

AACS1483 Web Design and Development Assignment

Programme : Diploma in Software Engineering							
Tutorial Class : AACS1483 Web Design and Development							
Website Title : Gym Goer							
No.	Student Name	Student ID	Module In Charge (HTML , Javascript, CSS document)	Signature	Part 1 (30%)	Part 2 (70%)	Total (100%)
1	Wesley Lo Jun Yang	23SMD10836	1. Membership 2. Feedback	Wesley			
2	Chin Chun Xuan	23SMD01632	1. FAQ 2. Homepage	Xuan			
3	Michelle Chin Koh Ying	23SMD05432	1. Product Delivery 2. Product Details	Ying			
4	Natalie Koa Hao Yee	23SMD01336	1. News/classes 2. Maps	Hao Yee			
5	Tan Shieh Ling	23SMD00488	1. About us 2. Book	Ling			
Lecturer: JIA ZHENG LIM				Practical Tutor : DANIEL ROYD MICHAEL			
Date of Submission: 31/12/2023							

Assignment: Use web development tool, HTML, Cascading Style Sheets (CSS) and JavaScript to create a website for conducting the business online and fulfilling the customer needs.

Assessment Rubrics – Assignment Part 1 (30 marks)

Proposal -Criteria	Marks	Excellent	Good	Average	Poor	Score						
CLO 3: Develop websites to cater for different types of products or services in the business world. (A2, PLO7)												
Planning <ul style="list-style-type: none"> ● Description of the organization ● Website objectives ● Potential users ● Information the users need ● Proposed deliverable 	15	Excellently define all the required information. (12 –15)	Correctly define most of the required information. (9 – 11)	Correctly define some of the information. The rest are either incorrect or missing. (6 – 8)	Most of the information is missing, incomplete or incorrect. (0 – 5)							
Web Analysis <ul style="list-style-type: none"> ● Functions or modules 	15	Excellently define all the required information. (12 –15)	Correctly define most of the required information. (9 – 11)	Correctly define some of the information. The rest are either incorrect or missing. (6 – 8)	Most of the information is missing, incomplete or incorrect. (0 – 5)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px; text-align: center;">Name</td><td style="padding: 5px; text-align: center;">Mark</td></tr> <tr> <td style="padding: 5px; text-align: center;">1.Wesley Lo Jun Yang</td><td style="padding: 5px;"></td></tr> <tr> <td style="padding: 5px; text-align: center;">2.Chih Chun Xuan</td><td style="padding: 5px;"></td></tr> </table>	Name	Mark	1.Wesley Lo Jun Yang		2.Chih Chun Xuan	
Name	Mark											
1.Wesley Lo Jun Yang												
2.Chih Chun Xuan												

3.Michelle Chin Koh Ying	
4.Natalie Koa Hao Yee	
5.Tan Shieh Ling	

Total (30 marks)

Comments (if any):

Name	Mark
1.Wesley Lo Jun Yang	
2.Chih Chun Xuan	
3.Michelle Chin Koh Ying	

		4.Natalie Koa Hao Yee
	5.Tan Shieh Ling	

Assessment Rubrics – Assignment Part 2 (70 marks)

Criteria	Marks	Excellent	Good	Average	Poor	Score
CLO 2: Demonstrate the web development using web development tool, Cascading Style Sheets (CSS) and JavaScript. (P4, PLO3)						
Functionality & Complexity of the Website Module using the following elements: <ul style="list-style-type: none"> Media elements (text, graphic, audio, video and animation) Hypertext and hypermedia 	40	Excellently completed more than 80% of the required functionalities correctly using all the listed elements. High level of complex algorithms and programming skills.	Completed more than 60% of the required functionalities correctly using most of the listed elements. Average level of complex algorithms and programming skills.	Averagely completed more than 40% of the required functionalities with some minor errors. Only used some of the listed elements.	Not able to complete most of the required functionalities correctly. Only used few of the listed elements.	

- List
- Formatting
- Hotspot / image map
- Table
- Form
- CSS for all of the GUI design (use External Style Sheet effectively)
- JavaScript

(32 – 40)

(21 – 31)

programming skills.

(0 – 10)

(11 – 20)

Creativity in Modules' Function & Interface Design

10

Excellent creativity in module function and interface design.

(9 – 10)

Good creativity in module function and interface design.

(7 – 8)

Average creativity in module function and interface design.

(5 – 6)

(0 – 4)

Poor creativity in module function and interface design.

Name	Mark
1.Wesley Lo Jun Yang	
2.Chih Chun Xuan	
3.Michelle Chin Koh Ying	
4.Natalie Koa Hao Yee	

						5.Tan Shieh Ling													
User Interface Features	20	Excellent design consistency and interface usability, visual effect and interactivity. (16-20)	Good design consistency and interface usability, visual effect and interactivity. (11-15)	Average design consistency and interface usability, visual effect and interactivity. (6-10)	Poor design consistency and interface usability, visual effect and interactivity. (0 – 5)	<table border="1"> <thead> <tr> <th>Name</th><th>Mark</th></tr> </thead> <tbody> <tr> <td>1.Wesley Lo Jun Yang</td><td></td></tr> <tr> <td>2.Chih Chun Xuan</td><td></td></tr> <tr> <td>3.Michele Chin Koh Ying</td><td></td></tr> <tr> <td>4.Natalie Koa Hao Yee</td><td></td></tr> <tr> <td>5.Tan Shieh Ling</td><td></td></tr> </tbody> </table>	Name	Mark	1.Wesley Lo Jun Yang		2.Chih Chun Xuan		3.Michele Chin Koh Ying		4.Natalie Koa Hao Yee		5.Tan Shieh Ling		
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Total (70 marks)

Comments (if any):

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2.Chin Chun Xuan	
3.Michelle Chin Koh Ying	
4.Natalie Koa Hao Yee	
5.Tan Shieh Ling	

AACS1483 Web Design and Development

Plagiarism Statement Form

We confirm that the submitted works are all our own work and are in our own words.

Name (Block Capitals)	Student ID	Signature
1. Wesley LO JUN YANG	23SMD10836	Wesley
2. Chin Chun Xuan	23SMD01632	Xuan
3. Michelle Chin Koh Ying	23SMD05432	Chin Koh Ying
4. Natalie Koa Hao Yee	23SMD01336	Natalie Koa Hao Yee
5. Tan Shieh Ling	23SMD00488	Tan Shieh Ling

Group 3

Tutorial Group :

31/12/2023

Date :

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DESCRIPTION OF ORGANIZATION

GymGoer, a facility designed for physical exercise, fitness training, and various activities. GymGoer is aimed at individuals who are interested in improving their overall health, increase muscle strength, increase endurance, and achieve fitness goals. The organization aims to provide convenience and comfort to its members to help them reach their goal and aid in relaxation. by providing high quality and luxury services to its members.

The gym operates on a membership basis, where individuals must pay a fee to access the facilities and services. Membership options include a week for those who are testing the waters, monthly, quarterly for those who are regular GymGoers , and some offer different levels of access depending on the price.

GymGoer provides a facility that includes dedicated space for different types of exercises. And a fitness space for group fitness classes. And other facilities for members relaxation.

Other than that, they also provide Trainers where you can book a certified fitness instructor. These trainers work one-on-one with their clients to create a personalized workout plan, provide guidance on proper form, and offer motivation to help individuals achieve their fitness goals. There are also group fitness classes where you can sign up for yoga sessions, cardio workouts , and many more. Our certified instructors ensure a motivating environment for all members.

Furthermore, GymGoer sells a variety of proteins from supplements , bars and snacks , and options for those with lactose intolerance. With the help of our gym staff that specializes in nutritional guidance will help those who have questions on which helps the members the most.

Gymgoer offers more than just a place to workout, we also provide luxurious locker rooms where it's designed specifically for comfort and convenient , clean environment as it is one of our top prioritizes to provide our members a clean and healthy environment , swimming pool where members can enjoy swimming laps for cardio exercise or simply relax , Cafe and lounge where you can relax with fellow GymGoers, sauna and spa where you can experience the therapeutic benefits with relaxing environment to unwind and rejuvenate.

Join GymGoer and start your fitness journey here. Enhance your experience with us as we combine top-notch facilities that come with comfort and convenience. At GymGoer, your journey to a healthier, stronger , and more balanced lifestyle starts here.

Website Objective

The objective of this website is to provide ease of use for members. By implementing the proposed system we can provide members a more comfortable GymGoer experience. Here is our website objective goal:

User-Friendly

Provide a user-friendly interface to make the user's experience easy and intuitive as users are able to find information and understand the layout of the page easily there will also be a FAQ provided to users.we also aim to make it accessible to all people and devices as long as the internet is available.

Up to date information

By delivering accurate and up to date information about our products, services, schedules , events, and any other relevant information enhancing users satisfaction.

Online booking and reservations

Allow online booking and reservation for our certified fitness instructor to help users schedule an appointment to have their one on one sessions or join the group classes through the user friendly booking system.

Security and Privacy

Ensure the security of user data and transactions. Provide a clear and concise privacy policies and measures taken to protect user information.

Feedback and Surveys

We plan to implement customer feedback allowing customers to express their opinions on our services from the website to our gym facilities provided.

Brand Building

With a website we plan to use it as a platform for brand representation and promotion. With up to date information and consistent branding across the site will help us build our brand identity and attract more membership sign ups.

Potential Users of the Website

Current GymGoers

Those who are already signed up would be interested in our website as it provides them an ease of use. Providing them with up to date schedules , events , promotions and personalize workout plans.

Fitness Enthusiasts

Those who are interested in fitness. This includes beginners who just started getting interested in fitness and experienced fitness enthusiasts who are seeking new challenges.

Certified Fitness Instructor

The website can provide helpful information about our certified fitness instructor and also provide our certified fitness instructor a platform to showcase their expertise , manage their schedules , and connect with potential clients for personal sessions or group sessions.

Event participants

Those who are interested in upcoming events at GymGoers. The website can help you stay informed about upcoming events. This user group includes current GymGoers , fitness instructors , fitness enthusiasts, and people looking to experience or challenge fitness.

Information the users need and want

Facility

Detailed information about available equipment and facilities including showers, locker rooms, and many more.

Maps

Illustration and layout of the gym showing which section is what part of the gym whether it's the gym center , locker rooms and more. This gives our user an ease with locating their destination by looking at the map provided there will also be signs indicating what room you're entering.

Events

Detailed information about upcoming events including date, time, location, and registration.

Membership information

Detailed information about membership prices , discounts , promotions, and types of memberships.

Fitness program information

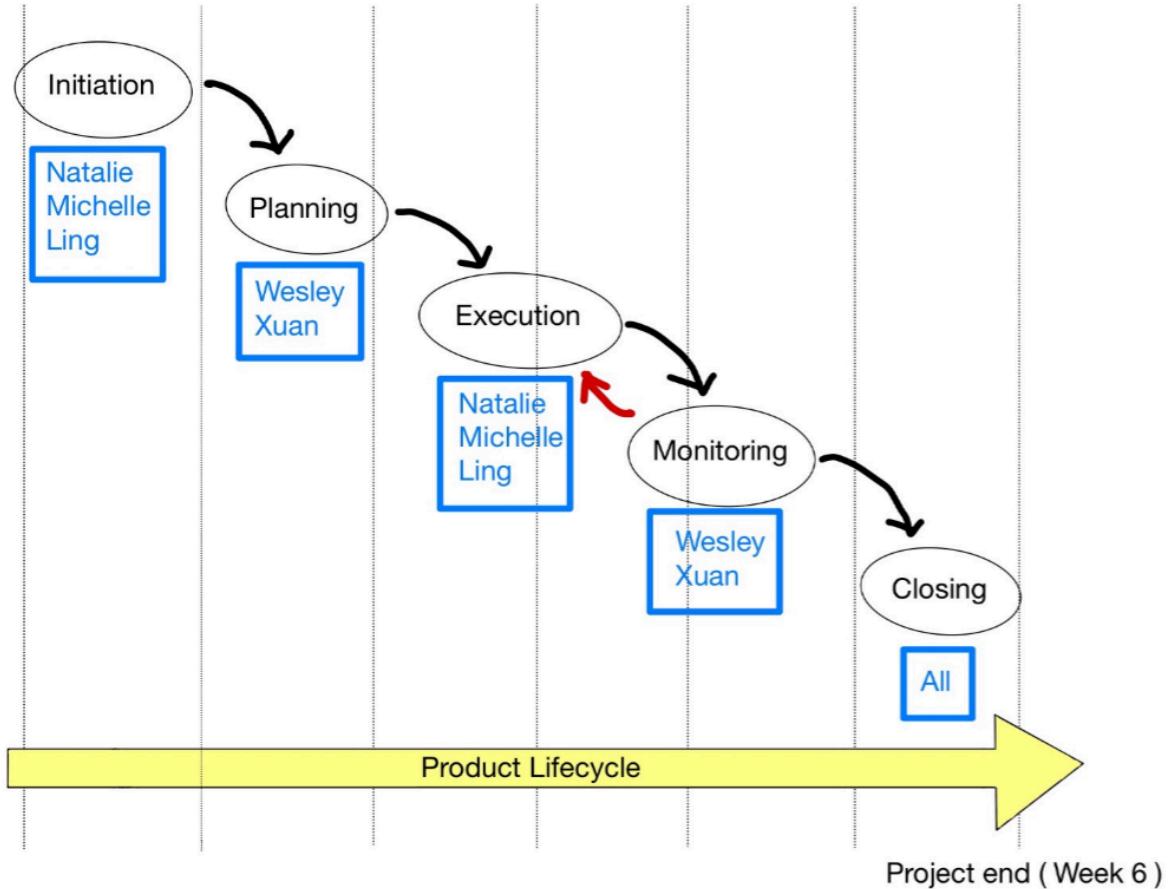
Detailed information about specific fitness programs offered. Detailed descriptions of the fitness programs provide aid to users who are interested and whether it aligns with their fitness goal.

Frequently Asked Question

Ready made frequently asked questions with answers. To help guide those who have similar questions needed to be answered. This is for the user's convenience.

Project Lifecycle

Project Start (Week 1)



Initiation

Requirements and Specifications in week 1

Our team gets the user requirements which are the needs of the customer from the client. Our project team breaks the requirements down into several modules which is Homepage Module, About Us Module, Product Module, FAQ Module, Product Delivery Module, Customer Feedback Module, Booking Module, Membership Module, Maps Module and News/Classes Module. Our team have assigned those modules to our team members which are **Wesley Lo Jun Yang** in charged with **Membership Module and Customer Feedback Module**, **Chin Chun Xuan** in charged with **FAQ Module, Homepage Module and helped Wesley with thank you page for Membership Module**, **Michelle Chin Koh Ying** in charged with **Product Detail Module and Product Delivery Module**, **Natalie Koa Hao Yee** in charged with **Maps Module and News/Classes Module**, **Tan Shieh Ling** in charged with **Booking Module and About Us Module**.

Planning

Information Design and Taxonomy Creation in weeks 1 - 2

During the planning stage, we have designed the sketches of the Gym Goer web pages according to the user requirements we have collected and analyzed. The goal of this phase is to create a meaningful User Interface(UI) and content navigation system. Our designers have prepared sketches and page mockups to represent page layouts which each of them start with a mockup as mockup can be easily edited based on the user's feedback.

Pls refer to [Sketches of the Gym Goer Webpage](#)

Execution

Construction and Content Development in weeks 2 - 4

Construction begins when the design stage is mostly complete. This stage includes the development of the site, some testing and troubleshooting (debugging) also will be done during this stage. During this stage, we met a lot of confusion and conflicts and we managed to address it by communicating with each of the team members. By doing so, we are able to reduce misunderstandings and be able to complete the web pages in time.

Monitoring

Quality Assurance and User Testing in weeks 4 - 6

During the monitoring phase of development of the project, our software team will engage in various activities to ensure that the website is running smoothly, meeting the expectations of customer's needs and addressing any issues that may present. The monitoring phase is crucial for maintaining the health and effectiveness of the project.

- Error Tracking
 - Our Team has been tracking and resolving the bugs or errors that have been reported by the users through the Customer Feedback Module.
- Documentation Review and Update
 - Our team has reviewed and updated the system documentation consistently to reflect any changes made during the development and monitoring phases. Ensuring that the documentation is comprehensive and up-to-date for future maintenance and development.
- Backup and Recovery Testing
 - Test the backup and recovery procedures regularly to ensure that data can be restored in case of data loss or system failures.
 - Verifying the integrity of backups and their accessibility.

Closing

Publishing, Promotion and Ongoing Maintenance in weeks 5 - 6

- Deployment of the System
 - Any changes have been made based on user feedback and final testing
 - The final version of the system is being deployed to users.
 - Our team has verified that the production deployment is successful and the live system is functioning as the client expected.
- Maintenance and Support
 - The webpage also provides guidelines and support such as the FAQ module.
 - Our team has ensured that the system is being enhanced effectively and up-to-date all the time.

MODULES IN THE WEBSITE

Homepage module

Is the main page where users can easily navigate to other pages such as about us, product , contact us , FAQ , News/Classes , and Maps. at the main page you can “JOIN US NOW” by signing up for our gym membership.

About us module

Is a page to introduce our “Gym Goers” , such as business hours , location, membership and the facilities. It also includes a contact number and email for the customer who needs it.

Product module

Is a page showcasing different types of products available at the GymGoer. Each product includes detailed descriptions, high-quality images, and pricing information to help customers make informed decisions.

FAQ module

Address common questions and concerns that customers may have. It serves as a resource for self-service information, covering topics such as order placement, delivery process, returns and more. This helps reduce customer inquiries and provides straightforward solutions.

Product Delivery module

The Product delivery module allows customers to order products and fitness-related products conveniently. Users can choose between delivery and pickup options based on their

preferences. Delivery options include specifying the delivery address and preferred time, ensuring the flexibility for busy schedules.

Customer Feedback module

Customers will be able to leave their feedback, opinions, reviews about anything related to the gym from facilities to services. This can help us improve and be aware of anything needed to be improved as it provides analytics of customer experience.

Booking module

Is for the customer who needs a personal trainer. We have different gender personal trainers and different prices for those who are first time coming and didn't know the usage of the facilities.

Membership module

Membership shows the different types of membership that can be bought. Offering membership programs. Customers can sign up to become members, unlocking benefits such as exclusive discounts, and personalized recommendations based on preferences.

Maps Module

Where users can navigate through the Gym with ease as a map is provided to know what the facilities look like you can press the map on where you want to go and an image will appear showcasing what the location looks like.

News/Classes Module

Provides news regarding events happening, nutrition information, workout information that is beneficial for the customers as it provides good advice from our certified physical

instructors. This module is essential to keep customers up to date on events happening. There will also be a facilities navigation where it showcases the facilities provided in the gym.

REFERENCES

Online materials:

1. Lecture notes

<https://classroom.google.com/c/NjQxNTk3MDA3OTQ0/m/NTMwNTkzMjU4NTQ2/details>

2. Lac Malaysia

<https://www.lacworldwide.com.my/en/home>

3. W3Schools Online Web Tutorial

<https://www.w3schools.com/>

4. Video for About Us

 1DX Mark III - Cinematic Gym Fitness Video

Sketches of the Gym Goer Webpage

1. Homepage Module



2. (a)Membership Module

GYM GOERS

Home About Us News/Class Maps FAQ Membership Trainer Products Feedback

Pick a membership plan that fits you

3 Month

RM89.99/month

Save RM0.00

Get 1 month free

TSC

[Click me to join our membership](#)

6 Month

RM83.33/month

Save RM39.99

Get 1 month free

TSC

[Click me to join our membership](#)

12 Month

RM79.16 /month

Save RM129.88

Get 1 month free

TSC

[Click me to join our membership](#)

Name:

Age:

ID Card Number:

Email:

Phone Number:

Payment Method:

 Credit Card

2. (b)Membership: Thank You Module

GM GOERS

Home About Us New Classes MAP FAQ Membership Trainer Products Feedback

Thank You for Joining Our Membership!

We appreciate your registration. You are now a member of our community.

3. About Us Module

About US

Home About us New/Classes Maps FAQ Membership Trainer Products Feedback

video

Our GYM STORES

Business hour : ~~~
Address : ~~~
Contact Number / WhatsApp : ~~~
Email : ~~~

Membership

We have three kinds of packages :

3 month	6 month	12 month
~	~~	~
~	~~	~
~	~	—

Packages

Member / Non-member

:==
:=
:=

4. (a) New/Classes Module

Welcome to My Fitness Center

Home Facilities Classes Event Nutrition Workouts

Facilities

Showcases our facilities provided

Classes

Explore our variety of fitness classes tailored to individual fitness level and preference.

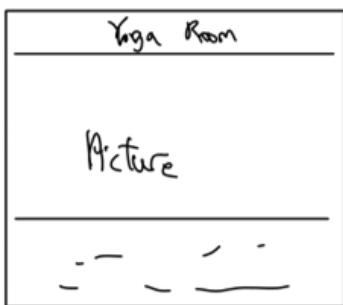
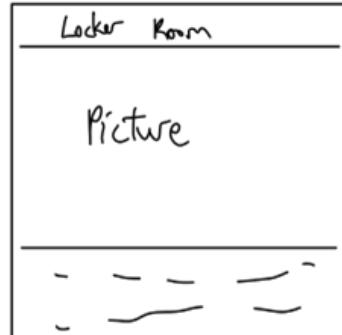
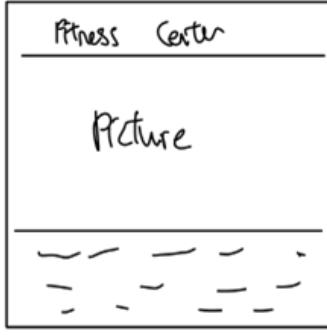
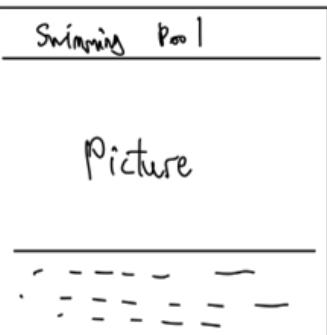
Event

Join us for exciting events and activities, from fitness challenges to community gatherings.

4. (b)News/Classes Module: Facilities

Facilities

Home facilities Classes Events Nutrition Workouts



4. (c)News/Classes Module: Classes

Fitlife Upcoming Classes

Home facilities Classes Events Nutrition Workouts

Yoga Class
— — — —
- - - -

HIIT Workout
- - --- --
- - - -

Zumba Dance Fitness
- - - - -
- - - - -

4. (d)News/Classes Module: Events

PtLife Events

Home facilities Classes Events Nutrition Workouts

Yoga Workshop

— — — —
- - - -

Strength Training Challenge

— — — —
- - - -

Nutrition Seminar

— — — —
- - - -

4. (e)News/Classes Module: Nutrition

FitLife Nutrition

Home facilities Classes Events Nutrition Workouts

Healthy Eating Tips

-
-
-
-
-

Pro Tip:

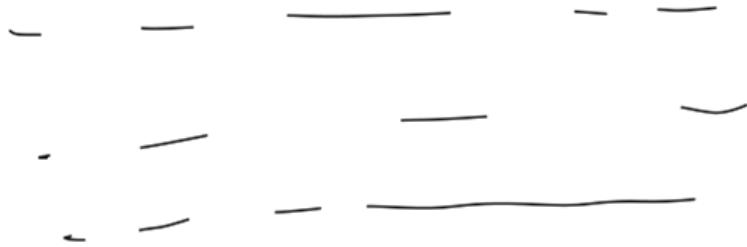
-
-

4. (f)News/Classes Module: Workouts

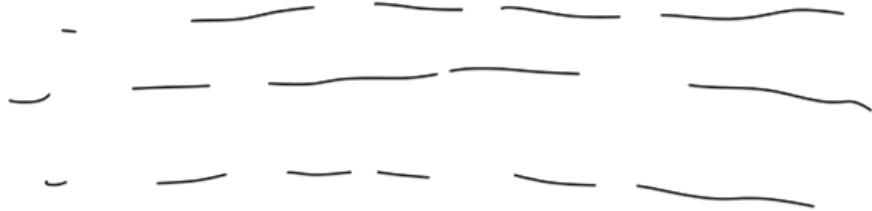
FitLife Workouts

Home facilities Classes Events Nutrition Workouts

Full body Workout Routine

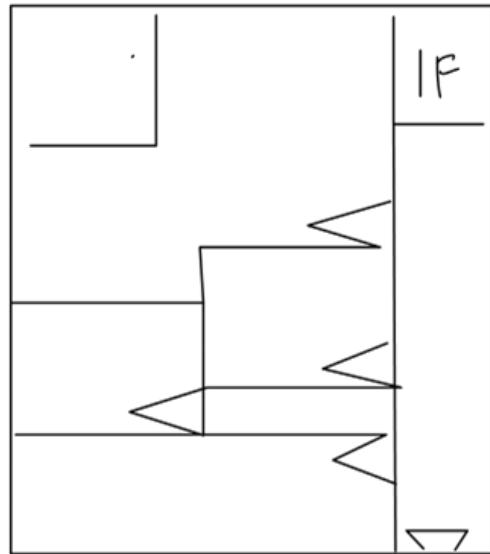


Quick Cardio Blast

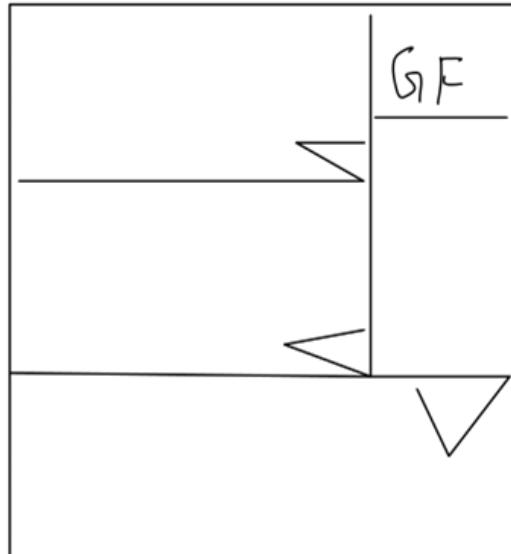


5. Maps Module

[Home](#) [About Us](#) [News/Classes](#) [Maps](#) [FAQ](#) [Membership](#) [Trainee](#) [Products](#) [Feedback](#)



Ground Floor



1st Floor

Location on Google Maps:

[View on Google Maps](#)

6. FAQ Module

Question? We're here to help.

GYM GOERS

Home About Us New Classes Maps FAQ Membership Trainer Products Feedback

Q —
A —

Q ~
A ~

Q —
A —

Q ~
A ~

Q ~
A ~

7. (a)Booking Module

Booking

Home About Us New/Classes Maps FAQ Membership Trainer Product Feedback

Booking Information

First Name:

Last Name:

Gender:

IC Number:

 :

Submit

Trainer Detail

~
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—
—/
—/
—
—/
—

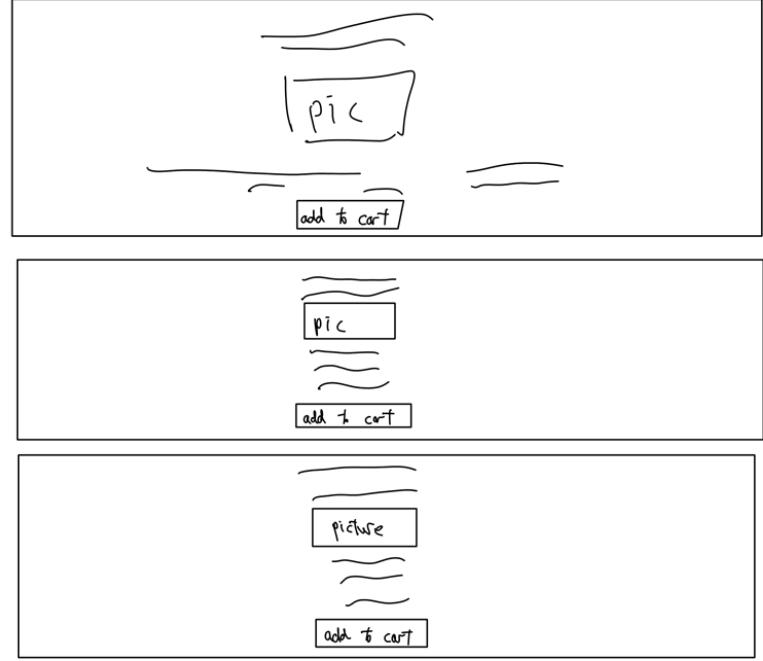
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7. (b)Booking Module: Thanks page



8. Product Detail Module

Our Products

Home	About US	New/Classes	Maps	FAQ	Membership	Trainer	Product	Feedback
								
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9. (a)Product Delivery Module

Customer INFORMATION

Home About Us News / Classes Maps FAQ Membership Trainer Products Feedback

Name :

Phone Number :

Delivery Pickup

Delivery Option

Pickup Options

Pickup time (leave blank for earliest pickup)

9. (b)Product Delivery Module: Thanks pages

Customer Information

Home About Us New Classes Maps FAQ Membership Trainer Products Feedback

Your order was submitted. Thank you for having us !!

© 2023 Fitness Center GYM GOALS

10. Feedback Module

Feedback Form

Home AboutUs News/Classes Maps FAQ Membership Trainer Products Feedback

Your Name:

Your Email:

Feedback:

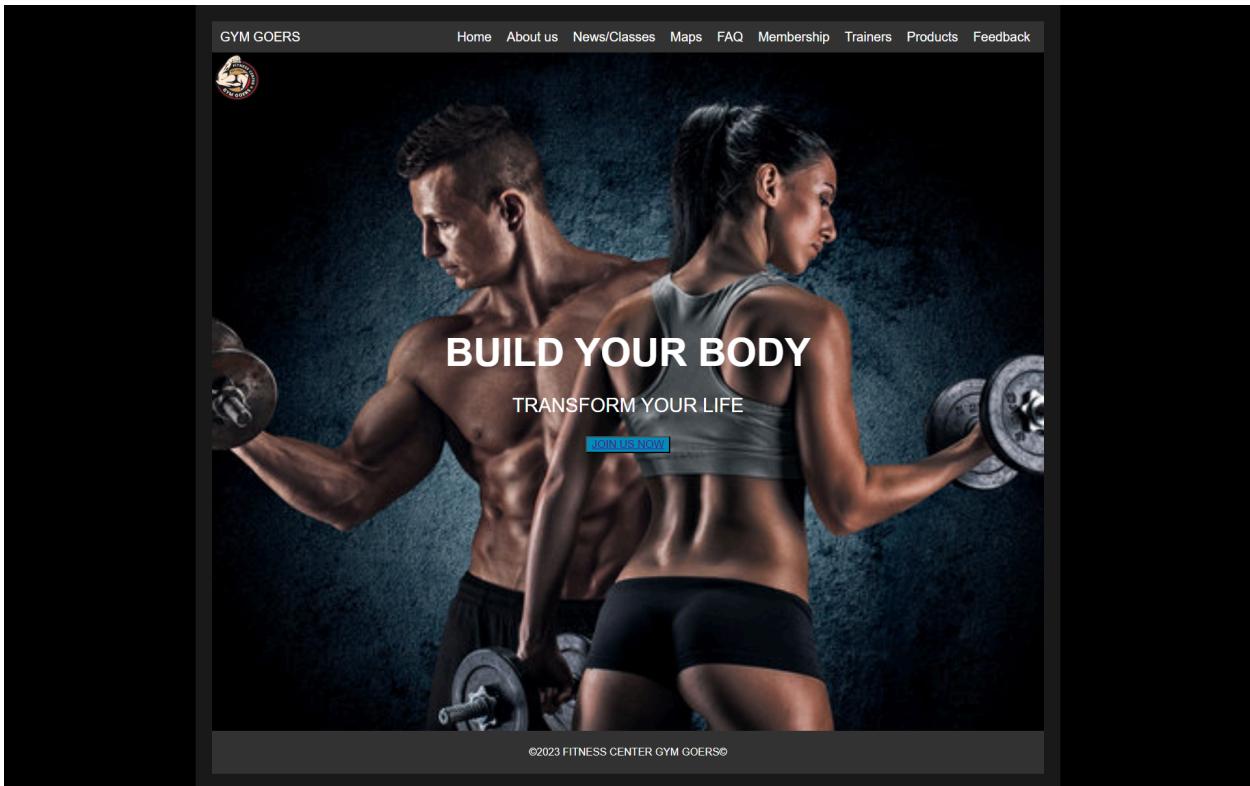
Rating:

 5 (Excellent)

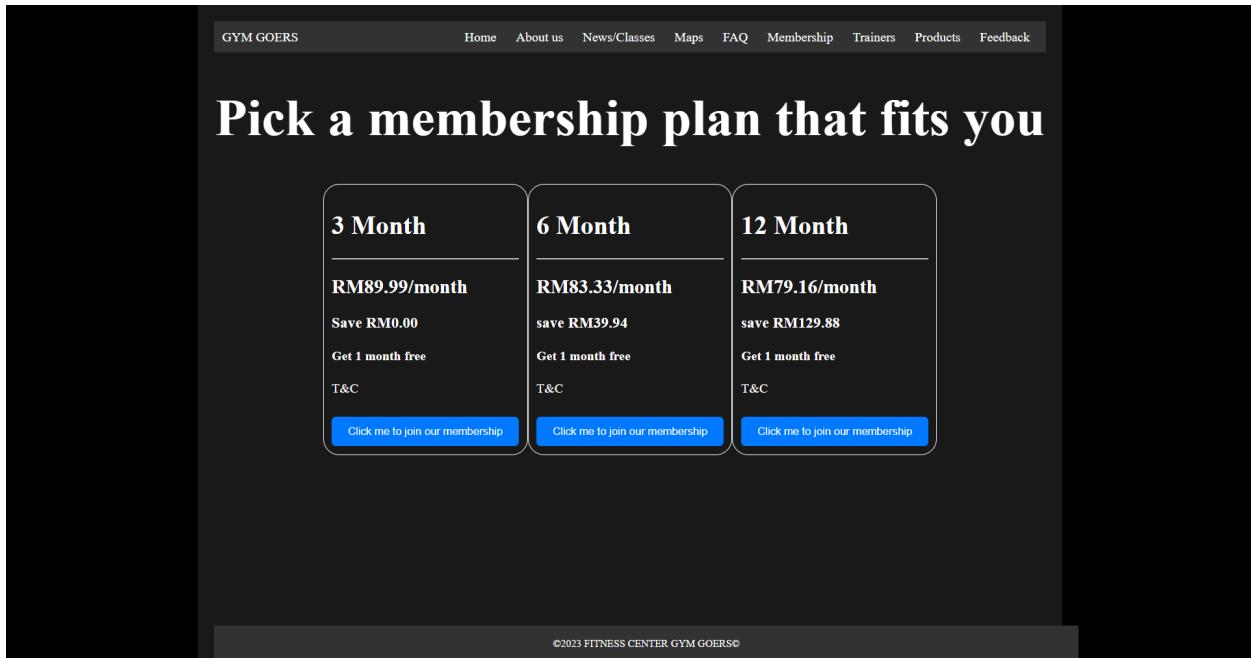
© 2023 FITNESS Center GYM GORKO

Our Website

1. Homepage



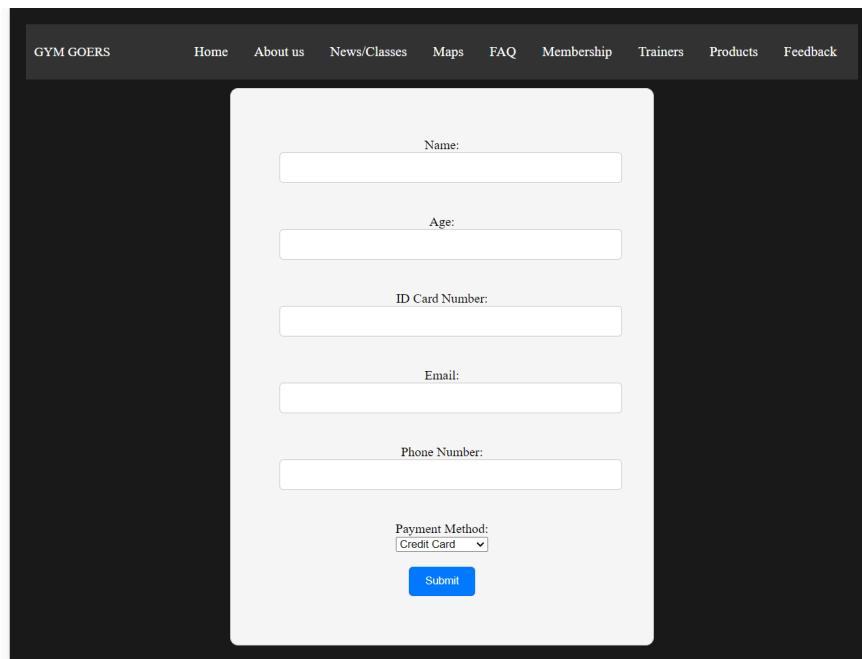
2.(a)Membership Module



The screenshot shows a membership selection page for 'GYM GOERS'. At the top, there's a navigation bar with links: Home, About us, News/Classes, Maps, FAQ, Membership, Trainers, Products, and Feedback. The main heading is 'Pick a membership plan that fits you'. Below this, three membership options are listed in boxes:

- 3 Month**: RM89.99/month, Save RM0.00, Get 1 month free. T&C. [Click me to join our membership](#)
- 6 Month**: RM83.33/month, save RM39.94, Get 1 month free. T&C. [Click me to join our membership](#)
- 12 Month**: RM79.16/month, save RM129.88, Get 1 month free. T&C. [Click me to join our membership](#)

At the bottom of the page, a small copyright notice reads: ©2023 FITNESS CENTER GYM GOERS®.



The screenshot shows a sign-up form for a membership. The form is contained within a white box with rounded corners, set against a dark background. It includes fields for Name, Age, ID Card Number, Email, Phone Number, and Payment Method, along with a Submit button.

GYM GOERS

Home About us News/Classes Maps FAQ Membership Trainers Products Feedback

Name:

Age:

ID Card Number:

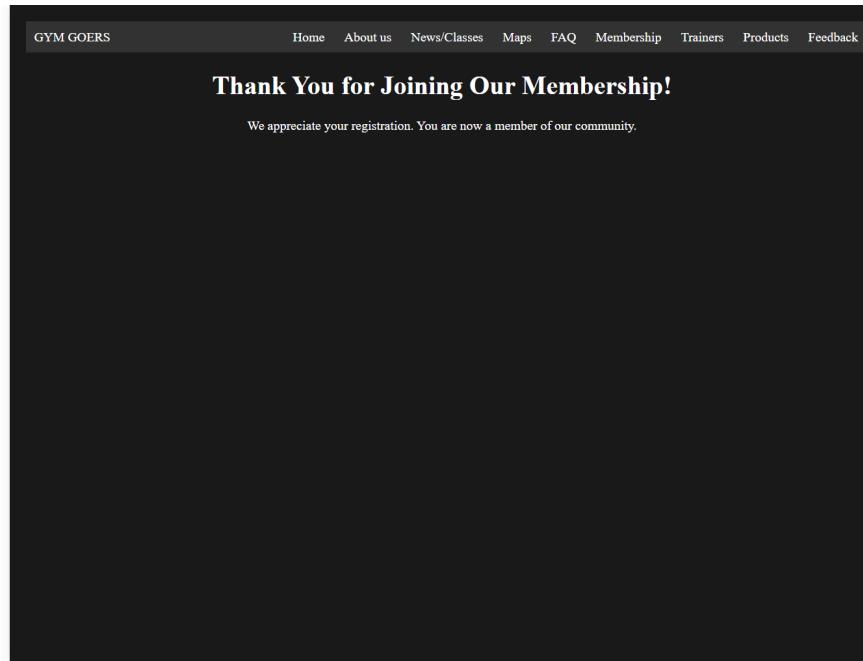
Email:

Phone Number:

Payment Method:
Credit Card

Submit

2. (b)Membership: Thank You Module



3. About Us Module

About Us

Home About us News/Classes Maps FAQ Membership Trainers Products Feedback



Our GYM GOERS

Business Hour : 24hour in daily and close on public holiday
Address : No.1, Jalan Alamesra, Alamesra, 88450 Kota Kinabalu, Sabah
Contact Number/Whasapp : [+60165385200](tel:+60165385200)
Email : gymgoers@gmail.com

Membership

We have three kinds of packages :

3 Month	6 Month	12 Month
<ul style="list-style-type: none">• RM89.99 / Month• Get 1 month free• Including Swimming Pool	<ul style="list-style-type: none">• RM83.33 / Month• Get 1 month free• Including Swimming Pool and Sauna Relaxation	<ul style="list-style-type: none">• RM79.16 / Month• Get 1 month free• Including Swimming Pool and Sauna Relaxation and Spa and Wellness

Facilities

Member / Non-member

- Professional Personal Trainer
- Fitness Center
- Locker Room
- Yoga Room
- Cafe And Lounge

Member

- Swimming Pool
- Spa and Wellness
- Sauna Relaxation

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4. (a)New/Classes Module

The screenshot shows a website for "My Fitness Center". The header features a dark grey bar with the title "Welcome to My Fitness Center" in white. Below it is a navigation menu with links: Home, facilities, Classes, Events, Nutrition, and Workouts. The main content area has a black background. It contains three sections: "Facilities" (described as showcasing provided facilities), "Classes" (described as exploring variety of fitness classes), and "Events" (described as joining exciting events and activities). At the bottom of the page, there is a small copyright notice: "©2023 FITNESS CENTER GYM GOERS®".

4. (b)News/Classes Module: Facilities

Facilities

Home facilities Classes Events Nutrition Workouts

Swimming PoolOur facility features a spacious swimming pool where you can relax and enjoy a refreshing swim.

Fitness CenterStay fit and healthy in our well-equipped fitness center with modern exercise equipment.

Locker RoomHost your meetings and events in our state-of-the-art conference room with audiovisual facilities.

Spa and WellnessIndulge in relaxation with our spa and wellness services, offering massages and rejuvenating treatments.

Sauna RelaxationSauna Relaxation where you can rejuvenate yourself and relax in the heat.

Cafe And LoungeCafe and Lounge where you can enjoy a nice cup of protein shake and chat with friends

Yoga RoomYoga Room where yoga classes are held. There are 2 yoga rooms

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4. (c)News/Classes Module: Classes

The screenshot displays a website for "FitLife Upcoming Classes". The header features the title "FitLife Upcoming Classes" and a navigation bar with links for Home, facilities, Classes, Events, Nutrition, and Workouts. Below the header, there are three distinct sections, each representing a different class:

- Yoga Class**
Join our invigorating yoga class to improve flexibility and find inner peace. Suitable for all levels.
Date: Every Monday and Wednesday
Time: 6:00 PM - 7:00 PM
- HIIT Workout**
Experience a high-intensity interval training session to boost your metabolism and burn calories effectively.
Date: Every Tuesday and Thursday
Time: 5:30 PM - 6:30 PM
- Zumba Dance Fitness**
Get ready to dance your way to fitness with our fun and energetic Zumba classes. All dance levels are welcome!
Date: Every Friday
Time: 7:00 PM - 8:00 PM

At the bottom of the page, a dark footer bar contains the copyright notice: "© 2023 FitLife Gym. All rights reserved."

4. (d)News/Classes Module: Events

The screenshot displays a website for "FitLife Upcoming Classes". The header features the title "FitLife Upcoming Classes" and a navigation bar with links for Home, facilities, Classes, Events, Nutrition, and Workouts. Below the header, there are three event cards, each with a title, a brief description, and specific details for date and time.

Yoga Class
Join our invigorating yoga class to improve flexibility and find inner peace. Suitable for all levels.
Date: Every Monday and Wednesday
Time: 6:00 PM - 7:00 PM

HIIT Workout
Experience a high-intensity interval training session to boost your metabolism and burn calories effectively.
Date: Every Tuesday and Thursday
Time: 5:30 PM - 6:30 PM

Zumba Dance Fitness
Get ready to dance your way to fitness with our fun and energetic Zumba classes. All dance levels are welcome!
Date: Every Friday
Time: 7:00 PM - 8:00 PM

At the bottom of the page, a dark footer bar contains the copyright notice: "© 2023 FitLife Gym. All rights reserved."

4. (e)News/Classes Module: Nutrition

The screenshot displays a website for "FitLife Upcoming Classes". The main title is "FitLife Upcoming Classes". Below it is a navigation bar with links: Home, facilities, Classes, Events, Nutrition, and Workouts. The main content area contains three sections, each with a title, a brief description, and two lines of information (Date and Time).
Yoga Class
Join our invigorating yoga class to improve flexibility and find inner peace. Suitable for all levels.
Date: Every Monday and Wednesday
Time: 6:00 PM - 7:00 PM

HIIT Workout
Experience a high-intensity interval training session to boost your metabolism and burn calories effectively.
Date: Every Tuesday and Thursday
Time: 5:30 PM - 6:30 PM

Zumba Dance Fitness
Get ready to dance your way to fitness with our fun and energetic Zumba classes. All dance levels are welcome!
Date: Every Friday
Time: 7:00 PM - 8:00 PM

4. (f)News/Classes Module: Workouts

FitLife Workouts

Home facilities Classes Events Nutrition Workouts

Full Body Workout Routine

Try this effective full-body workout for a complete fitness experience:

Warm-up: 5 minutes of light cardio (jogging, jumping jacks, etc.)

Strength Training: 3 sets of squats, 3 sets of push-ups, 3 sets of lunges

Cardio: 20 minutes of high-intensity interval training (HIIT)

Core Exercises: Planks, crunches, and leg raises

Cool Down: 5 minutes of stretching and relaxation exercises

Quick Cardio Blast

Need a quick cardio session? Try this 15-minute cardio blast:

Jumping jacks: 2 minutes

Running in place: 3 minutes

High knees: 2 minutes

Burpees: 3 sets of 10 reps

Mountain climbers: 2 minutes

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5. Maps Module

Home About us News/Classes Maps FAQ Membership Trainers Products Feedback

GYM CENTRE

YOGA ROOM

MEN LOCKER ROOM

FEMALE LOCKER ROOM

CAFE AND LOUNGE

WALKWAY

DOOR

STAIRS GOING 1ST FLOOR

SPA

SAUNA

SWIMMING POOL

WALKWAY

DOOR

DOOR

STAIRS GOING GROUND FLOOR

Ground Floor

1st Floor

Location on Google Maps:
[View on Google Maps](#)

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6. FAQ Module

The screenshot shows a dark-themed website for "GYM GOERS". At the top, a banner features the text "Questions? We're here to help." Below the banner is a navigation bar with links: Home, About us, News/Classes, Maps, FAQ, Membership, Trainers, Products, and Feedback. The main content area contains five frequently asked questions, each with a bold question title and a corresponding answer below it.

Gym normal business hours?
The gym is open 24 hours a day and is closed on public holidays.

Type, quantity and quality of machines and equipment available in the gym?
The gym has a variety of machines and equipment, including treadmills, dumbbells, barbells, etc., to meet different exercise needs.

Are parking spaces in the parking lot free?
There is a small amount of free parking, but there is a large amount of parking for members only.

Do you have a personal trainer?
As long as you become our member, you can enjoy the services of a personal trainer.

What are the rules, safety measures, and code of conduct at the gym?
Gym Rules: Wear appropriate attire, be quiet, use equipment carefully, keep it clean, be on time, respect others, place items properly. If you have questions, ask the staff.

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7. (a)Booking Module

The image shows a web-based booking module. At the top, a navigation bar includes links for Home, About us, News/Classes, Maps, FAQ, Membership, Trainers, Products, and Feedback. The main title "Booking" is centered above a "Booking Information" form. The form contains fields for First Name*, Last Name*, Gender* (Female), IC Number*, Phone Number*, E-mail*, Personal Trainer* (Ms.Lee Hai En), Month*, From*, To*, and Payment Method* (Online Banking). A "Submit" button is located at the bottom right of the form. To the right of the form, a sidebar titled "Trainer Detail" lists three female trainers: Ms.Lee Hai En, Ms.Tan Kai Wei, and Mr.Loo Hao Jie, each with their age, qualifications, and price per month.

Booking Information

First Name* :

Last Name* :

Gender* : Female

IC Number* : XXXXX-XX-XXXX

Phone Number* : XXX-XXXXXXX

E-mail* :

Personal Trainer* :

Month* :

From* : dd/mm/yyyy

To : dd/mm/yyyy

Payment Method* :

Submit

Trainer Detail

Female

Ms.Lee Hai En
Age : 30 years old
Qualifications : 6 years
Price : RM150 / month

Ms.Tan Kai Wei
Age : 25 years old
Qualifications : 3 years
Price : RM100 / month

Male

Mr.Lai Wei Kang
Age : 32 years old
Qualifications : 10 years
Price : RM170 / month

Mr.Loo Hao Jie
Age : 28 years old
Qualifications : 5 years
Price : RM130 / month

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7. (b)Booking Module: Thanks page



8. Product Detail Module

OUR PRODUCTS

Home About us News Clues Maps FAQ Membership Trainers Products Feedback

Optimum Nutrition Gold Standard™ 100% Whey Double Rich Chocolate(5 lb)



Product Description

Member = RM290(SAVE 34%)
USUAL = RM436.90

- Packed with whey protein blend, namely
 - Whey Protein Isolate (primary source)
 - Whey Protein Concentrate
 - Whey Peptides
- Each scoop provides more than:
 - 5g of BCAA
 - 4g of Glutamine & glutamine precursors
- Instantized Formula which easily mixed in shaker cup or just a glass and spoon
- Enhance muscle growth and strength
- Helps to support muscle repair & accelerate muscle repair & recovery
- Maintain good health because protein is involved in almost every process in the body
- Firm & tone up. Able to train more often and harder with increased strength
- Less muscle fatigue and soreness on the next day after workout
- Healthy (less likely to fall sick) with improved immune system
- Healthy hair & skin too

[Add to Cart](#)

Optimum Nutrition 100% Whey Gold Standard Strawberry(5lbs)



Product Description

Member = RM290(SAVE 34%)
USUAL = RM436.90

ON Gold Standard Whey Protein consists of various types of whey protein with essential amino acids that are important for **muscle repair and building**. It is designed to **support muscle maintenance and repair of muscle tissue**.

- Each serving supplies 24g of Protein, 2g - 3g of Carbohydrates, 1.5g of Fat and minimal lactose.
- Due to its low level of lactose, ON 100% Whey may be suitable for those with mild lactose intolerance.
- Protein is an essential nutrient for:
 - Normal growth and repair of muscle tissue and other body structures
 - Maintain healthy immunity
 - Muscle building

For **bext results**, it is recommended to consume approximately 2g of protein per kg of body weight daily from a combination of high protein foods and supplements. For **even better results**, consume your daily protein **over 4-6 small meals equally** spread throughout the day.

[Add to Cart](#)

Optimum Nutrition BCAA Boost Grape Burst(390g/ 13.8 oz)



Product Description

Member = RM132.54(SAVE 35%)
USUAL = RM203.90

Features:

- An intra-workout BCAA formula supplies:
 - 8g BCAAs in 2:1:1 ratio (Leucine: Isoleucine: Valine)
 - 1g L-Citrulline
 - 1.2g Electrolytes
- Zero carbs & zero caffeine
- Free from banned substance

Benefits:

- Promote muscle growth and recovery
 - Reduce muscle breakdown and maximize lean muscle gain
 - Improve workout performance so you can carry heavier/ do more reps
- Support endurance
 - Reduce fatigue and improve recovery time
 - Maintain fluid balance
 - To keep body hydrated and reduce risk of muscle cramps

[Add to Cart](#)

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9. (a)Product Delivery Module

CUSTOMER INFORMATION

Home About us News/Classes Maps FAQ Membership Trainers Products Feedback

Name

Phone Number (nnn)nnn-nnnn

Delivery Pickup

Delivery Options
Enter delivery address

Delivery Time (leave blank for earliest delivery)
 - : - - -

Pickup Options
Pickup Time (leave blank for earliest pickup)
 - : - - -

Submit your Order

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9. (b)Product Delivery Module: Thanks pages

CUSTOMER INFORMATION

Home About us News/Classes Maps FAQ Membership Trainers Products Feedback

Your order was submitted. Thank you for having us!!

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10. Feedback Module

The screenshot shows a feedback form titled "FEEDBACK FORM" on a dark-themed website. The form includes fields for Name, Email, Feedback, and Rating, with a "Submit Feedback" button at the bottom.

FEEDBACK FORM

Home About us News/Classes Maps FAQ Membership Trainers Products Feedback

Your Name:

Your Email:

Feedback:

Rating:

Submit Feedback

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