

Java Institute for Advanced Technology

UNIT NAME: WEB PROGRAMMING 1

UNIT ID: H7DT 04

ASSIGNMENT ID: H7DT 04/AS/01

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PROJECT FILE: https://drive.google.com/file/d/1x21-twlLAcohgBP6BgMa el2GJ6URhfD/view?usp=sharing



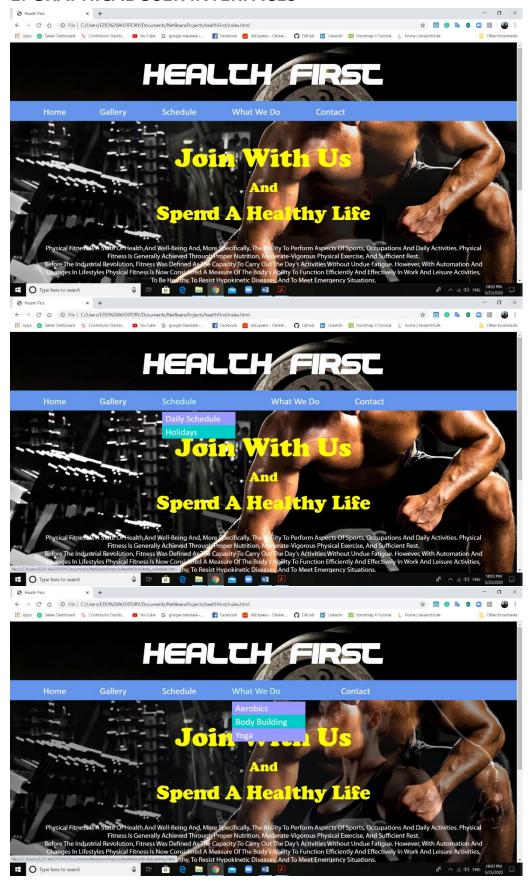


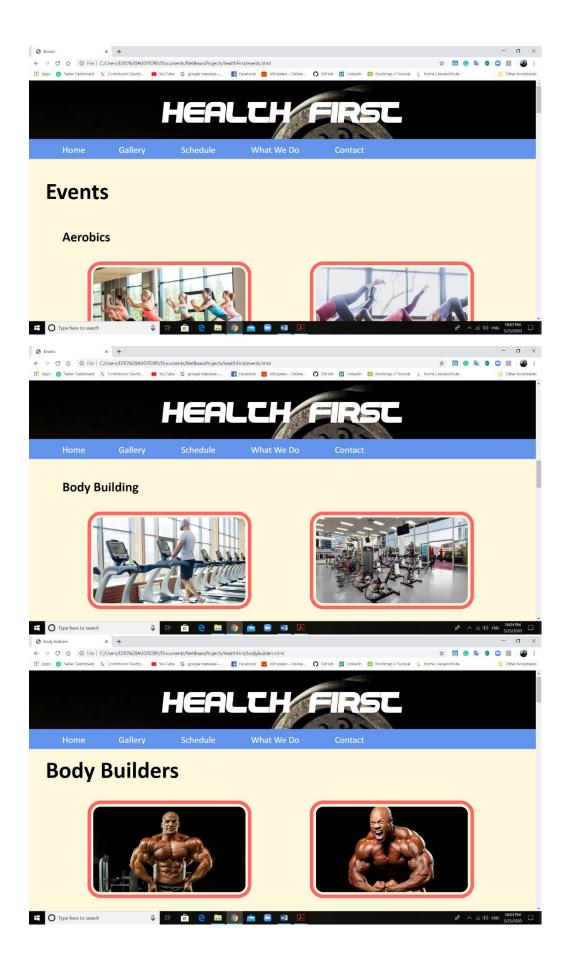


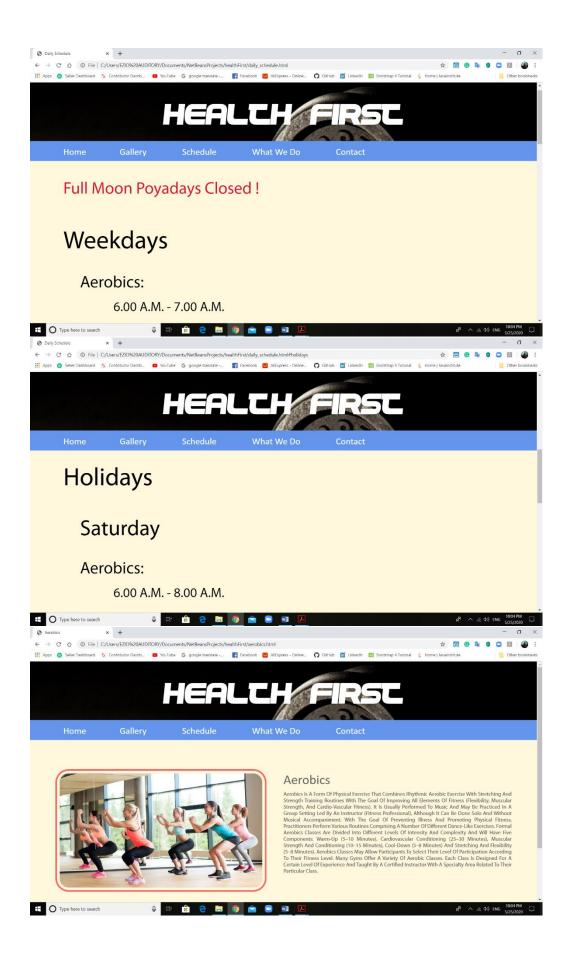
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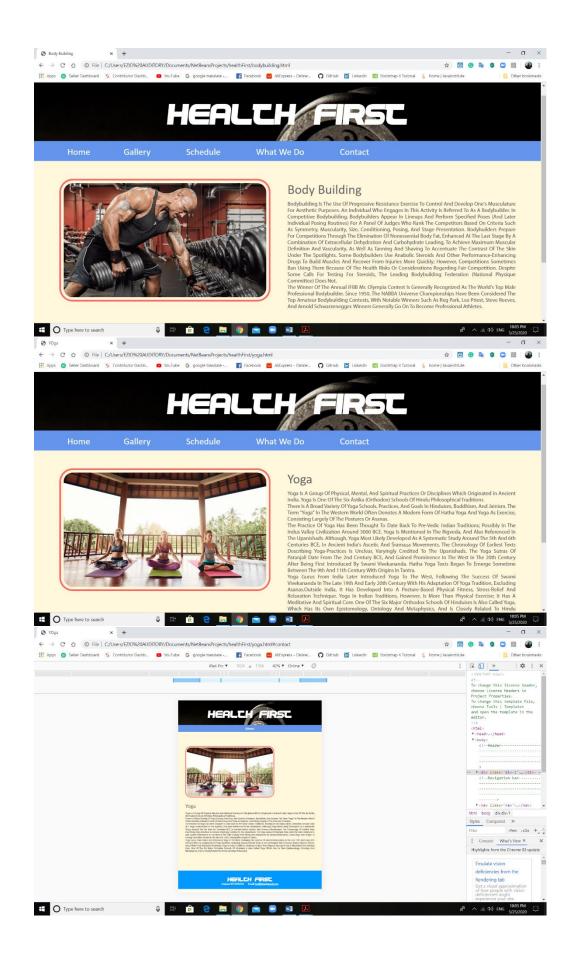
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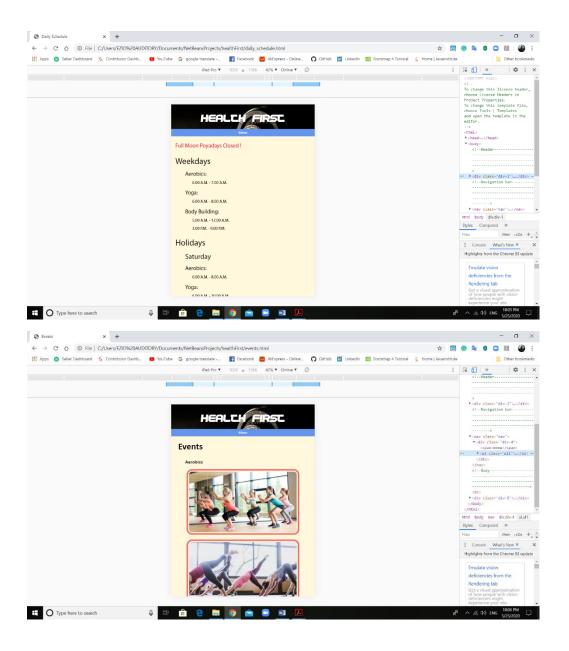
1. GRAPHICAL USER INTERFACES













2. PROGRAMMING CODES

2.1 index.html

```
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
-->
<html>
 <head>
   <title>Health First</title>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   k rel="stylesheet" type="text/css" href="style.css">
 </head>
 <body>
 <!--Header----->
   <div class="div-1">health &nbsp; first</div>
 <!--Navigation bar----->
   <nav class="nav">
    <div class="div-4"><span>menu</span>
    <a class="a1" href="index.html">Home</a>
      <a class="a1" href="events.html">gallery</a>
        ul class="ul-1">
         <a href="events.html">events</a>
         <a href="bodybuilders.html">body builders</a>
```

```
<a class="a1" href="daily schedule.html">schedule</a>
       ul class="ul-1">
        <a href="daily schedule.html">daily schedule</a>
        <a href="daily_schedule.html#holidays">holidays</a>
       <a class="a1" href="aerobics.html">what we do</a>
       ul class="ul-1">
        class="li-6"><a href="aerobics.html">aerobics</a>
        <a href="bodybuilding.html">body building</a>
        class="li-6"><a href="yoga.html">yoga</a>
       class="li-5 li1"><a class="a1" href="#contact">contact</a>
    </div>
  </nav>
 <!--Body----->
  <br/>
  <div class="div-2">
    <div class="div-3">
    join with us
    and
    spend a healthy life
    <br/>
    Physical fitness is a state of health and well-being and, more
specifically,
```

the ability to perform aspects of sports, occupations and daily activities.

Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue.

However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently

and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

2.2 style.css

```
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
*/
/*
 Created on: May 16, 2020, 9:04:46 AM
 Author : EZIO AUDITORY
*/
body{
 margin: 0px;
 padding: 0px;
 color: white;
 text-transform: capitalize;
}
/*Header title-----*/
.div-1 {
 width: 100%;
 height: 200px;
 position: fixed;
 background-image:url(images/heading.jpg);
  background-repeat: no-repeat;
 background-size: cover;
  margin: 0px;
  padding: 0px;
 text-align: center;
}
```

```
.p-1{
 font-family: "! PEPSI!";
 font-size: 90px;
 margin-top: 45px;
}
/*Navigation bar-----*/
.nav{
 width: 100%;
 height: 60px;
 position: fixed;
 background-color: cornflowerblue;
 margin-top: 175px;
}
ul{
 list-style-type: none;
 margin: 0px;
 padding: 0px;
 font-family: "calibri";
 font-size: 28px;
 color: white
}
a{
 text-decoration: none;
 color: white;
}
ul li{
 display: inline-table;
 position: static;
 margin-left: 100px;
```

```
padding: 0px 0px;
 padding-top: 12px;
 line-height: 40px;
 cursor: pointer;
}
.ul-1 .li-6{
 padding: 0px 10px;
 margin: 0px;
}
.ul-1{
 margin-top: 12px;
}
.li-6{
 display: none;
 background-color: #9999ff;
 width:200px;
}
/*Navigation bar controls-----*/
.a1:hover {
 color: #ccffff;
}
.li-6:hover{
 background-color: #00cccc;
}
.li-2:hover .li-6{
 display: block;
}
.li-3:hover .li-6{
 display: block;
```

```
}
.li-4:hover .li-6{
 display: block;
}
.li-6:hover .div-2{
 color: red;
}
.li-2:hover .a1{
 color: #ccffff;
}
.li-3:hover .a1{
 color: #ccffff;
}
.li-4:hover .a1{
 color: #ccffff;
}
/*Blockdown menu-----*/
span{
 display: none;
}
/*Body----*/
.div-2{
 width: 100%;
 height: 1000px;
 background-image: url(images/bg1.jpg);
 background-size: cover;
 background-repeat: no-repeat;
 background-position-y: 100px;
 position:inherit;
```

```
margin:0px;
  padding-top: 0px;
  animation-name: div2;
  animation-duration: 80s;
  animation-iteration-count: infinite;
}
@keyframes div2{
  0%{
    background-image: url(images/bg1.jpg);
  }
  20%{
    background-image: url(images/bg2.jpg);
 }
  40%{
    background-image: url(images/bg3.jpg);
 }
  60%{
    background-image: url(images/bg4.jpg);
  }
  80%{
    background-image: url(images/bg5.jpg);
 }
  100%{
    background-image: url(images/bg1.jpg);
  }
}
```

```
.div-3{
  margin: 0px;
  padding: 0px;
  padding-top: 260px;
  text-align: center;
}
.p-2{
  font-size: 80px;
  font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
.p-3{
  font-size: 40px;
  font-family: "Cooper";
  margin: 5px;
  color: #ffff00;
}
.p-4{
  font-size: 60px;
  font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
.p-5{
  font-size: 20px;
  font-family: "Myriad Pro";
  text-align: center;
  padding: 0px 100px;
```

```
}
/*Fotter-----*/
.div1{
 width: 100%;
 height: 150px;
 margin: 0px;
 padding: 0px;
 background-color: #0099ff;
 margin-top: 0pxpx;
 text-align: center;
 color: white;
}
.sp1{
 display: block;
 font-family: "! PEPSI!";
 font-size: 50px;
 padding-top: 40px;
}
.sp2{
 display: inline;
 font-family: "Myriad Pro";
 font-size: 20px;
 text-transform: none;
}
.a2{
 text-decoration: underline;
}
/*-----*/
```

```
body{
 margin: 0px;
 padding: 0px;
 color: white;
 text-transform: capitalize;
}
/*Header title-----*/
.div-1 {
 width: 100%;
 height: 200px;
 position: fixed;
 background-image:url(images/heading.jpg);
 background-repeat: no-repeat;
 background-size: cover;
 margin: 0px;
 padding: 0px;
 text-align: center;
}
.p-1{
 font-family: "! PEPSI!";
 font-size: 75px;
 margin-top: 55px;
}
/*Navigation bar-----*/
.nav{
 width: 100%;
```

```
height: 50px;
  position: fixed;
  background-color: cornflowerblue;
  margin-top: 175px;
}
ul{
  list-style-type: none;
  margin: 0px;
  padding: 0px;
  font-family: "calibri";
  font-size: 24px;
  color: white;
}
a{
  text-decoration: none;
  color: white;
}
ul li{
  display: inline-table;
  position: static;
  margin-left: 50px;
  padding: 0px 0px;
  padding-top: 7px;
  line-height: 45px;
  cursor: pointer;
}
.ul-1 .li-6{
  padding: 0px 0px;
  margin: 0px;
```

```
}
.ul-1{
  margin-top: 0px;
}
.li-6{
  display: none;
  background-color: #9999ff;
  width:100%;
  margin-left: 0px;
  padding: 0px;
}
/*Navigation bar controls-----*/
.a1:hover {
  color: white;
}
.li-6:hover{
  background-color: #00cccc;
}
.li-2:hover .li-6{
  display: block;
}
.li-3:hover .li-6{
  display: block;
}
.li-4:hover .li-6{
  display: block;
}
.li-6:hover .div-2{
  color: red;
```

```
}
.li-2:hover .a1{
  color: white;
.li-3:hover .a1{
  color: white;
}
.li-4:hover .a1{
  color: white;
}
/*Dropedown menu-----*/
span{
  display: block;
}
.div-4{
  width: 100%;
  margin: 0px;
  padding: 0px;
  display: block;
  font-family: "calibri";
 font-size: 26px;
  cursor: pointer;
  margin-top: 10px;
  text-align: center;
}
.li1{
  margin: 0px;
  display: none;
  margin-left: 0px;
```

```
background-color: #9999ff;
}
.li1:hover{
  background-color: #00cccc;
}
.div-4:hover .li1{
  display: block;
}
.div-2{
  width: 100%;
  height: 1000px;
  background-image: url(images/bg1.jpg);
  background-size: cover;
  background-repeat: no-repeat;
  background-position-y: 100px;
  position:inherit;
  margin:0px;
  padding-top: 0px;
  animation-name: div2;
  animation-duration: 80s;
  animation-iteration-count: infinite;
}
@keyframes div2{
  0%{
    background-image: url(images/bg1.jpg);
  }
  20%{
```

```
background-image: url(images/bg2.jpg);
 }
  40%{
    background-image: url(images/bg3.jpg);
  }
  60%{
    background-image: url(images/bg4.jpg);
 }
  80%{
    background-image: url(images/bg5.jpg);
  }
  100%{
    background-image: url(images/bg1.jpg);
 }
}
.div-3{
  margin: 0px;
  padding: 0px;
  padding-top: 260px;
  text-align: center;
}
.p-2{
  font-size: 70px;
 font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
```

```
.p-3{
  font-size: 30px;
  font-family: "Cooper";
  margin: 5px;
  color: #ffff00;
}
.p-4{
  font-size: 50px;
  font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
.p-5{
  font-size: 18px;
  font-family: "Myriad Pro";
  text-align: justify;
  padding: 0px 80px;
}
.div1{
  width: 100%;
  height: 130px;
  margin: 0px;
  padding: 0px;
  background-color: #0099ff;
  margin-top: 0px;
  text-align: center;
  color: white;
}
```

```
.sp1{
  display: block;
  font-family: "! PEPSI!";
  font-size: 40px;
  padding-top: 40px;
}
.sp2{
  display: inline;
  font-family: "Myriad Pro";
  font-size: 18px;
  text-transform: none;
}
.a2{
  text-decoration: underline;
}
}
@media only screen and (max-width:720px){
  body{
  margin: 0px;
  padding: 0px;
  color: white;
  text-transform: capitalize;
}
```

```
/*Header title------*/
.div-1 {
 width: 100%;
 height: 170px;
 position: fixed;
 background-image:url(images/heading.jpg);
 background-repeat: no-repeat;
 background-size: cover;
 margin: 0px;
 padding: 0px;
 text-align: center;
}
.p-1{
 font-family: "! PEPSI!";
 font-size: 50px;
 margin-top: 55px;
}
/*Navigation bar-----*/
.nav{
 width: 100%;
 height: 50px;
 position: fixed;
 background-color: cornflowerblue;
 margin-top: 150px;
}
ul{
 list-style-type: none;
 margin: 0px;
 padding: 0px;
```

```
font-family: "calibri";
  font-size: 22px;
  color: white;
}
a{
  text-decoration: none;
  color: white;
}
ul li{
  display: inline-table;
  position: static;
  margin-left: 40px;
  padding: 0px 0px;
  padding-top: 7px;
  line-height: 40px;
  cursor: pointer;
}
.ul-1 .li-6{
  padding: 0px 0px;
  margin: 0px;
}
.ul-1{
  margin-top: 0px;
}
.li-6{
  display: none;
  background-color: #9999ff;
  width:100%;
  margin-left: 0px;
```

```
padding: 0px;
}
/*Navigation bar controls-----*/
.a1:hover {
 color: #ccffff;
}
.li-6:hover{
 background-color: #00cccc;
}
.li-2:hover .li-6{
 display: block;
}
.li-3:hover .li-6{
 display: block;
}
.li-4:hover .li-6{
 display: block;
}
.li-2:hover .a1{
 color: white;
}
.li-3:hover .a1{
 color: white;
}
.li-4:hover .a1{
 color: white;
}
/*Dropedown menu-----*/
```

```
span{
 display: block;
}
.div-4{
 width: 100%;
 margin: 0px;
 padding: 0px;
 display: block;
 font-family: "calibri";
 font-size: 26px;
 cursor: pointer;
 margin-top: 8px;
 text-align: center;
}
.li1{
 margin: 0px;
 display: none;
 margin-left: 0px;
 background-color: #9999ff;
}
.li1:hover{
 background-color: #00cccc;
}
.div-4:hover .li1{
 display: block;
}
/*Body----*/
```

```
.div-2{
  width: 100%;
  height: 1000px;
  background-image: url(images/bg1.jpg);
  background-size:cover;
  background-repeat: no-repeat;
  background-position-y: 100px;
  position:inherit;
  margin:0px;
  padding-top: 0px;
  animation-name: div2;
  animation-duration: 80s;
  animation-iteration-count: infinite;
}
@keyframes div2{
  0%{
    background-image: url(images/bg1.jpg);
  }
  20%{
    background-image: url(images/bg2.jpg);
  }
  40%{
    background-image: url(images/bg3.jpg);
 }
  60%{
    background-image: url(images/bg4.jpg);
  }
  80%{
```

```
background-image: url(images/bg5.jpg);
 }
  100%{
    background-image: url(images/bg1.jpg);
 }
}
.div-3{
  margin: 0px;
  padding: 0px;
  padding-top: 225px;
  text-align: center;
}
.p-2{
 font-size: 50px;
 font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
.p-3{
  font-size: 20px;
 font-family: "Cooper";
  margin: 5px;
  color: #ffff00;
}
.p-4{
  font-size: 30px;
  font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
```

```
}
.p-5{
  font-size: 14px;
  font-family: "Myriad Pro";
  text-align: justify;
  padding: 0px 70px;
}
.div1{
  width: 100%;
  height: 115px;
  margin: 0px;
  padding: 0px;
  background-color: #0099ff;
  margin-top: 0px;
  text-align: center;
  color: white;
}
.sp1{
  display: block;
  font-family: "! PEPSI!";
  font-size: 30px;
  padding-top: 35px;
}
.sp2{
  display: inline;
  font-family: "Myriad Pro";
  font-size: 16px;
```

```
text-transform: none;
}
.a2{
 text-decoration: underline;
}
}
@media only screen and (max-width:420px){
 body{
 margin: 0px;
 padding: 0px;
 color: white;
 text-transform: capitalize;
}
/*Header title-----*/
.div-1 {
 width: 100%;
 height: 120px;
 position: fixed;
 background-image:url(images/heading.jpg);
 background-repeat: no-repeat;
 background-size: cover;
 margin: 0px;
 padding: 0px;
 text-align: center;
```

```
}
.p-1{
  font-family: "! PEPSI!";
  font-size: 30px;
  margin-top: 45px;
}
/*Navigation bar----*/
.nav{
  width: 100%;
  height: 40px;
  position: fixed;
  background-color: cornflowerblue;
  margin-top: 100px;
}
ul{
  list-style-type: none;
  margin: 0px;
  padding: 0px;
  font-family: "calibri";
  font-size: 22px;
  color: white;
}
a{
  text-decoration: none;
  color: white;
}
ul li{
  display: inline-table;
  position: static;
```

```
margin-left: 20px;
 padding: 0px 0px;
 padding-top: 7px;
 line-height: 40px;
 cursor: pointer;
}
.ul-1 .li-6{
 padding: 0px 0px;
 margin: 0px;
}
.ul-1{
 margin-top: 0px;
}
.li-6{
 display: none;
 background-color: #9999ff;
 width:100%;
 margin-left: 0px;
 padding: 0px;
}
/*Navigation bar controls-------
-*/
.a1:hover {
 color: white;
}
.li-6:hover{
 background-color: #00cccc;
}
.li-2:hover .li-6{
 display: block;
```

```
}
.li-3:hover .li-6{
  display: block;
}
.li-4:hover .li-6{
  display: block;
}
.li-6:hover .div-2{
  color: red;
}
.li-2:hover .a1{
  color: white;
}
.li-3:hover .a1{
  color: white;
}
.li-4:hover .a1{
  color: white;
}
/*Dropdown menu-----*/
span{
  display: block;
}
.div-4{
  width: 100%;
  margin: 0px;
  padding: 0px;
  display: block;
  font-family: "calibri";
```

```
font-size: 26px;
 cursor: pointer;
 margin-top: 5px;
 text-align: center;
}
.li1{
 margin: 0px;
 display: none;
 margin-left: 0px;
 background-color: #9999ff;
}
.li1:hover{
 background-color: #00cccc;
}
.div-4:hover .li1{
 display: block;
}
/*Body----*/
.div-2{
 width: 100%;
 height: 1000px;
 background-image: url(images/bg1.jpg);
 background-size: cover;
 background-repeat: no-repeat;
 background-position-y: 100px;
 position:inherit;
 margin:0px;
 padding-top: 0px;
 animation-name: div2;
```

```
animation-duration: 80s;
  animation-iteration-count: infinite;
}
@keyframes div2{
  0%{
    background-image: url(images/bg1.jpg);
  }
  20%{
    background-image: url(images/bg2.jpg);
 }
  40%{
    background-image: url(images/bg3.jpg);
  }
  60%{
    background-image: url(images/bg4.jpg);
 }
  80%{
    background-image: url(images/bg5.jpg);
  }
  100%{
    background-image: url(images/bg1.jpg);
 }
}
.div-3{
  margin: 0px;
  padding: 0px;
  padding-top: 150px;
  text-align: center;
}
```

```
.p-2{
  font-size: 35px;
  font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
.p-3{
  font-size: 16px;
  font-family: "Cooper";
  margin: 5px;
  color: #ffff00;
}
.p-4{
  font-size: 24px;
  font-family: "Cooper";
  margin: 20px;
  color: #ffff00;
}
.p-5{
  font-size: 12px;
  font-family: "Myriad Pro";
  text-align: justify;
  padding: 0px 50px;
}
.div1{
  width: 100%;
  height: 100px;
  margin: 0px;
```

```
padding: 0px;
  background-color: #0099ff;
  margin-top: 0px;
  text-align: center;
  color: white;
}
.sp1{
  display: block;
  font-family: "! PEPSI!";
  font-size: 25px;
  padding-top: 30px;
}
.sp2{
  display: inline;
  font-family: "Myriad Pro";
  font-size: 14px;
  text-transform: none;
}
.a2{
  text-decoration: underline;
}
}
```

2.3 events.html

```
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
<html>
 <head>
   <title>Events</title>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   k rel="stylesheet" type="text/css" href="style.css">
   k rel="stylesheet" type="text/css" href="gallery.css">
 </head>
 <body>
 <!--Header------>
   <div class="div-1">health &nbsp; first</div>
 <!--Navigation bar----->
   <nav class="nav">
    <div class="div-4"><span>menu</span>
    ul class="ul1">
      <a class="a1" href="index.html">Home</a>
      <a class="a1" href="events.html">gallery</a>
        ul class="ul-1">
          <a href="events.html">events</a>
          <a href="bodybuilders.html">body builders</a>
```

```
<a class="a1" href="daily_schedule.html">schedule</a>
      ul class="ul-1">
        <a href="daily schedule.html">daily schedule</a>
        <a href="daily_schedule.html#holidays">holidays</a>
      <a class="a1" href="aerobics.html">what we do</a>
      ul class="ul-1">
        class="li-6"><a href="aerobics.html">aerobics</a>
        <a href="bodybuilding.html">body building</a>
        class="li-6"><a href="yoga.html">yoga</a>
      class="li-5 li1"><a class="a1" href="#contact">contact</a>
   </div>
 </nav>
<!--Body------>
 <br/>
 <div class="div-5">
   events
   aerobics
   <img src="images/ae01.jpg"><img src="images/ae02.jpg">
   <img src="images/ae03.jpg"><img src="images/ae04.jpg">
   <img src="images/ae05.jpg"><img src="images/ae06.jpg">
   <img src="images/ae07.jpg"><img src="images/ae08.jpg">
   <img src="images/ae09.jpg"><img src="images/ae10.jpg">
```

```
body building 
     <img src="images/bo01.jpg"><img src="images/bo02.jpg">
     <img src="images/bo03.png"><img src="images/bo04.png">
     <img src="images/bo05.png"><img src="images/bo06.jpg">
     <img src="images/bo07.jpg"><img src="images/bo08.jpg">
     <img src="images/bo09.jpg"><img src="images/bo10.jpg">
     yoga 
     <img src="images/yo01.jpg"><img src="images/yo02.jpg">
     <img src="images/yo03.jpg"><img src="images/yo04.jpg">
     <img src="images/yo05.jpg"><img src="images/yo06.jpg">
     <img src="images/yo07.jpg"><img src="images/yo08.jpg">
     <img src="images/yo09.jpg"><img src="images/yo10.jpg">
 <!--Contact bar----->
     <br/><br/><br/><br/><br/><br/>
     <div class="div1" id="contact">
       <span class="sp1">health &nbsp; first</span>
       <span class="sp2">Contact: 0712345763
      Email: <a
class="a2">healthfirst@gmail.com</a></span>
     </div>
   </div>
 </body>
</html>
```

2.4 bodybuilders.html

```
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
<html>
 <head>
   <title>body builders</title>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   k rel="stylesheet" type="text/css" href="style.css">
   k rel="stylesheet" type="text/css" href="gallery.css">
 </head>
 <body>
 <!--Header------>
   <div class="div-1">health &nbsp; first</div>
 <!--Navigation bar----->
   <nav class="nav">
     <div class="div-4"><span>menu</span>
    ul class="ul1">
      <a class="a1" href="index.html">Home</a>
      <a class="a1" href="events.html">gallery</a>
        ul class="ul-1">
          <a href="events.html">events</a>
          <a href="bodybuilders.html">body builders</a>
```

```
<a class="a1" href="daily_schedule.html">schedule</a>
      ul class="ul-1">
        <a href="daily schedule.html">daily schedule</a>
        <a href="daily schedule.html#holidays">holidays</a>
      <a class="a1" href="aerobics.html">what we do</a>
      ul class="ul-1">
        class="li-6"><a href="aerobics.html">aerobics</a>
        <a href="bodybuilding.html">body building</a>
        class="li-6"><a href="yoga.html">yoga</a>
      <a class="a1" href="#contact">contact</a>
   </div>
 </nav>
<!--Body----->
 <br/>
 <div class="div-5">
   body builders
   <img src="images/bil01.jpg"><img src="images/bil02.jpg">
   <img src="images/bil03.jpg"><img src="images/bil04.jpg">
   <img src="images/bil720_01.jpg"><img src="images/bil720_02.jpg">
   <img src="images/bil05.jpg"><img src="images/bil06.jpg">
   <img src="images/bil07.jpg"><img src="images/bil08.jpg">
   <img src="images/bil720 03.jpg"><img src="images/bil720 04.jpg">
   <img src="images/bil09.jpg"><img src="images/bil10.jpg">
   <img src="images/bil11.jpg"><img src="images/bil12.jpg">
```

```
<img src="images/bil720_05.jpg"><img src="images/bil720_06.jpg">
     <img src="images/bil13.jpg"><img src="images/bil14.jpg">
     <img src="images/bil15.jpg"><img src="images/bil16.jpg">
     <img src="images/bil720_07.jpg"><img src="images/bil720_08.jpg">
     <img src="images/bil17.jpg"><img src="images/bil18.jpg">
 <!--Contact bar----->
     <br/><br/><br/><br/><br/><br/>
     <div class="div1" id="contact">
       <span class="sp1">health &nbsp; first</span>
       <span class="sp2">Contact: 0712345763
      Email: <a
class="a2">healthfirst@gmail.com</a></span>
     </div>
   </div>
 </body>
</html>
```

2.5 gallery.css

```
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
*/
/*
  Created on: May 18, 2020, 10:09:18 PM
  Author : EZIO AUDITORY
*/
.div-5{
  width: 100%;
  height: 100%;
  background-color: cornsilk;
}
.p-6{
  font-family: "calibri";
  font-size: 70px;
  font-weight: bold;
  color: black;
  margin-left: 50px;
  padding-top: 200px;
  margin-bottom: 0px;
}
.p-7{
  font-family: "calibri";
  font-size: 40px;
  font-weight: bold;
```

```
color: black;
  margin: 0px;
  margin-left: 100px;
  margin-top: 70px;
}
img{
  width: 30%;
  height: 30%;
  border: 10px solid #ff6666;
  border-radius: 40px;
  padding: 8px;
  margin: 0px;
  margin-left: 175px;
  margin-top: 50px;
}
@media only screen and (max-width:1100px){
.div-5{
  width: 100%;
  height: 100%;
 background-color: cornsilk;
}
.p-6{
  font-family: "calibri";
  font-size: 65px;
  font-weight: bold;
```

```
color: black;
 margin-left: 50px;
 padding-top: 175px;
 margin-bottom: 0px;
}
.p-7{
 font-family: "calibri";
 font-size: 35px;
 font-weight: bold;
 color: black;
 margin-left: 100px;
 margin-top: 50px;
}
img{
 width: 75%;
 height: 75%;
 border: 10px solid #ff6666;
 border-radius: 40px;
 padding: 8px;
 margin: 0px;
 margin-left: 110px;
 margin-top: 30px;
}
}
/*-----*/
```

@media only screen and (max-width:720px){

```
.div-5{
  width: 100%;
  height: 100%;
  background-color: cornsilk;
}
.p-6{
  font-family: "calibri";
  font-size: 50px;
  font-weight: bold;
  color: black;
  margin-left: 50px;
  padding-top: 150px;
  margin-bottom: 0px;
}
.p-7{
  font-family: "calibri";
  font-size: 30px;
  font-weight: bold;
  color: black;
  margin-left: 100px;
  margin-top: 65px;
}
img{
  width: 75%;
  height: 75%;
  border: 8px solid #ff6666;
  border-radius: 40px;
  padding: 8px;
```

```
margin: 0px;
 margin-left: 60px;
 margin-top: 30px;
}
}
/*-----*/
@media only screen and (max-width:420px){
.div-5{
 width: 100%;
 height: 100%;
 background-color: cornsilk;
}
.p-6{
 font-family: "calibri";
 font-size: 40px;
 font-weight: bold;
 color: black;
 margin-left: 40px;
 padding-top: 100px;
 margin-bottom: 0px;
}
.p-7{
 font-family: "calibri";
 font-size: 25px;
 font-weight: bold;
 color: black;
```

```
margin-left: 75px;
  margin-top: 30px;
}
img{
  width: 75%;
  height: 75%;
  border: 7px solid #ff6666;
  border-radius: 40px;
  padding: 5px;
  margin: 0px;
  margin-left: 30px;
  margin-top: 20px;
}
}
2.6 daily_schedule.html
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
-->
<html>
  <head>
    <title>Daily Schedule</title>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
```

<link rel="stylesheet" type="text/css" href="style.css">

```
<link rel="stylesheet" type="text/css" href="schedule.css">
</head>
<body>
<!--Header----->
 <div class="div-1">health &nbsp; first</div>
<!--Navigation bar------>
 <nav class="nav">
  <div class="div-4"><span>menu</span>
  ul class="ul1">
    <a class="a1" href="index.html">Home</a>
    <a class="a1" href="events.html">gallery</a>
     ul class="ul-1">
       <a href="events.html">events</a>
       <a href="bodybuilders.html">body builders</a>
     <a class="a1" href="daily_schedule.html">schedule</a>
     ul class="ul-1">
       <a href="daily schedule.html">daily schedule</a>
       <a href="daily_schedule.html#holidays">holidays</a>
     <a class="a1" href="aerobics.html">what we do</a>
     ul class="ul-1">
       class="li-6"><a href="aerobics.html">aerobics</a>
       <a href="bodybuilding.html">body building</a>
       class="li-6"><a href="yoga.html">yoga</a>
```

```
<a class="a1" href="#contact">contact</a>
   </div>
 </nav>
<!--Body----->
 <br/>
 <div class="div-5">
     full moon poyadays closed !
           <dl>
             <dt class="dl-1">weekdays</dt>
             <dd class="dl-2">aerobics:</dd>
               <dd class="dl-3">6.00 a.m. - 7.00 a.m.</dd>
             <dd class="dl-2">yoga:</dd>
               <dd class="dl-3">6.00 a.m. - 8.00 a.m.</dd>
             <dd class="dl-2">body building:</dd>
               <dd class="dl-3">5.00 a.m. - 12.00 a.m.</dd>
               <dd class="dl-3">3.00 p.m. - 9.00 p.m.</dd>
             <dt class="dl-1" id="holidays">holidays</dt>
             <dt class="dl-4">saturday</dt>
             <dd class="dl-2">aerobics:</dd>
               <dd class="dl-3">6.00 a.m. - 8.00 a.m.</dd>
             <dd class="dl-2">yoga:</dd>
               <dd class="dl-3">6.00 a.m. - 10.00 a.m.</dd>
             <dd class="dl-2">body building:</dd>
               <dd class="dl-3">5.00 a.m. - 12.00 a.m.</dd>
               <dd class="dl-3">3.00 p.m. - 9.00 p.m.</dd>
```

```
<dt class="dl-4">sunday</dt>
              <dd class="dl-2">body building:</dd>
               <dd class="dl-3">5.00 a.m. - 12.00 a.m.</dd>
               <dd class="dl-3">3.00 p.m. - 9.00 p.m.</dd>
             <dd class="dl-2">aerobics:</dd>
               <dd class="dl-3">no</dd>
             <dd class="dl-2">yoga:</dd>
               <dd class="dl-3">no</dd>
            </dl>
 <!--Contact bar---->
       <br/><br/><br/><br/>
       <div class="div1" id="contact">
        <span class="sp1">health &nbsp; first</span>
        <span class="sp2">Contact: 0712345763
      Email: <a
class="a2">healthfirst@gmail.com</a></span>
       </div>
   </div>
 </body>
</html>
```

2.7 schedule.css

```
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
*/
/*
  Created on: May 19, 2020, 10:11:02 PM
  Author : EZIO AUDITORY
*/
.div-5{
  width: 100%;
  height: 100%;
  background-color: cornsilk;
  font-family: "Myriad Pro";
  color: black;
}
.p-8 {
 color: crimson;
 font-size: 50px;
 margin: 0px;
 padding: 0px;
 padding-top: 300px;
 margin-left: 100px;
}
.dl-1{
  color: black;
  font-size: 75px;
```

```
margin: 0px;
  padding: 0px;
  margin-top: 80px;
  margin-left: 100px;
}
.dl-2{
 font-size: 50px;
  margin: 0px;
  padding: 0px;
  margin-top: 50px;
  margin-left: 150px;
}
.dl-3{
  font-size: 40px;
  margin: 0px;
  padding: 0px;
  margin-top: 20px;
  margin-left: 250px;
}
.dl-4{
 font-size: 65px;
  margin: 0px;
  padding: 0px;
  margin-top: 70px;
  margin-left: 150px;
}
```

@media only screen and (max-width:1100px){

```
.div-5{
  width: 100%;
  height: 100%;
  background-color: cornsilk;
  font-family: "Myriad Pro";
  color: black;
}
.p-8 {
 color: crimson;
font-size: 40px;
 margin: 0px;
 padding: 0px;
 padding-top: 250px;
 margin-left: 30px;
}
.dl-1{
  color: black;
  font-size: 60px;
  margin: 0px;
  padding: 0px;
  margin-top: 50px;
  margin-left: 30px;
}
.dl-2{
  font-size: 40px;
  margin: 0px;
  padding: 0px;
```

```
margin-top: 30px;
  margin-left: 100px;
}
.dl-3{
  font-size: 30px;
  margin: 0px;
  padding: 0px;
  margin-top: 20px;
  margin-left: 150px;
}
.dl-4{
 font-size: 50px;
  margin: 0px;
  padding: 0px;
  margin-top: 30px;
  margin-left: 100px;
}
}
@media only screen and (max-width:720px){
.div-5{
  width: 100%;
  height: 100%;
  background-color: cornsilk;
  font-family: "Myriad Pro";
  color: black;
```

```
}
.p-8 {
 color: crimson;
 font-size: 30px;
 margin: 0px;
 padding: 0px;
 padding-top: 225px;
 margin-left: 25px;
}
.dl-1{
  color: black;
  font-size: 50px;
  margin: 0px;
  padding: 0px;
  margin-top: 35px;
  margin-left: 30px;
}
.dl-2{
  font-size: 30px;
  margin: 0px;
  padding: 0px;
  margin-top: 15px;
  margin-left: 80px;
}
.dl-3{
  font-size: 24px;
  margin: 0px;
  padding: 0px;
```

```
margin-top: 14px;
  margin-left: 125px;
}
.dl-4{
  font-size: 40px;
  margin: 0px;
  padding: 0px;
  margin-top: 20px;
  margin-left: 80px;
}
}
@media only screen and (max-width:420px){
.div-5{
  width: 100%;
  height: 100%;
  background-color: cornsilk;
  font-family: "Myriad Pro";
  color: black;
}
.p-8 {
 color: crimson;
font-size: 20px;
 margin: 0px;
 padding: 0px;
 padding-top: 150px;
```

```
margin-left: 20px;
}
.dl-1{
  color: black;
  font-size: 35px;
  margin: 0px;
  padding: 0px;
  margin-top: 25px;
  margin-left: 25px;
}
.dl-2{
  font-size: 24px;
  margin: 0px;
  padding: 0px;
  margin-top: 12px;
  margin-left: 60px;
}
.dl-3{
  font-size: 18px;
  margin: 0px;
  padding: 0px;
  margin-top: 10px;
  margin-left: 100px;
}
.dl-4{
  font-size: 32px;
  margin: 0px;
  padding: 0px;
  margin-top: 20px;
```

```
margin-left: 60px;
}
}
2.8 aerobics.html
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
-->
<html>
 <head>
   <title>Aerobics</title>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   k rel="stylesheet" type="text/css" href="style.css">
   <link rel="stylesheet" type="text/css" href="what_we_do.css">
 </head>
 <body>
 <!--Header----->
   <div class="div-1">health &nbsp; first</div>
 <!--Navigation bar----->
   <nav class="nav">
     <div class="div-4"><span>menu</span>
     <a class="a1" href="index.html">Home</a>
      <a class="a1" href="events.html">gallery</a>
```

ul class="ul-1">

```
<a href="bodybuilders.html">body builders</a>
        <a class="a1" href="daily_schedule.html">schedule</a>
        ul class="ul-1">
         <a href="daily_schedule.html">daily schedule</a>
         <a href="daily schedule.html#holidays">holidays</a>
        <a class="a1" href="aerobics.html">what we do</a>
        ul class="ul-1">
         class="li-6"><a href="aerobics.html">aerobics</a>
         <a href="bodybuilding.html">body building</a>
         class="li-6"><a href="yoga.html">yoga</a>
        class="li-5 li1"><a class="a1" href="#contact">contact</a>
    </div>
   </nav>
 <!--Body----->
   <br/>
   <div class="div-5">
    <img class="img-1" src="images/ae01.jpg">
    aerobics
    Aerobics is a form of physical exercise that combines rhythmic
aerobic exercise with stretching and
      strength training routines with the goal of improving all elements of fitness
      (flexibility, muscular strength, and cardio-vascular fitness).
```

events

It is usually performed to music and may be practiced in a group setting led by an instructor (fitness professional),

although it can be done solo and without musical accompaniment.

With the goal of preventing illness and promoting physical fitness,

practitioners perform various routines comprising a number of different dance-like exercises.

Formal aerobics classes are divided into different levels of intensity and complexity and will have five components: warm-up (5–10 minutes),

cardiovascular conditioning (25–30 minutes), muscular strength and conditioning (10–15 minutes),

cool-down (5–8 minutes) and stretching and flexibility (5–8 minutes).

Aerobics classes may allow participants to select their level of participation according to their fitness level.

Many gyms offer a variety of aerobic classes. Each class is designed for a certain level of experience and taught by

a certified instructor with a specialty area related to their particular class.

2.9 bodybuilding.html

```
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
<html>
 <head>
   <title>Body Building</title>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   k rel="stylesheet" type="text/css" href="style.css">
   <link rel="stylesheet" type="text/css" href="what_we_do.css">
 </head>
 <body>
 <!--Header------>
   <div class="div-1">health &nbsp; first</div>
 <!--Navigation bar----->
   <nav class="nav">
     <div class="div-4"><span>menu</span>
    ul class="ul1">
      <a class="a1" href="index.html">Home</a>
      <a class="a1" href="events.html">gallery</a>
        ul class="ul-1">
          <a href="events.html">events</a>
          <a href="bodybuilders.html">body builders</a>
```

```
<a class="a1" href="daily_schedule.html">schedule</a>
     ul class="ul-1">
       <a href="daily_schedule.html">daily schedule</a>
       <a href="daily schedule.html#holidays">holidays</a>
     <a class="a1" href="aerobics.html">what we do</a>
     ul class="ul-1">
       class="li-6"><a href="aerobics.html">aerobics</a>
       <a href="bodybuilding.html">body building</a>
       class="li-6"><a href="yoga.html">yoga</a>
     <a class="a1" href="#contact">contact</a>
  </div>
 </nav>
<!--Body----->
 <br/>
 <div class="div-5">
  <img class="img-1" src="images/bil03.jpg">
  body building
```

Bodybuilding is the use of progressive resistance exercise to control and develop one's musculature for aesthetic purposes.

An individual who engages in this activity is referred to as a bodybuilder.

In competitive bodybuilding, bodybuilders appear in lineups and perform specified poses (and later individual posing routines)

for a panel of judges who rank the competitors based on criteria such as symmetry, muscularity, size, conditioning, posing, and stage presentation.

Bodybuilders prepare for competitions through the elimination of nonessential body fat,

enhanced at the last stage by a combination of extracellular dehydration and carbohydrate loading,

to achieve maximum muscular definition and vascularity, as well as tanning and shaving to accentuate the contrast of the skin under the spotlights.

Some bodybuilders use anabolic steroids and other performance-enhancing drugs to build muscles and recover from injuries more quickly; however,

competitions sometimes ban using them because of the health risks or considerations regarding fair competition. Despite some calls for testing for steroids,

the leading bodybuilding federation (National Physique Committee) does not.

The winner of the annual IFBB Mr. Olympia contest is generally recognized as the world's top male professional bodybuilder. Since 1950,

the NABBA Universe Championships have been considered the top amateur bodybuilding contests, with notable winners such as Reg Park,

Lee Priest, Steve Reeves, and Arnold Schwarzenegger. Winners generally go on to become professional athletes.

2.10 yoga.html

```
<!DOCTYPE html>
<!--
To change this license header, choose License Headers in Project Properties.
To change this template file, choose Tools | Templates
and open the template in the editor.
<html>
 <head>
   <title>YOga</title>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   k rel="stylesheet" type="text/css" href="style.css">
   <link rel="stylesheet" type="text/css" href="what_we_do.css">
 </head>
 <body>
 <!--Header------>
   <div class="div-1">health &nbsp; first</div>
 <!--Navigation bar----->
   <nav class="nav">
     <div class="div-4"><span>menu</span>
    ul class="ul1">
      <a class="a1" href="index.html">Home</a>
      <a class="a1" href="events.html">gallery</a>
        ul class="ul-1">
          <a href="events.html">events</a>
          <a href="bodybuilders.html">body builders</a>
```

```
<a class="a1" href="daily_schedule.html">schedule</a>
     ul class="ul-1">
       <a href="daily schedule.html">daily schedule</a>
       <a href="daily schedule.html#holidays">holidays</a>
     <a class="a1" href="aerobics.html">what we do</a>
     ul class="ul-1">
       class="li-6"><a href="aerobics.html">aerobics</a>
       <a href="bodybuilding.html">body building</a>
       class="li-6"><a href="yoga.html">yoga</a>
     <a class="a1" href="#contact">contact</a>
  </div>
 </nav>
<!--Body----->
 <br/>
 <div class="div-5">
  <img class="img-1" src="images/yo01.jpg">
  yoga
  Yoga is a group of physical, mental, and spiritual practices or
```

disciplines which originated in ancient India.

Yoga is one of the six Āstika (orthodox) schools of Hindu philosophical traditions.

There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism.

The term "Yoga" in the Western world often denotes a modern form of hatha yoga and yoga as exercise, consisting largely of the postures or asanas.

cbr/>

The practice of yoga has been thought to date back to pre-vedic Indian traditions; possibly in the Indus valley civilization around 3000 BCE. Yoga is mentioned in the Rigveda, and also referenced in the Upanishads.

Although, yoga most likely developed as a systematic study around the 5th and 6th centuries BCE, in ancient India's ascetic and śramaṇa movements.

The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to the Upanishads.

The Yoga Sutras of Patanjali date from the 2nd century BCE, and gained prominence in the west in the 20th century

after being first introduced by Swami Vivekananda. Hatha yoga texts began to emerge sometime between the 9th and 11th century with

origins in tantra.

Yoga gurus from India later introduced yoga to the West, following the success of Swami Vivekananda in

the late 19th and early 20th century with his adaptation of yoga tradition, excluding asanas.Outside India,

it has developed into a posture-based physical fitness, stress-relief and relaxation technique.

Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core.

One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology, ontology and metaphysics,

and is closely related to Hindu Samkhya philosophy.

```
</div>
</div>
</body>
</html>
```

2.11 what_we_do.css

```
/*
```

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To change this template file, choose Tools | Templates

and open the template in the editor.

```
*/
/*
Created on: May 21, 2020, 9:50:12 PM
Author: EZIO AUDITORY

*/

.div-5{
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   height: 100%;
   background-color: cornsilk;
   font-family: "Myriad Pro";
   color: black;
}
.img-1{
   width: 40%;
```

height: 40%;

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margin-top: 20%;
 margin-left: 5%;
 border: 5px solid #ff6666;
 border-radius: 40px;
 padding: 0.5%;
}
.p-10{
 font-family:"calibri";
 font-size: 40px;
 margin-left: 50%;
 margin-top: -24%;
 color: #666666;
}
.p-11{
 font-size: 16px;
 text-align: justify;
 margin-left: 50%;
 margin-right: 5%;
 margin-top: -2%;
 color: #666666;
}
/*-----*/
@media only screen and (max-width:1100px){
.div-5{
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 height: 100%;
```

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  font-family: "Myriad Pro";
  color: black;
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  height: 60%;
  margin-top: 30%;
  margin-left: 5%;
  border: 5px solid #ff6666;
  border-radius: 40px;
  padding: 0.5%;
}
.p-10{
  font-family:"calibri";
  font-size: 40px;
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  margin-top: 3%;
  color: #666666;
}
.p-11{
  font-size: 16px;
  text-align: justify;
  margin-left: 5%;
  margin-right: 5%;
  margin-top: -2%;
  color: #666666;
}
}
```

```
/*-----*/
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 font-family: "Myriad Pro";
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 height: 70%;
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 border-radius: 40px;
 padding: 0.5%;
}
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 font-family:"calibri";
 font-size: 40px;
 margin-left: 5%;
 margin-top: 4%;
 color: #666666;
}
```

```
.p-11{
  font-size: 16px;
  text-align: justify;
  margin-left: 5%;
  margin-right: 5%;
  margin-top: -4%;
  color: #666666;
}
}
@media only screen and (max-width:420px){
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  padding: 1%;
```

```
}
.p-10{
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  margin-left: 7%;
  margin-top: 4%;
  color: #666666;
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  margin-right: 7%;
  margin-top: -4%;
  color: #666666;
}
}
```