



Java Institute for Advanced Technology

UNIT NAME: WEB PROGRAMMING 1

UNIT ID: H7DT 04

ASSIGNMENT ID: H7DT 04/AS/01

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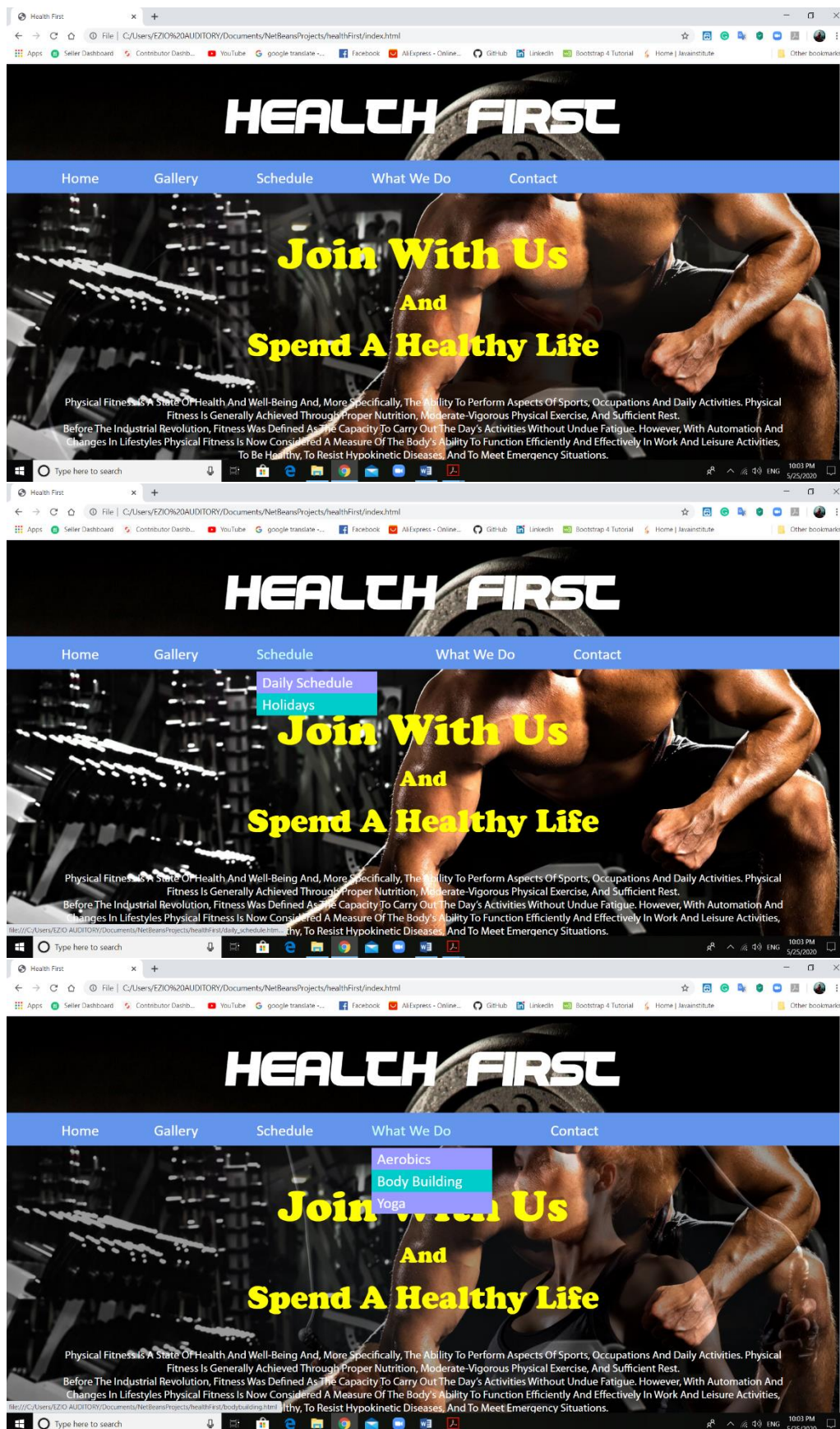
PROJECT FILE: https://drive.google.com/file/d/1x21-twILAcoghBP6BgMa_el2GJ6URhfD/view?usp=sharing

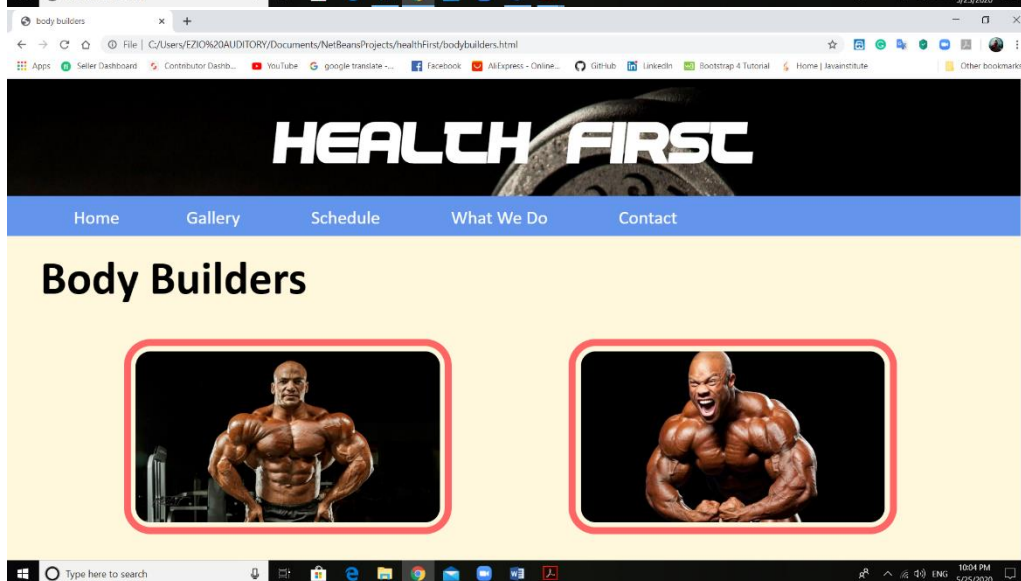
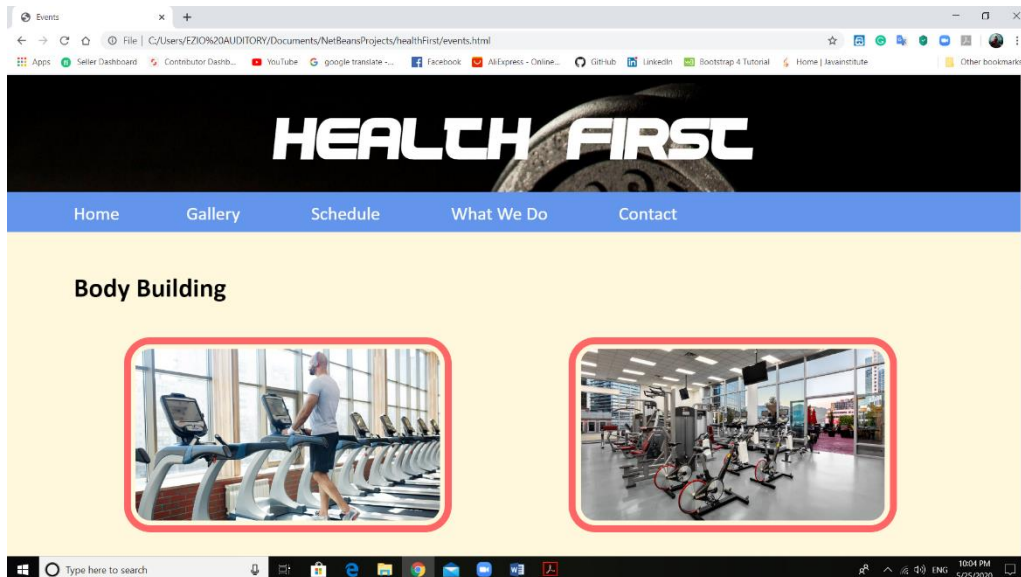
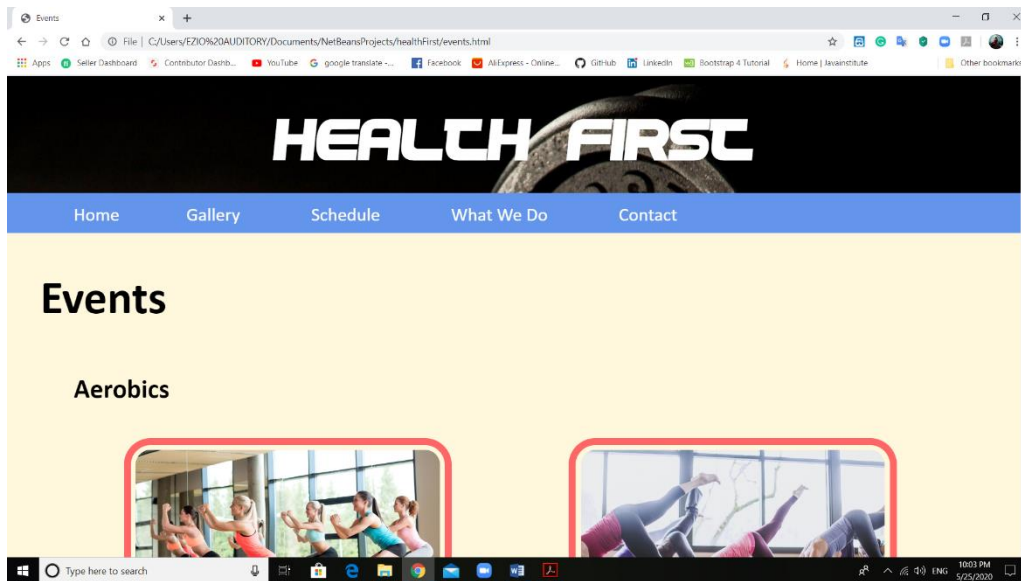


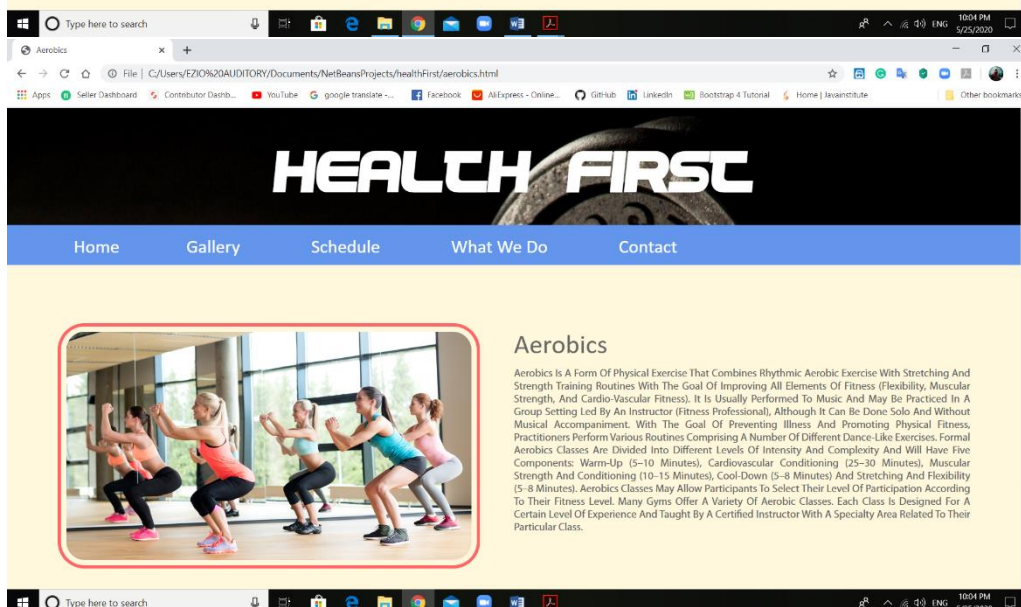
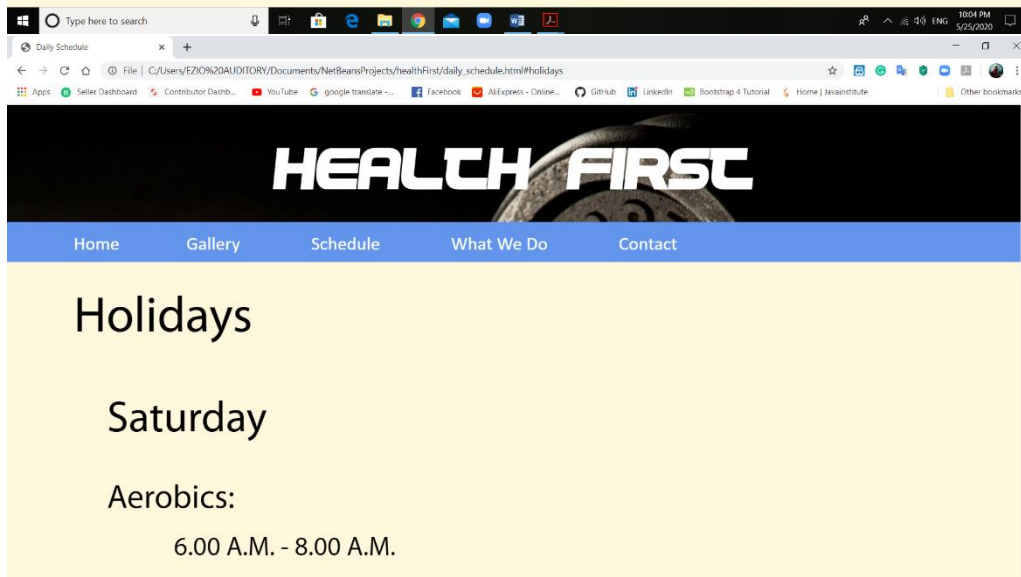
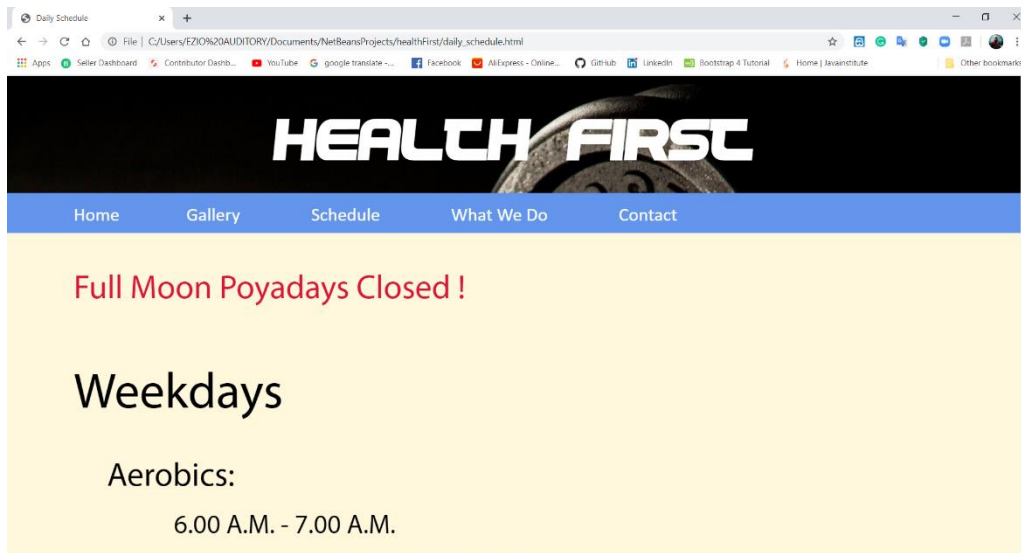
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1. GRAPHICAL USER INTERFACES








Daily Schedule

C:\Users\EZIO\20AUDITORY\Documents\NetBeansProjects\healthFirst\daily_schedule.html

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Home

Full Moon Poyadays Closed!

Weekdays

Aerobics:
6:00 A.M. - 7:00 A.M.

Yoga:
6:00 A.M. - 8:00 A.M.

Body Building:
5:00 A.M. - 12:00 A.M.
3:00 P.M. - 9:00 P.M.

Holidays

Saturday

Aerobics:
6:00 A.M. - 8:00 A.M.

Yoga:
6:00 A.M. - 10:00 A.M.


Type here to search

10:05 PM 5/25/2020

Events

C:\Users\EZIO\20AUDITORY\Documents\NetBeansProjects\healthFirst\events.html



ipad Pro 1024 x 1366 42% Online



Home

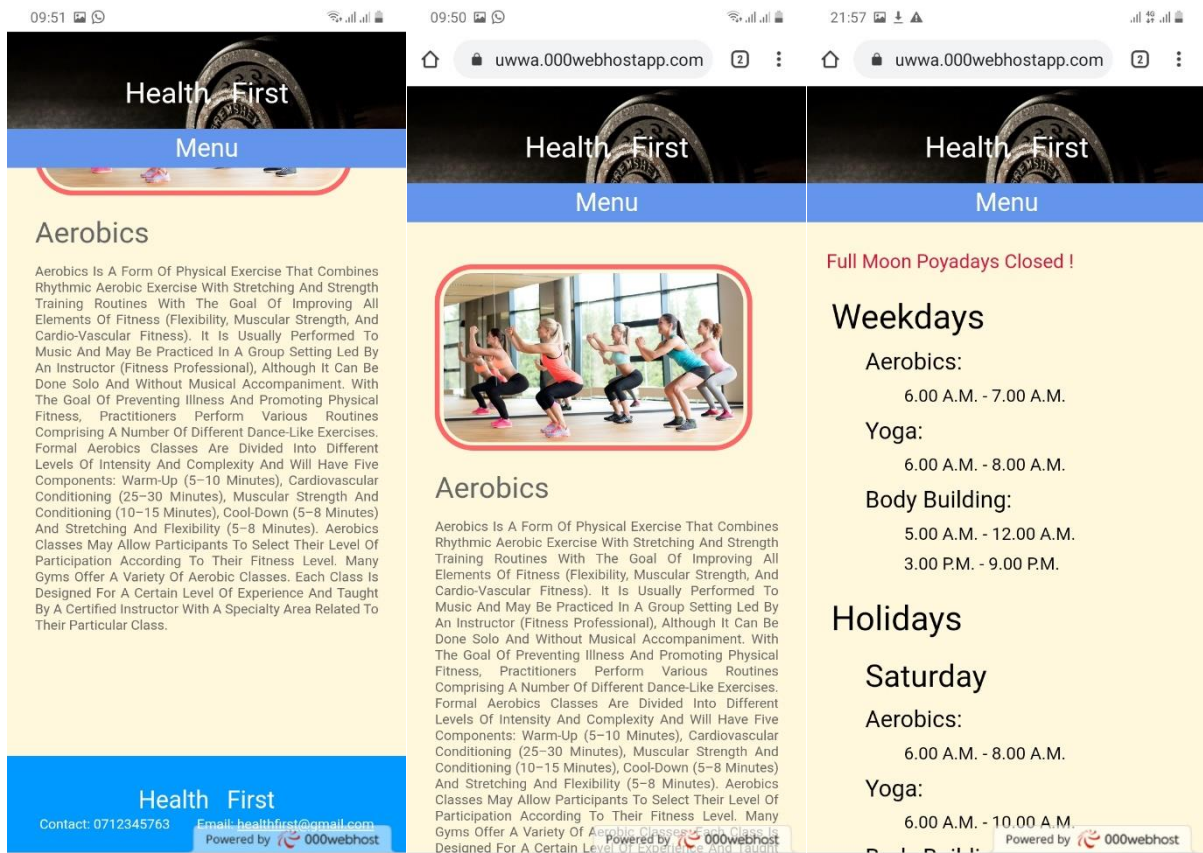
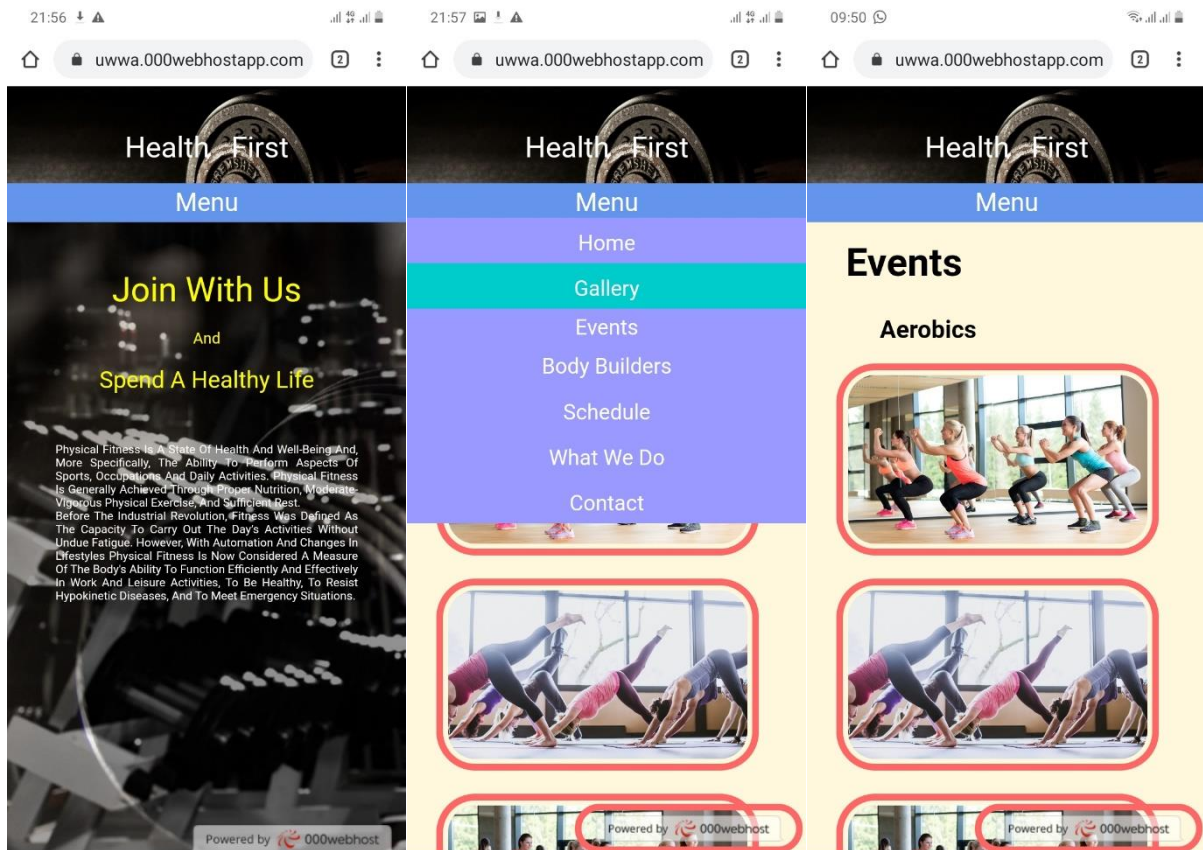
Events

Aerobics

Type here to search

10:05 PM 5/25/2020



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">
```

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

```
  </head>
```

```
  <body>
```

```
    <!--Header----->
```

```
      <div class="div-1"><p class="p-1">health &nbsp; first</p></div>
```

```
    <!--Navigation bar----->
```

```
      <nav class="nav">
```

```
        <div class="div-4"><span>menu</span>
```

```
        <ul class="ul1">
```

```
          <li class="li-1 li1"><a class="a1" href="index.html">Home</a>
```

```
          <li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
```

```
          <ul class="ul-1">
```

```
            <li class="li-6"><a href="events.html">events</a></li>
```

```
            <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
```

```
          </ul>
```

```

</li>
<li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>
  <ul class="ul-1">
    <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>
    <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>

  </ul>
</li>
<li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>
  <ul class="ul-1">
    <li class="li-6"><a href="aerobics.html">aerobics</a></li>
    <li class="li-6"><a href="bodybuilding.html">body building</a></li>
    <li class="li-6"><a href="yoga.html">yoga</a></li>

  </ul>
</li>
<li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>
</ul>
</div>
</nav>
<!--Body----->
<br/>
<div class="div-2">
  <div class="div-3">
    <p class="p-2">join with us</p>
    <p class="p-3">and</p>
    <p class="p-4">spend a healthy life</p>
    <br/>
    <p class="p-5">Physical fitness is a state of health and well-being and, more
specifically,
      the ability to perform aspects of sports, occupations and daily activities.

```


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

</p>

</div>

</div>

```
<!--Contact bar----->
```

```
<div class="div1" id="contact">
```

health first

Contact: 0712345763

 Email:healthfirst@gmail.com

</body>

</html>

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;
}
/*-----*/

```

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

```
    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;
}
/*Droptdown 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;
}
/*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: 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;
}

/*Fotter-----*/
.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;
}
/*Droppedown 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;
}

/*Fotter-----*/
.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;
}

/*Fotter-----*/

.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">
```

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

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

```
  </head>
```

```
  <body>
```

```
    <!--Header----->
```

```
      <div class="div-1"><p class="p-1">health &nbsp; first</p></div>
```

```
    <!--Navigation bar----->
```

```
      <nav class="nav">
```

```
        <div class="div-4"><span>menu</span>
```

```
        <ul class="ul1">
```

```
          <li class="li-1 li1"><a class="a1" href="index.html">Home</a>
```

```
          <li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
```

```
            <ul class="ul-1">
```

```
              <li class="li-6"><a href="events.html">events</a></li>
```

```
              <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
```

```
            </ul>
```

```

</li>

<li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>

  <ul class="ul-1">

    <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>

    <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>

  </ul>

</li>

<li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>

  <ul class="ul-1">

    <li class="li-6"><a href="aerobics.html">aerobics</a></li>

    <li class="li-6"><a href="bodybuilding.html">body building</a></li>

    <li class="li-6"><a href="yoga.html">yoga</a></li>

  </ul>

</li>

<li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>

</ul>

</div>

</nav>

<!--Body----->

<br/>

<div class="div-5">

  <p class="p-6">events</p>

  <p class="p-7">aerobics</p>

```


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">
```

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

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

```
  </head>
```

```
  <body>
```

```
    <!--Header----->
```

```
      <div class="div-1"><p class="p-1">health &nbsp; first</p></div>
```

```
    <!--Navigation bar----->
```

```
      <nav class="nav">
```

```
        <div class="div-4"><span>menu</span>
```

```
        <ul class="ul1">
```

```
          <li class="li-1 li1"><a class="a1" href="index.html">Home</a>
```

```
          <li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
```

```
            <ul class="ul-1">
```

```
              <li class="li-6"><a href="events.html">events</a></li>
```

```
              <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
```

```
            </ul>
```

```
          </li>
```

```

<li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>
  <ul class="ul-1">
    <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>
    <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>
  </ul>
</li>
<li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>
  <ul class="ul-1">
    <li class="li-6"><a href="aerobics.html">aerobics</a></li>
    <li class="li-6"><a href="bodybuilding.html">body building</a></li>
    <li class="li-6"><a href="yoga.html">yoga</a></li>
  </ul>
</li>
<li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>
</ul>
</div>
</nav>
<!--Body----->
<br/>
<div class="div-5">
  <p class="p-6">body builders</p>
  
  
  
  
  
  
  
  

```


2.5 gallery.css

```
/*
```

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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"><p class="p-1">health &nbsp; first</p></div>
<!--Navigation bar----->
    <nav class="nav">
        <div class="div-4"><span>menu</span>
        <ul class="ul1">
            <li class="li-1 li1"><a class="a1" href="index.html">Home</a>
            <li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
            <ul class="ul-1">
                <li class="li-6"><a href="events.html">events</a></li>
                <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
            </ul>
        </li>
        <li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>
            <ul class="ul-1">
                <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>
                <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>
            </ul>
        </li>
        <li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>
            <ul class="ul-1">
                <li class="li-6"><a href="aerobics.html">aerobics</a></li>
                <li class="li-6"><a href="bodybuilding.html">body building</a></li>
                <li class="li-6"><a href="yoga.html">yoga</a></li>
            </ul>
        </li>
    </nav>

```

```

        <li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>
    </ul>
</div>
</nav>
<!--Body----->
<br/>
<div class="div-5">
    <p class="p-8">full moon poyadays closed !</p>
    <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>
    </dl>

```


2.7 schedule.css

```
/*
```

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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){

```

```

.dl-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">
```

```
<link 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"><p class="p-1">health &nbsp; first</p></div>
```

```
<!--Navigation bar----->
```

```
<nav class="nav">
```

```
<div class="div-4"><span>menu</span>
```

```
<ul class="ul1">
```

```
<li class="li-1 li1"><a class="a1" href="index.html">Home</a>
```

```
<li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
```

```
<ul class="ul-1">
```

```

        <li class="li-6"><a href="events.html">events</a></li>
        <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
    </ul>
</li>
<li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>
    <ul class="ul-1">
        <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>
        <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>
    </ul>
</li>
<li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>
    <ul class="ul-1">
        <li class="li-6"><a href="aerobics.html">aerobics</a></li>
        <li class="li-6"><a href="bodybuilding.html">body building</a></li>
        <li class="li-6"><a href="yoga.html">yoga</a></li>
    </ul>
</li>
<li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>
</ul>
</div>
</nav>
<!--Body----->
<br/>
<div class="div-5">
    
    <p class="p-10">aerobics</p>
    <p class="p-11">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).

```


2.9 bodybuilding.html

```
<!DOCTYPE html>
```

```
<!--
```

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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">
```

```
    <link 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"><p class="p-1">health &nbsp; first</p></div>
```

```
    <!--Navigation bar----->
```

```
      <nav class="nav">
```

```
        <div class="div-4"><span>menu</span>
```

```
        <ul class="ul1">
```

```
          <li class="li-1 li1"><a class="a1" href="index.html">Home</a>
```

```
          <li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
```

```
            <ul class="ul-1">
```

```
              <li class="li-6"><a href="events.html">events</a></li>
```

```
              <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
```

```
            </ul>
```

```
          </li>
```

```

<li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>
  <ul class="ul-1">
    <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>
    <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>
  </ul>
</li>
<li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>
  <ul class="ul-1">
    <li class="li-6"><a href="aerobics.html">aerobics</a></li>
    <li class="li-6"><a href="bodybuilding.html">body building</a></li>
    <li class="li-6"><a href="yoga.html">yoga</a></li>
  </ul>
</li>
<li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>
</ul>
</div>
</nav>
<!--Body----->
<br/>
<div class="div-5">
  
  <p class="p-10">body building</p>
  <p class="p-11">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,

```


2.10 yoga.html

```
<!DOCTYPE html>
```

```
<!--
```

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```
-->
```

```
<html>
```

```
  <head>
```

```
    <title>YOga</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="what_we_do.css">
```

```
  </head>
```

```
  <body>
```

```
    <!--Header----->
```

```
      <div class="div-1"><p class="p-1">health &nbsp; first</p></div>
```

```
    <!--Navigation bar----->
```

```
      <nav class="nav">
```

```
        <div class="div-4"><span>menu</span>
```

```
        <ul class="ul1">
```

```
          <li class="li-1 li1"><a class="a1" href="index.html">Home</a>
```

```
          <li class="li-2 li1"><a class="a1" href="events.html">gallery</a>
```

```
            <ul class="ul-1">
```

```
              <li class="li-6"><a href="events.html">events</a></li>
```

```
              <li class="li-6"><a href="bodybuilders.html">body builders</a></li>
```

```
            </ul>
```

```
          </li>
```

```

<li class="li-3 li1"><a class="a1" href="daily_schedule.html">schedule</a>
  <ul class="ul-1">
    <li class="li-6"><a href="daily_schedule.html">daily schedule</a></li>
    <li class="li-6"><a href="daily_schedule.html#holidays">holidays</a></li>
  </ul>
</li>
<li class="li-4 li1"><a class="a1" href="aerobics.html">what we do</a>
  <ul class="ul-1">
    <li class="li-6"><a href="aerobics.html">aerobics</a></li>
    <li class="li-6"><a href="bodybuilding.html">body building</a></li>
    <li class="li-6"><a href="yoga.html">yoga</a></li>
  </ul>
</li>
<li class="li-5 li1"><a class="a1" href="#contact">contact</a></li>
</ul>
</div>
</nav>
<!--Body----->
<br/>
<div class="div-5">

  
  <p class="p-10">yoga</p>
  <p class="p-11">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.<br/>

  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.

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.

```
<!--Contact bar----->
```


<div class="div1" id="contact">

health first

Contact: 0712345763

 Email:healthfirst@gmail.com

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

2.11 what_we_do.css

```
/*
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and open the template in the editor.
*/
/*
    Created on : May 21, 2020, 9:50:12 PM
    Author    : EZIO AUDITORY
*/

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

.img-1{
    width: 40%;
    height: 40%;
```

```

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{
width: 100%;
height: 100%;

```

```

background-color: cornsilk;
font-family: "Myriad Pro";
color: black;
}
.img-1{
width: 60%;
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;
margin-left: 5%;
margin-top: 3%;
color: #666666;
}
.p-11{
font-size: 16px;
text-align: justify;
margin-left: 5%;
margin-right: 5%;
margin-top: -2%;
color: #666666;
}
}

```

```
/*-----*/
```

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

```
.div-5{
```

```
width: 100%;
```

```
height: 100%;
```

```
background-color: cornsilk;
```

```
font-family: "Myriad Pro";
```

```
color: black;
```

```
}
```

```
.img-1{
```

```
width: 70%;
```

```
height: 70%;
```

```
margin-top: 42%;
```

```
margin-left: 5%;
```

```
border: 5px solid #ff6666;
```

```
border-radius: 40px;
```

```
padding: 0.5%;
```

```
}
```

```
.p-10{
```

```
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){

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

.img-1{
    width: 75%;
    height: 75%;
    margin-top: 40%;
    margin-left: 7%;
    border: 5px solid #ff6666;
    border-radius: 40px;
    padding: 1%;
}

```

```
}  
.p-10{  
    font-family:"calibri";  
    font-size: 30px;  
    margin-left: 7%;  
    margin-top: 4%;  
    color: #666666;  
}  
.p-11{  
    font-size: 14px;  
    text-align: justify;  
    margin-left: 7%;  
    margin-right: 7%;  
    margin-top: -4%;  
    color: #666666;  
}  
}
```