meta name="author" content="Luka Cvetinovic for Codrops" />

    <link rel="apple-touch-icon" sizes="57x57" href="img/favicons/apple-touch-icon-57x57.png">

    <link rel="apple-touch-icon" sizes="60x60" href="img/favicons/apple-touch-icon-60x60.png">

    <link rel="icon" type="image/png" href="img/favicons/favicon-32x32.png" sizes="32x32">

    <link rel="icon" type="image/png" href="img/favicons/favicon-16x16.png" sizes="16x16">

    <link rel="manifest" href="img/favicons/manifest.json">

    <link rel="shortcut icon" href="img/favicons/favicon.ico">

    <meta name="msapplication-TileColor" content="#00a8ff">

    <meta name="msapplication-config" content="img/favicons/browserconfig.xml">

    <meta name="theme-color" content="#ffffff">

<section>

        <div class="cut cut-top"></div>

        <div class="container">

            <div class="row intro-tables">

                <div class="col-md-4">

                    <div class="intro-table intro-table-first">

                        <h5 class="white heading">Today's Schedule</h5>

                        <div class="owl-carousel owl-schedule bottom">

                            <div class="item">

                                <div class="schedule-row row">

                                    <div class="col-xs-6">

                                        <h5 class="regular white">Early Exercise</h5>

                                    </div>

                                    <div class="col-xs-6 text-right">

                                        <h5 class="white">8:30 - 10:00</h5>

                                    </div>

                                </div>

                                <div class="schedule-row row">

                                    <div class="col-xs-6">

                                        <h5 class="regular white">Muscle Building</h5>

                                    </div>

                                    <div class="col-xs-6 text-right">

                                        <h5 class="white">8:30 - 10:00</h5>

                                    </div>

                                </div>

                                <div class="schedule-row row">

                                    <div class="col-xs-6">

                                        <h5 class="regular white">Cardio</h5>

                                    </div>

                                    <div class="col-xs-6 text-right">

                                        <h5 class="white">8:30 - 10:00</h5>

                                    </div>

                                </div>

                            </div>

                        </div>

                    </div>

                </div>

                <div class="col-md-4">

                    <div class="intro-table intro-table-hover">

                        <h5 class="white heading hide-hover">Premium Membership</h5>

                        <div class="bottom">

                            <h4 class="white heading small-heading no-margin regular">Register Today</h4>

                            <h4 class="white heading small-pt">20% Discount</h4>

                            <a href="#" class="btn btn-white-fill expand">Register</a>

                        </div>

                    </div>

                </div>

            </div>

        </div>

    </section>

    <section id="services" class="section section-padded">

        <div class="container">

            <div class="row text-center title">

                <h2>Services</h2>

                <h4 class="light muted">Achieve the best results with our wide variety of training options!</h4>

            </div>

            <div class="row services">

                <div class="col-md-4">

                    <div class="service">

                        <div class="icon-holder">

                            <img src="img/icons/heart-blue.png" alt="" class="icon">

                        </div>

                        <h4 class="heading">Cardio Training</h4>

                        <p class="description">A elementum ligula lacus ac quam ultrices a scelerisque praesent vel suspendisse scelerisque a aenean hac montes.</p>

                    </div>

                </div>

                <div class="col-md-4">

                    <div class="service">

                        <div class="icon-holder">

                            <img src="img/icons/guru-blue.png" alt="" class="icon">

                        </div>

                        <h4 class="heading">Yoga Pilates</h4>

                        <p class="description">A elementum ligula lacus ac quam ultrices a scelerisque praesent vel suspendisse scelerisque a aenean hac montes.</p>

                    </div>

                </div>

                <div class="col-md-4">

                    <div class="service">

                        <div class="icon-holder">

                            <img src="img/icons/weight-blue.png" alt="" class="icon">

                        </div>

                        <h4 class="heading">Power Training</h4>

                        <p class="description">A elementum ligula lacus ac quam ultrices a scelerisque praesent vel suspendisse scelerisque a aenean hac montes.</p>

                    </div>

                </div>

            </div>

        </div>

        <div class="cut cut-bottom"></div>

    </section>

    <section id="team" class="section gray-bg">

        <div class="container">

            <div class="row title text-center">

                <h2 class="margin-top">Team</h2>

                <h4 class="light muted">We're a dream team!</h4>

            </div>

            <div class="row">

                <div class="col-md-4">

                    <div class="team text-center">

                        <div class="cover" style="background:url('img/team/team-cover1.jpg'); background-size:cover;">

                            <div class="overlay text-center">

                                <h3 class="white">$69.00</h3>

                                <h5 class="light light-white">1 - 5 sessions / month</h5>

                            </div>

                        </div>

                        <img src="img/team/team3.jpg" alt="Team Image" class="avatar">

                        <div class="title">

                            <h4>Ben Adamson</h4>

                            <h5 class="muted regular">Fitness Instructor</h5>

                        </div>

                        <button data-toggle="modal" data-target="#modal1" class="btn btn-blue-fill">Sign Up Now</button>

                    </div>

                </div>

                <div class="col-md-4">

                    <div class="team text-center">

                        <div class="cover" style="background:url('img/team/team-cover2.jpg'); background-size:cover;">

                            <div class="overlay text-center">

                                <h3 class="white">$69.00</h3>

                                <h5 class="light light-white">1 - 5 sessions / month</h5>

                            </div>

                        </div>

                        <img src="img/team/team1.jpg" alt="Team Image" class="avatar">

                        <div class="title">

                            <h4>Eva Williams</h4>

                            <h5 class="muted regular">Personal Trainer</h5>

                        </div>

                        <a href="#" data-toggle="modal" data-target="#modal1" class="btn btn-blue-fill ripple">Sign Up Now</a>

                    </div>

                </div>

                <div class="col-md-4">

                    <div class="team text-center">

                        <div class="cover" style="background:url('img/team/team-cover3.jpg'); background-size:cover;">

                            <div class="overlay text-center">

                                <h3 class="white">$69.00</h3>

                                <h5 class="light light-white">1 - 5 sessions / month</h5>

                            </div>

                        </div>

                        <img src="img/team/team2.jpg" alt="Team Image" class="avatar">

                        <div class="title">

                            <h4>John Phillips</h4>

                            <h5 class="muted regular">Personal Trainer</h5>

                        </div>

                        <a href="#" data-toggle="modal" data-target="#modal1" class="btn btn-blue-fill ripple">Sign Up Now</a>

                    </div>

                </div>

            </div>

        </div>

    </section>

    <section id="pricing" class="section">

        <div class="container">

            <div class="row title text-center">

                <h2 class="margin-top white">Pricing</h2>

                <h4 class="light white">Choose your favorite pricing plan and sign up today!</h4>

            </div>

            <div class="row no-margin">

                <div class="col-md-7 no-padding col-md-offset-5 pricings text-center">

                    <div class="pricing">

                        <div class="box-main active" data-img="img/pricing1.jpg">

                            <h4 class="white">Yoga Pilates</h4>

                            <h4 class="white regular light">$850.00 <span class="small-font">/ year</span></h4>

                            <a href="#" data-toggle="modal" data-target="#modal1" class="btn btn-white-fill">Sign Up Now</a>

                            <i class="info-icon icon\_question"></i>

                        </div>

                        <div class="box-second active">

                            <ul class="white-list text-left">

                                <li>One Personal Trainer</li>

                                <li>Big gym space for training</li>

                                <li>Free tools &amp; props</li>

                                <li>Free locker</li>

                                <li>Free before / after shower</li>

                            </ul>

                        </div>

                    </div>

                    <div class="pricing">

                        <div class="box-main" data-img="img/pricing2.jpg">

                            <h4 class="white">Cardio Training</h4>

                            <h4 class="white regular light">$100.00 <span class="small-font">/ year</span></h4>

                            <a href="#" data-toggle="modal" data-target="#modal1" class="btn btn-white-fill">Sign Up Now</a>

                            <i class="info-icon icon\_question"></i>

                        </div>

                        <div class="box-second">

                            <ul class="white-list text-left">

                                <li>One Personal Trainer</li>

                                <li>Big gym space for training</li>

                                <li>Free tools &amp; props</li>

                                <li>Free locker</li>

                                <li>Free before / after shower</li>

                            </ul>

                        </div>

                    </div>

                </div>

            </div>

        </div>

    </section>

    <section class="section section-padded blue-bg">

        <div class="container">

            <div class="row">

                <div class="col-md-8 col-md-offset-2">

                    <div class="owl-twitter owl-carousel">

                        <div class="item text-center">

                            <i class="icon fa fa-twitter"></i>

                            <h4 class="white light">To enjoy the glow of good health, you must exercise.</h4>

                            <h4 class="light-white light">#health #training #exercise</h4>

                        </div>

                        <div class="item text-center">

                            <i class="icon fa fa-twitter"></i>

                            <h4 class="white light">To enjoy the glow of good health, you must exercise.</h4>

                            <h4 class="light-white light">#health #training #exercise</h4>

                        </div>

                        <div class="item text-center">

                            <i class="icon fa fa-twitter"></i>

                            <h4 class="white light">To enjoy the glow of good health, you must exercise.</h4>

                            <h4 class="light-white light">#health #training #exercise</h4>

                        </div>

                    </div>

                </div>

            </div>

        </div>

    </section>

    <div class="modal fade" id="modal1" tabindex="-1" role="dialog" aria-labelledby="myModalLabel" aria-hidden="true">

        <div class="modal-dialog">

            <div class="modal-content modal-popup">

                <a href="#" class="close-link"><i class="icon\_close\_alt2"></i></a>

                <h3 class="white">Sign Up</h3>

                <form action="" class="popup-form">

                    <input type="text" class="form-control form-white" placeholder="Full Name">

                    <input type="text" class="form-control form-white" placeholder="Email Address">

                    <div class="dropdown">

                        <button id="dLabel" class="form-control form-white dropdown" type="button" data-toggle="dropdown" aria-haspopup="true" aria-expanded="false">

                            Pricing Plan

                        </button>

                        <ul class="dropdown-menu animated fadeIn" role="menu" aria-labelledby="dLabel">

                            <li class="animated lightSpeedIn"><a href="#">1 month membership ($150)</a></li>

                            <li class="animated lightSpeedIn"><a href="#">3 month membership ($350)</a></li>

                            <li class="animated lightSpeedIn"><a href="#">1 year membership ($1000)</a></li>

                            <li class="animated lightSpeedIn"><a href="#">Free trial class</a></li>

                        </ul>

                    </div>

                    <div class="checkbox-holder text-left">

                        <div class="checkbox">

                            <input type="checkbox" value="None" id="squaredOne" name="check" />

                            <label for="squaredOne"><span>I Agree to the <strong>Terms &amp; Conditions</strong></span></label>

                        </div>

                    </div>

                    <button type="submit" class="btn btn-submit">Submit</button>

                </form>

            </div>

        </div>

    </div>

    <footer>

        <div class="container">

            <div class="row">

                <div class="col-sm-6 text-center-mobile">

                    <h3 class="white">Reserve a Free Trial Class!</h3>

                    <h5 class="light regular light-white">Shape your body and improve your health.</h5>

                    <a href="#" class="btn btn-blue ripple trial-button">Start Free Trial</a>

                </div>

                <div class="col-sm-6 text-center-mobile">

                    <h3 class="white">Opening Hours <span class="open-blink"></span></h3>

                    <div class="row opening-hours">

                        <div class="col-sm-6 text-center-mobile">

                            <h5 class="light-white light">Mon - Fri</h5>

                            <h3 class="regular white">9:00 - 22:00</h3>

                        </div>

                        <div class="col-sm-6 text-center-mobile">

                            <h5 class="light-white light">Sat - Sun</h5>

                            <h3 class="regular white">10:00 - 18:00</h3>

                        </div>

                    </div>

                </div>

            </div>