**AITU FITNESS CENTER / SE-2001 / NURGUL ABDRAKHMANOVA**

Description: In the modern world, a healthy lifestyle is gaining great popularity, so I chose a project work about a fitness center. AITU Fitness Center is a fitness room for training and keeping yourself in good physical condition. It is also a link between the client and the trainer, fitness services. In the project I used HTML, CSS, JavaScript, PHP languages to create a website.

1. Homepage

* Site icon

<link rel="icon" type="type" href="logo.png"/>

* Moving navigation bar

<nav class="navbar navbar-expand-sm bg-dark navbar-dark fixed-top">

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

<a class="navbar-brand" href="#section0">Home</a>

<button class="navbar-toggler" type="button" data-toggle="collapse" data-target="#collapsibleNavbar">

<span class="navbar-toggler-icon"></span>

</button>

<div class="collapse navbar-collapse" id="collapsibleNavbar">

<center><ul class="navbar-nav">

<li class="nav-item">

<a class="nav-link" href="#section1">About Us</a>

</li>

<li class="nav-item">

<a class="nav-link" href="#section2">Athletics</a>

</li>

<li class="nav-item">

<a class="nav-link" href="#section3">Equipment</a>

</li>

<li class="nav-item">

<a class="nav-link" href="#section4">Consultation</a>

</li>

<li class="nav-item">

<a class="nav-link" href="#section5">Contacts</a>

</li>

</ul></center>

</div>

</nav>

</nav>

* information and logo

<div class="container mt-3" id="section0">

<div class="jumbotron text-center" style="margin-bottom:0;background-color: white;height: 400px;">

<h1><img src="logo.png">

AITU FITNESS</h1>

<p>“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” -Edward Stanley</p><a href="https://www.facebook.com/astanaituniversity/"><img src="https://bcline.eu/wp-content/uploads/2017/09/facebook-Logo.png" alt=" " height="50px" width="50px"></a><a href="https://www.instagram.com/astana\_it\_university/?hl=ru"><img src="https://upload.wikimedia.org/wikipedia/commons/thumb/e/e7/Instagram\_logo\_2016.svg/240px-Instagram\_logo\_2016.svg.png" alt=" " height="50px" width="50px"></a><a href="https://twitter.com/tokayevkz/status/1197062657653792768"><img src="https://upload.wikimedia.org/wikipedia/ru/thumb/9/9f/Twitter\_bird\_logo\_2012.svg/296px-Twitter\_bird\_logo\_2012.svg.png" alt=" " height="50px" width="50px"></a>

</div>

* Carousel

<div id="myCarousel" class="carousel slide" data-ride="carousel">

<ul class="carousel-indicators">

<li data-target="#myCarousel" data-slide-to="0" class="active"></li>

<li data-target="#myCarousel" data-slide-to="1"></li>

<li data-target="#myCarousel" data-slide-to="2"></li>

</ul>

<div class="carousel-inner">

<div class="carousel-item active">

<img src="hall.jpg" alt="hall" width="1100" height="500">

</div>

<div class="carousel-item">

<img src="building.jpg" alt="building" width="1100" height="500">

</div>

<div class="carousel-item">

<img src="stairs.jpg" alt="stairs" width="1100" height="500">

</div>

</div>

<a class="carousel-control-prev" href="#myCarousel" data-slide="prev">

<span class="carousel-control-prev-icon"></span>

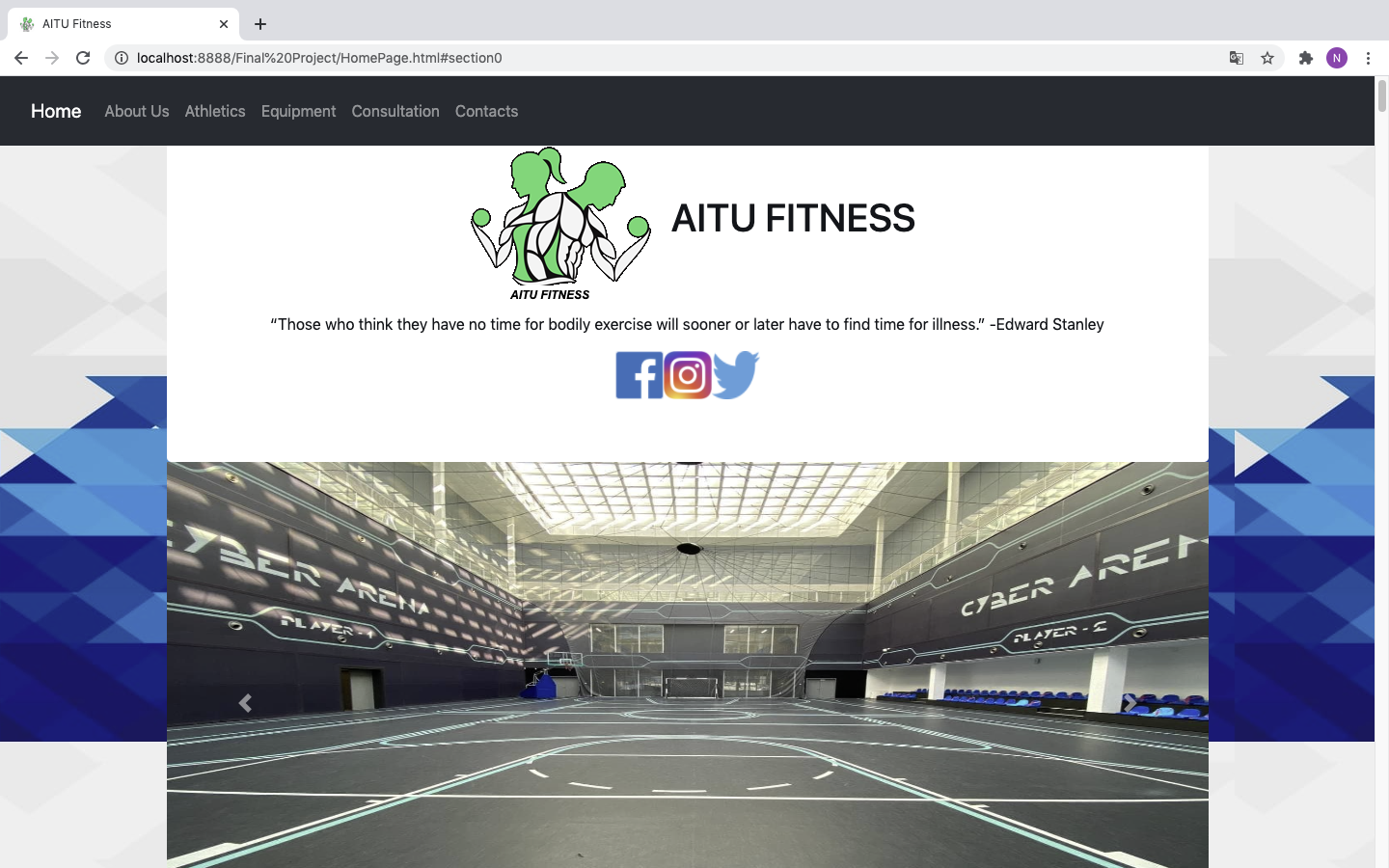
</a>

<a class="carousel-control-next" href="#myCarousel" data-slide="next">

<span class="carousel-control-next-icon"></span>

</a>

</div>



1. About Us

<div id="section1">

<div class="about">

<center>

<h3>“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”-Arnold Schwarzenegger</h3>

<div class="info"><div class="p1"><img src="https://i0.wp.com/treeoflifeuu.org/wp-content/uploads/2020/05/yoga.png?fit=640%2C638&ssl=1" alt="diversity" height="100px" width="100px"></div>

<div class="text"><h3>DIVERSITY</h3><p>More than 30 types of sports programs</p></div></div>

<div class="info"><div class="p1"><img src="treadmill.png" alt="equipment" height="100px" width="100px"></div>

<div class="text"><h3>EQUIPMENT</h3><p>We work with simulators that use modern technologies with the ability to accurately regulate loads</p></div></div>

<div class="info"><div class="p1"><img src="https://png.pngtree.com/png-vector/20191003/ourlarge/pngtree-gps-icon-png-image\_1787000.jpg" alt="location" height="100px" width="100px"></div>

<div class="text"><h3>LOCATION</h3><p>Our fitness center is located in the EXPO Business Center, block C.1 in the city of Nur-Sultan</p></div></div>

<div class="info"><div class="p1"><img src="https://thumbs.dreamstime.com/b/search-icon-magnifying-glass-icon-vector-magnifier-loupe-sign-search-icon-magnifying-glass-icon-vector-magnifier-loupe-sign-131036619.jpg" alt="analysis" height="100px" width="100px"></div>

<div class="text"><h3>ANALYSIS</h3><p>We provide data and calculations to monitor your health</p></div></div>

<div class="info"><div class="p1"><img src="https://thumbs.dreamstime.com/b/%D1%87%D0%B5%D1%80%D0%BD%D0%B0%D1%8F-%D0%BB%D0%B8%D0%BD%D0%B8%D1%8F-%D0%B7%D0%BD%D0%B0%D1%87%D0%BE%D0%BA-%D0%B4%D0%BB%D1%8F-%D1%86%D0%B5%D0%BB%D0%B8-%D0%B7%D0%B0%D0%B4%D0%B0%D1%87%D0%B8-%D0%B8-%D0%B4%D1%80%D0%BE%D1%82%D0%B8%D0%BA%D0%BE%D0%B2-%D1%81%D1%82%D1%80%D0%B5%D0%BB%D0%BE%D0%BA-%D0%B4%D0%BE%D1%81%D0%BA%D0%B8-152913815.jpg" alt="result" height="100px" width="100px"></div>

<div class="text"><h3>RESULT</h3><p>We will help you achieve your goals</p></div></div>

<div class="info"><div class="p1"><img src="https://thumbs.dreamstime.com/b/lemonade-juice-glass-straw-cartoon-isolated-black-white-vector-illustration-graphic-design-149330907.jpg" alt="relax" height="100px" width="100px"></div>

<div class="text"><h3>RELAX</h3><p>We provide you with a relaxation area where you can relax and take a break. The gym will give you a clean towel and water.</p></div></div>

</center></div><div>

* CSS

.info{

border-radius: 25px;

display: flex;

flex-direction: row;

flex-wrap: wrap;

background-color: white;

height: 100px;

width: 1000px;

margin-top: 30px;

}

.p1{

position: absolute;

margin-left: 50px;

display: flex;

flex-direction: column;

}

.text{

width: 70%;

display: flex;

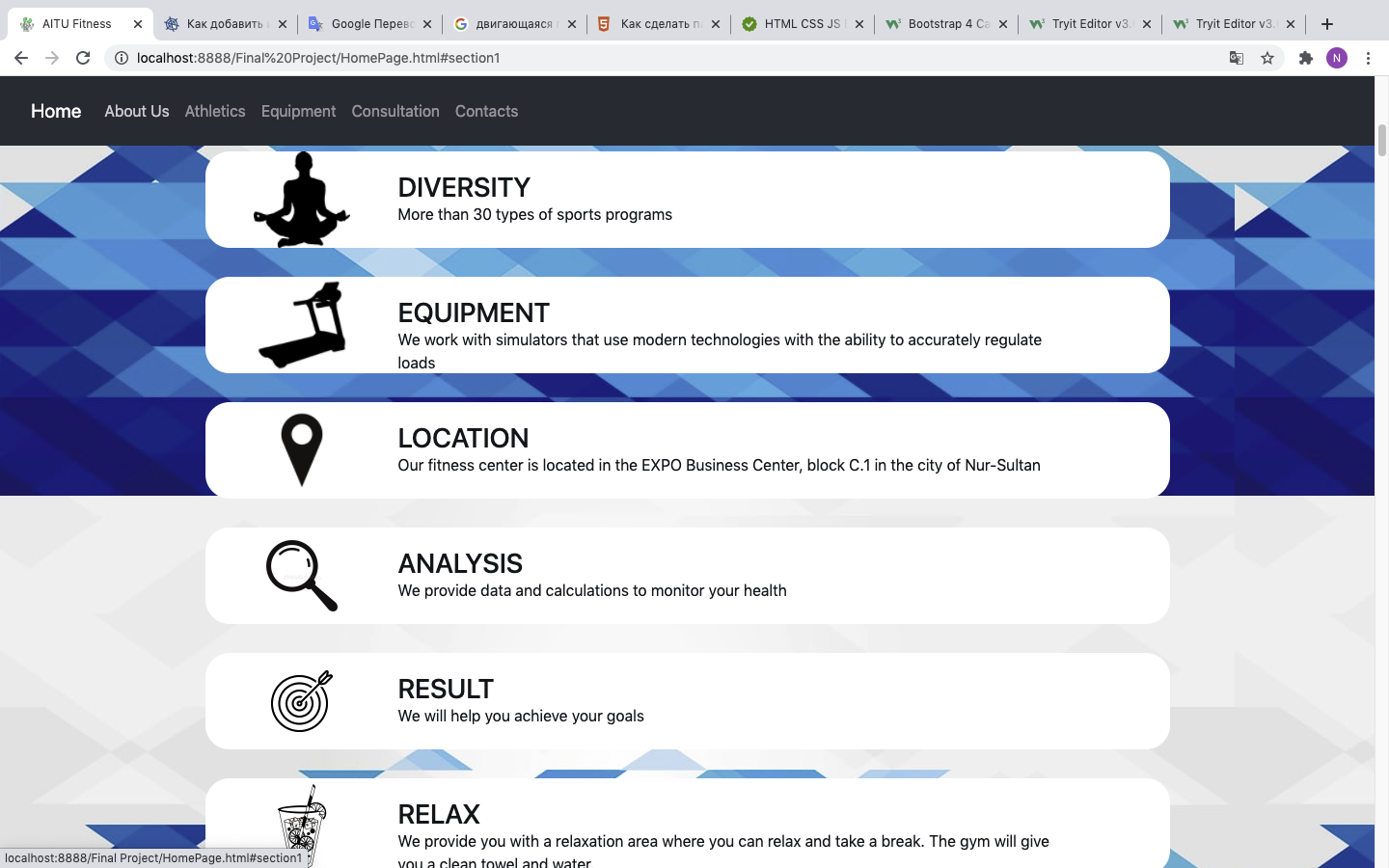
flex-direction: column;

margin-left: 200px;

padding: 20px 0;

text-align: left;

}



1. Athletics

<div id="section2">

<div class="athletic"> <h3>List of our athletics:</h3>

<div class="block\_inset">

<div class="inset\_pole" id="inset\_pole1">

<div class="inset\_num" id="inset\_num1">

<div class="inset\_kontent">

Step beginners<br>

Speed race<br>

Combat mix<br>

Tracking</div>

div class="inset\_header" id="inset\_header1" onClick="click\_header\_inset(1);" ><div>Aerobic</div></div></div>

<div class="inset\_num" id="inset\_num2">

<div class="inset\_kontent">

Upper body<br>

Lower body<br>

Pump mix<br>

Spine Strength</div>

<div class="inset\_header" id="inset\_header2" onClick="click\_header\_inset(2);" ><div>Power</div></div></div>

<div class="inset\_num" id="inset\_num3">

<div class="inset\_kontent">

Dance mix<br>

Lady dance<br>

Zumba<br>

Latin dance</div>

<div class="inset\_header" id="inset\_header3" onClick="click\_header\_inset(3);" ><div>Dance</div></div></div>

<div class="inset\_num" id="inset\_num4">

<div class="inset\_kontent">

Pilates beginners<br>

Pilates allegro<br>

Body flex<br>

Fitness yoga</div>

<div class="inset\_header" id="inset\_header4" onClick="click\_header\_inset(4);" ><div>Mind&Body</div></div></div>

<div class="inset\_num" id="inset\_num5">

<div class="inset\_kontent">

Abs + Stretch<br>

RWF fitbox<br>

Strong by zumba<br>

Zumba step</div>

<div class="inset\_header" id="inset\_header5" onClick="click\_header\_inset(5);" ><div>Mixed</div></div></div>

</div>

<script type="text/javascript">

num\_inset\_motor=0;

flag\_inset\_motor=0;

time\_pause\_motor=1;

delta\_y=3;

set\_motor=false;

id\_settimeout=0;

open\_inset\_num=0;

next\_open\_num=0;

height\_header=30;

function click\_header\_inset(n\_inset)

{

if (!set\_motor)

{

next\_open\_num=0;

if (open\_inset\_num==0)

{

num\_inset\_motor=n\_inset;

flag\_inset\_motor=1;

set\_motor=true;

motor\_inset();

}

else

{

if (n\_inset!=open\_inset\_num) next\_open\_num=n\_inset;

num\_inset\_motor=open\_inset\_num;

flag\_inset\_motor=-1;

set\_motor=true;

motor\_inset();

}}

else

{

clearTimeout(id\_settimeout);

if (n\_inset==num\_inset\_motor)

{

flag\_inset\_motor\*=-1;

motor\_inset();

}

else

{

next\_open\_num=n\_inset;

if (flag\_inset\_motor>0)

{

flag\_inset\_motor=-1;}

motor\_inset();}}}

function motor\_inset()

{

if (num\_inset\_motor==0) return;

if (flag\_inset\_motor==0) return;

obj\_name="inset\_num"+num\_inset\_motor;

obj\_inset=document.getElementById(obj\_name);

y\_inset\_motor=obj\_inset.offsetTop;

y\_inset\_motor+=flag\_inset\_motor\*delta\_y;

if (flag\_inset\_motor>0)

{

if (y\_inset\_motor>0)

{

y\_inset\_motor=0;

set\_motor=false;

open\_inset\_num=num\_inset\_motor;

}}

else

{

if (y\_inset\_motor<=height\_header-obj\_inset.offsetHeight)

{

y\_inset\_motor=height\_header-obj\_inset.offsetHeight;

set\_motor=false;

open\_inset\_num=0;

if (next\_open\_num>0)

{

num\_inset\_motor=next\_open\_num;

next\_open\_num=0;

flag\_inset\_motor=1;

set\_motor=true;

}}}

obj\_inset.style.top=y\_inset\_motor+"px";

if (set\_motor)

{

id\_settimeout=setTimeout("motor\_inset()",time\_pause\_motor);}}

</script>

</div></div></div>

* CSS

.athletic {

background-color: #82D8F6;

padding: 5px; }

.text\_site {

padding: 10px; }

.block\_inset {

position: relative;

height: 30px; }

.inset\_pole {

overflow: hidden;

width: 100%;

height: 300px;

position: absolute;

left: 0px;

top: 0px; }

.inset\_num {

position: absolute;

background-color: #86F4BB;

width: 150px;

height: 150px;

top: -120px; }

.inset\_header {

position: absolute;

bottom: 0px;

left: 0px;

width: 00%;

cursor: pointer;

text-align: center;

background: #86F4BB;

height: 30px; }

.inset\_header div {

padding:5px; }

.inset\_kontent {

padding:10px;

height:120px;

background:#408080;

color:#eee; }

#inset\_num1 {

left:50px; }

#inset\_num2 {

left:260px; }

#inset\_num3 {

left:470px; }

#inset\_num4 {

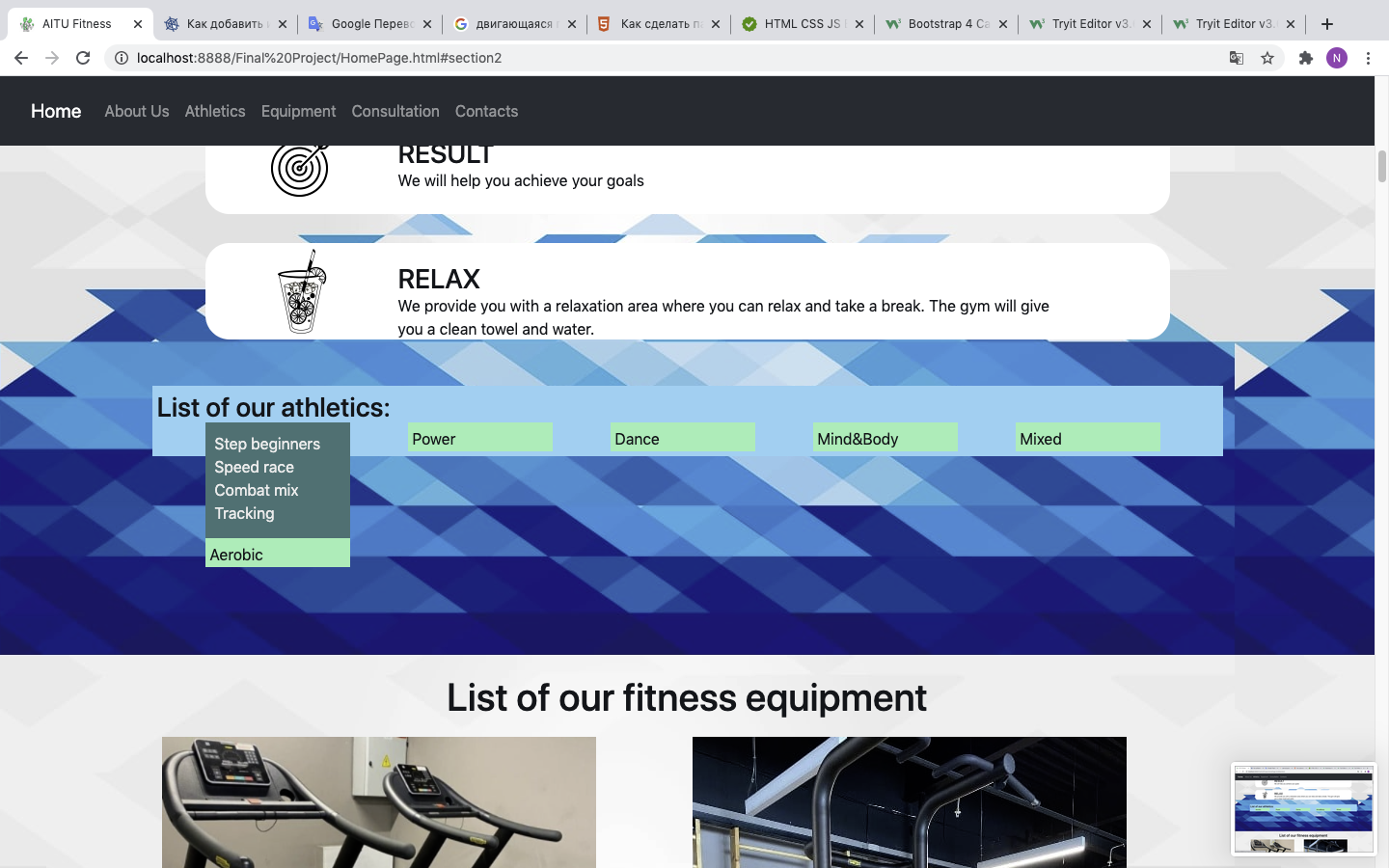
left:680px; }

#inset\_num5 {

left:890px; }

#section2 {

height: 250px;}



1. Equipment

<div id="section3">

<div class="equipment">

<center>

<h1>List of our fitness equipment</h1>

</center>

<div class="grid-container">

<div class="p3" data-title="Беговая дорожка. TechoGym"><img src="run.jpg" alt=" " width="450px" ></div>

<div class="p5" data-title="Комбинированая стойка для подтягиваний, брусья и упражнения на пресс. TechoGym"><img src="pic9.jpg" alt=" "></div>

<div class="p4" data-title="Комплект хромированных гантелей из 8 пар(1-10 кг). TechoGym"><img src="pic10.jpg" alt=" " width="450px"></div></div>

<div class="p2" data-title="Велотренажер вертикальных. TechoGym"><img src="velo1.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Элиптический тренажер. TechoGym"><img src="velo2.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Тренажер для всех групп мыщц ног. TechoGym"><img src="pic1.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Многофункциональный тренажер для широчайшей мышцы спины. TechoGym"><img src="pic2.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Тренажер для широчайшей мышцы спины, бицепс и ромбовидная мышца. TechoGym"><img src="pic3.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Тренажер для мыщц наружней и внутренней стороны бедра. TechoGym"><img src="pic4.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Тренажер для задних и четырехглавой мыщц бедра. TechoGym"><img src="pic5.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Тренажер для грудных и дельтовидных мыщц, трицепс. TechoGym"><img src="pic6.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Набор дисков ф55мм (7 пар). TechoGym"><img src="pic7.jpg" alt=" "></div>

<br><br>

<div class="p2" data-title="Скамья для тренировки ппоясничных мыщц(Гиперэкстензия), трицепс. TechoGym"><img src="pic8.jpg" alt=" "></div></div>

</div>

</div>

<div id="section4">

<div class="consultation">

<center><h3>Consultation:</h3></center>

<center><a href="registration.php" class="btn">Registration</a></center>

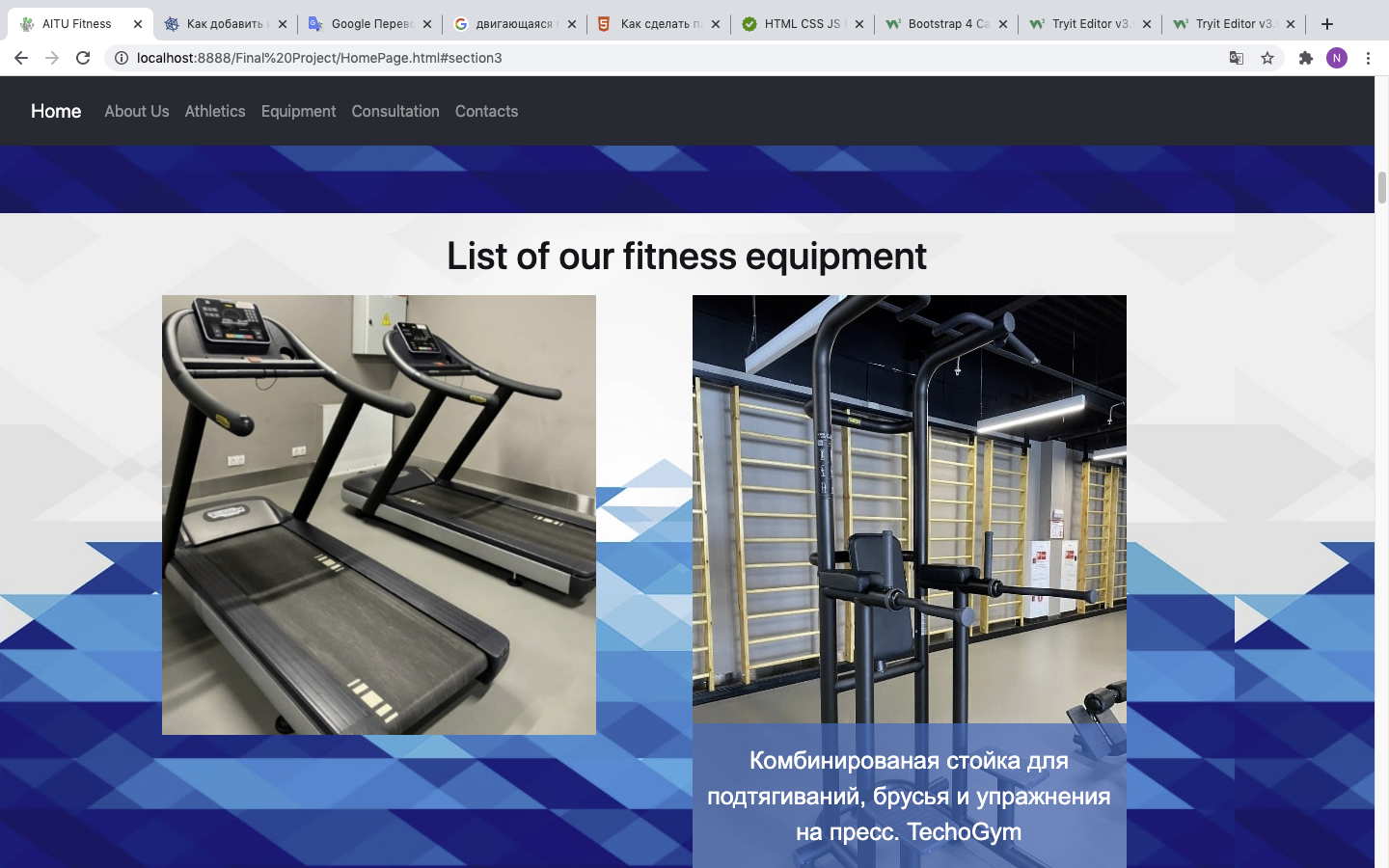
<br><br>

<center><a href="survey.php" class="btn">Survey</a></center>

</div>

</div>

</div>



1. Consultation

<div id="section4">

<div class="consultation">

<center><h3>Consultation:</h3></center>

<center><a href="registration.php" class="btn">Registration</a></center>

<br><br>

<center><a href="survey.php" class="btn">Survey</a></center>

</div>

</div>

* Registration

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Registration</title>

</head>

<link rel="icon" type="type" href="logo.png"/>

<style>

input {

width: 200px;

height: 25px;

margin-left: 5px;

}

input[type=text], input[type=password], textarea {

width: 70%;

padding: 10px;

margin: 5px;

padding-left: 15px;

padding-right: 15px;

padding-top: 10px;

display: inline-block;

border: none;

background: white;

}

button {

width: 50px;

height: 20px;

}

input[type=text]:focus, input[type=password]:focus {

outline: none;

}

</style>

<body style="background-image: url('wall.jpg')";>

<?php

require("connect.php")

?>

<center>

<?php

if (isset($\_GET['submit'])){

$name = $\_GET['name'];

$surname = $\_GET['surname'];

$age = $\_GET['age'];

$message = $\_GET['message'];

echo "Your account created, $name";

}

?>

<form action="" method="GET">

<table cellpadding = "5" bgcolor="#86F4BB">

<tr><td style="background-color: #82D8F6;" colspan="2" style="border-radius: 5px;"><h4>Create Account</h4></td></tr>

<tr>

<td>First Name</td>

<td><input type="text" name="name" id="name"></td></tr>

<tr>

<td>Last Name</td>

<td><input type="text" name="surname" id="surname"></td></tr>

<tr><td>Gender</td><td>

Male <input type="radio" name="Gender" value="Male" />

Female <input type="radio" name="Gender" value="Female" /></td></tr>

<tr><td>Age:</td>

<td><input type="number" name="age" min="1" id="age"></td></tr>

<tr><td>Phone</td>

<td><input type="text" name="city" id="city"></td></tr>

<tr><td>Password</td>

<td><input type="text" name="Password"></td></tr>

<tr><td>Confirm Password</td>

<td><input type="text" name="Confirm Password"></td></tr>

<tr><td>Your Social Networks</td>

<td><textarea name="message" id="message" cols="30" rows="10"></textarea></td></tr>

<tr style="background-color: #82D8F6;" align="center">

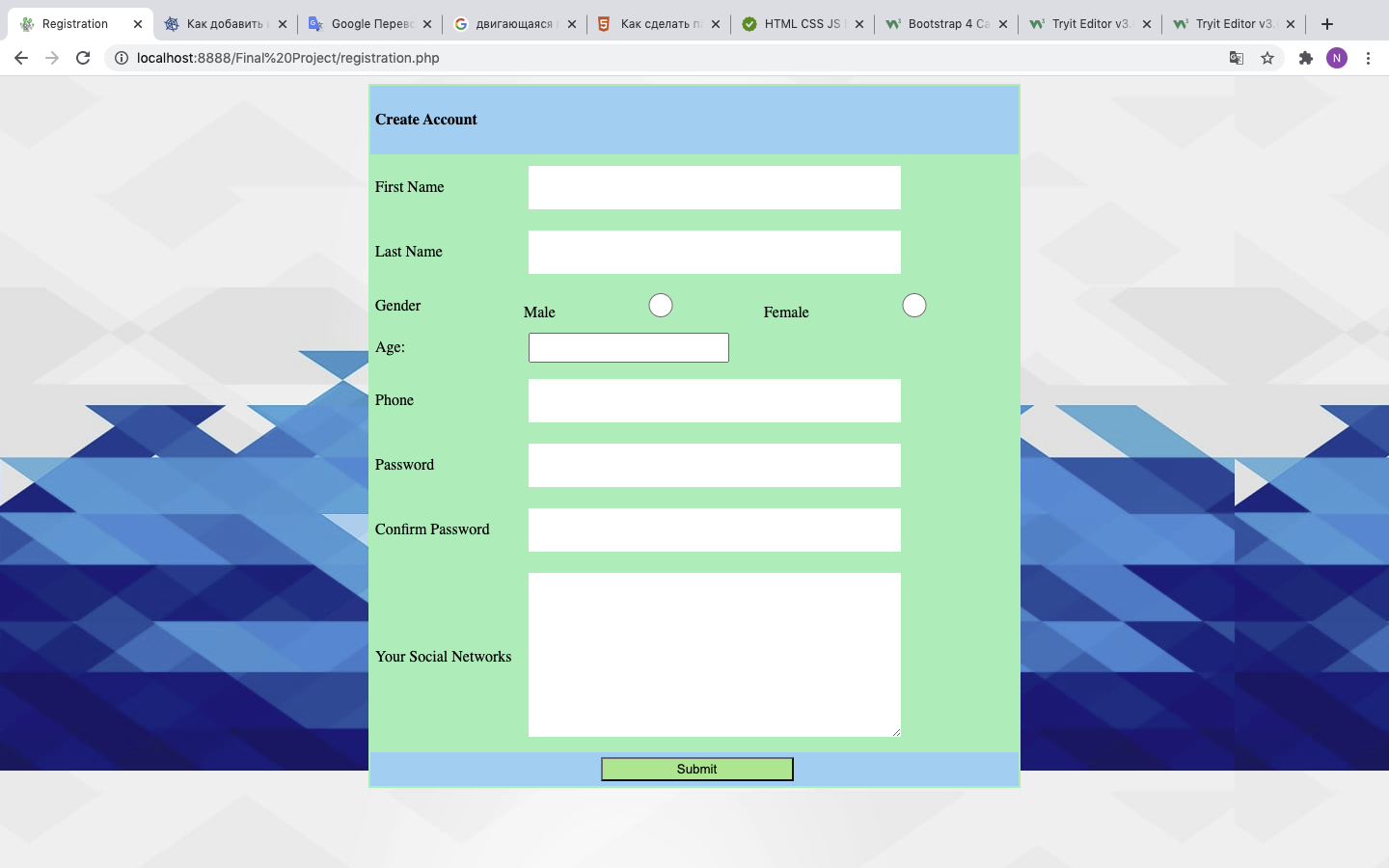
<td colspan="2"><input type="submit" name="submit" value="Submit" style="background-color: lightgreen;"></td></tr>

</table>

</form>

</center>

</body>

</html>

* Survey

#fcc\_foldout\_menu, #fcc\_foldout\_toggler, #fcc\_test\_suite\_indicator {

display: none;

}

\* {

margin: 0;

padding: 0;

}

html, html a {

-webkit-font-smoothing: antialiased !important;

}

body {

display: flex;

flex-direction: column;

background-color: #00838F;

font-family: 'Open Sans', sans-serif;

-webkit-font-smoothing: antialiased;

-moz-osx-font-smoothing: grayscale;

min-height: 100vh;

}

header {

color: #FFFFFF;

text-align: center;

font-family: 'Zilla Slab', serif;

letter-spacing: 2px;

/\*text-shadow: 2px 2px 3px #000000;\*/

text-shadow: 0 1px 3px rgba(0,0,0,0.12), 0 1px 2px rgba(0,0,0,0.24);

padding: 15px;

}

main {

display: flex;

flex-grow: 1;

height: 100%;

background-color: white;

border-radius: 5px;

margin-left: 15%;

margin-right: 15%;

margin-bottom: 10px;

padding-left: 10px;

padding-right: 10px;

padding-bottom: 10px;

box-shadow: 0 1px 3px rgba(0,0,0,0.12), 0 1px 2px rgba(0,0,0,0.24);

}

form {

width: 100%;

}

.question {

display: flex;

padding: 5px 0 5px 0;

}

textarea {

padding: 5px;

width: 75%;

}

input {

padding: 5px;

}

input[type=radio] {

margin-right: 5px;

}

input[type=checkbox] {

margin-right: 5px;

}

input[type=submit] {

border-radius: 5px;

border: 0;

box-shadow: 0 1px 3px rgba(0,0,0,0.12), 0 1px 2px rgba(0,0,0,0.24);

}

.submit {

text-align: center;

}

#name, #email, #number {

border-radius: 5px;

border: 1px solid #606060;

width: 200px;

}

#name:focus, #email:focus, #number:focus {

border-radius: 5px;

border: 1px solid #FFAB40;

width: 200px;

outline: 0;

}

#comments {

border-radius: 5px;

border: 1px solid #606060;

}

#comments:focus {

border-radius: 5px;

border: 1px solid #FFAB40;

outline: 0;

}

select {

padding: 5px;

border: 1px solid #606060;

}

select:focus {

padding: 5px;

border: 1px solid #FFAB40;

outline: 0;

}

.description {

text-align: center;

padding: 5px 0 5px 0;

}

.questions {

text-align: right;

width: 50%;

padding-right: 5px;

}

.answers {

width: 50%;

padding-left: 5px;

}

</style>

</head>

<body>

<header>

<h1 name="title" id="title">Survey Form</h1>

</header>

<main>

<form id="survey-form">

<p class="description" id="description">Welcome to the survey page and thanks for the answers</p>

<div class="question">

<div class="questions">

<label id="name-label">Your Name:</label>

</div>

<div class="answers">

<input type="text" id="name" placeholder="Enter your name" required/>

</div>

</div>

<div class="question">

<div class="questions">

<label id="email-label">Your Email:</label>

</div>

<div class="answers">

<input type="email" id="email" placeholder="Enter your email" required/>

</div>

</div>

<div class="question">

<div class="questions">

<label id="number-label">Your Age:</label>

</div>

<div class="answers">

<input type="number" min="1" max="150" id="number" placeholder="Enter your age" required/>

</div>

</div>

<div class="question">

<div class="questions">

<p>Which option best describes your current role?:</p>

</div>

<div class="answers">

<select id="dropdown">

<?php

$list = array(

'<option value="Student">Student</option>',

'<option value="Full time job">Full time job</option>',

'<option value="Full time learner">Full time learner</option>',

'<option value="Prefer not to say">Prefer not to say</option>',

'<option value="Other">Other</option>'

);

foreach ($list as $item) {

echo $item;

}

?>

</select>

</div>

</div>

<div class="question">

<div class="questions">

<p>How often do you play sports?</p>

</div>

<div class="answers">

<?php

$recommendations = ["Everyday", "Three times per week", "Two times a week", "Once a week", "Once a month", "Infrequently", "Never"];

foreach ($recommendations as $recommendation)

echo "<p><input type='radio' name='recommendation' value='$recommendation' required/>$recommendation</p>";

?>

</div>

</div>

<div class="question">

<div class="questions">

<p>What kind of fitness classes do you like best?</p>

</div>

<div class="answers">

<select id="likeMost">

<option value="" disabled selected>Select an option</option>

<?php

$options = ["Aerobic", "Power", "Dance", "Mind&Body", "Mixed"];

foreach ($options as $option) {

echo "<option value='$option'>$option</option>";

}

?>

</select>

</div>

</div>

<div class="question">

<div class="questions">

<p>Any Comments or Suggestions?</p>

</div>

<div class="answers">

<textarea rows="4" name="comments" id="comments" placeholder="Describe yourself here..."></textarea>

</div>

</div>

<div class="submit">

<input type="submit" id="submit">

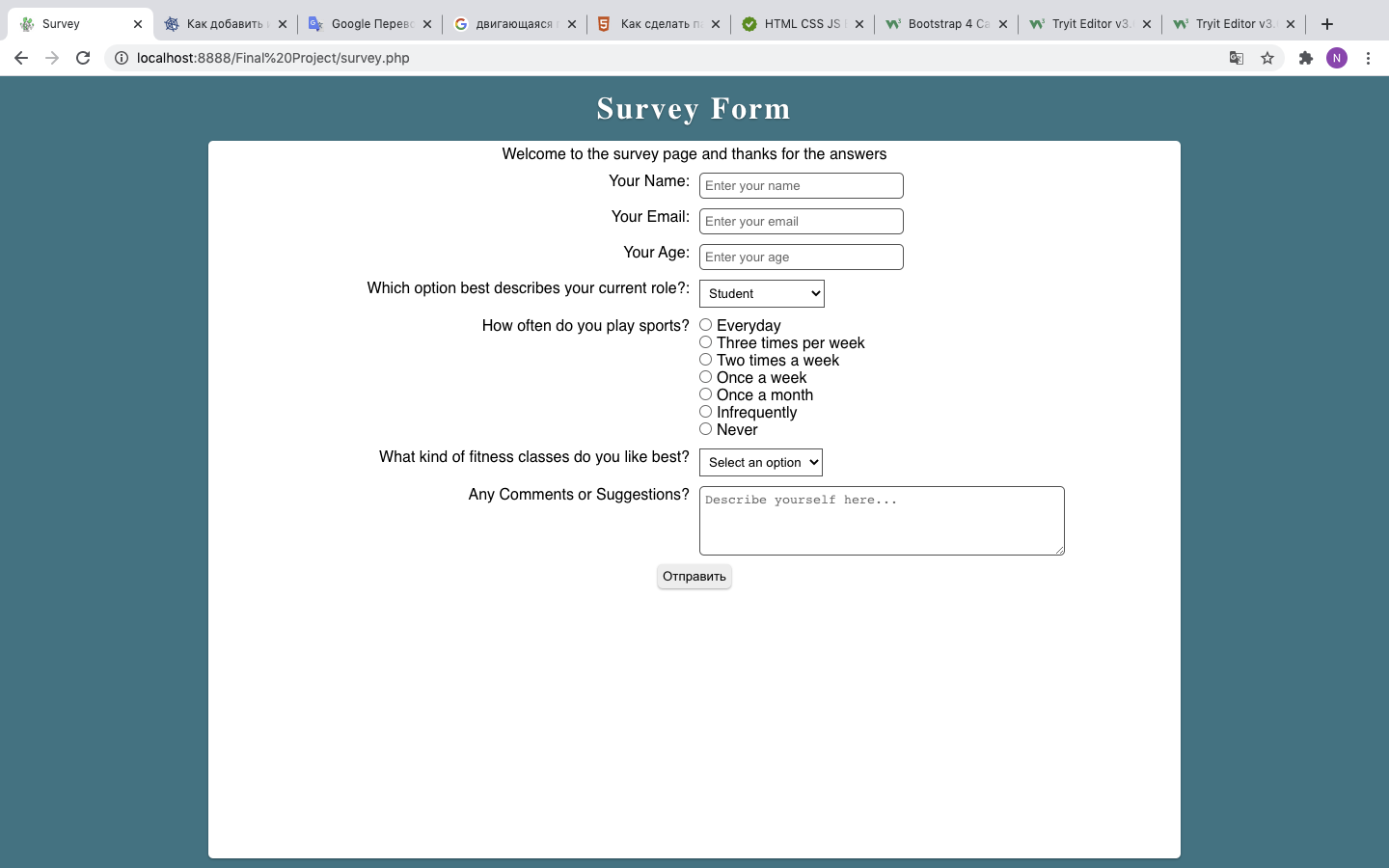
</div>

</form>

</main>

<footer>

</footer>

</body>

1. Contacts

<div id="section5">

<div class="contact">

<h1>Contact with us</h1>

<center>

<div id="map" style="width:100%;height:400px;"></div>

<div class="phone">

<div class="mail"><img src="logo.png" alt=" " height="150px" width="150px"></div>

<div class="mail"><h3>Address:</h3><p>Nur-Sultan<br>Turkestan street<br>EXPO 2017, C1.4, 1st floor<br>020000</p></div>

<div class="mail"><h3>Working hours at AITU Fitness:</h3><p>Weekday from 9.00-18.00,<br>Sunday is a day off</p></div>

<div class="mail">

<h3>Phone:</h3><p>+7(7172)64-57-10<br>+7-747-855-12-02</p></div>

<div class="mail">

<h3>Е-mail:</h3><p>aitufitness@gmail.com</p>

<h3>Our social networks:</h3><a href="https://www.facebook.com/astanaituniversity/"><img src="https://bcline.eu/wp-content/uploads/2017/09/facebook-Logo.png" alt=" " height="50px" width="50px"></a><a href="https://www.instagram.com/astana\_it\_university/?hl=ru"><img src="https://upload.wikimedia.org/wikipedia/commons/thumb/e/e7/Instagram\_logo\_2016.svg/240px-Instagram\_logo\_2016.svg.png" alt=" " height="50px" width="50px"></a><a href="https://twitter.com/tokayevkz/status/1197062657653792768"><img src="https://upload.wikimedia.org/wikipedia/ru/thumb/9/9f/Twitter\_bird\_logo\_2012.svg/296px-Twitter\_bird\_logo\_2012.svg.png" alt=" " height="50px" width="50px"></a>

</div></div>

</center>

<script>

function myMap() {

var mapCanvas = document.getElementById("map");

var mapOptions = {

center: new google.maps.LatLng(51.090961,71.418324), zoom: 18 };

var map = new google.maps.Map(mapCanvas, mapOptions); }

</script>

<script src="https://maps.googleapis.com/maps/api/js?key=AIzaSyBRd-pM9Xckykda1Bzks1iEU4e4f7O2\_WE&callback=myMap" async defer></script>

</div> 