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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0" />
  <title>Prayas Fitness Tandamaidas</title>
  <style>
    body { margin: 0; font-family: Arial, sans-serif; background: #fff; color: #222; }
    header { background: red; color: #fff; padding: 20px; text-align: center; }
    nav { background: #111; padding: 10px; display: flex; justify-content: center; gap: 20px; }
    nav a { color: #fff; text-decoration: none; font-weight: bold; }
    .hero { background: url('https://images.pexels.com/photos/1552242/pexels-photo-1552242.jpeg') center;
      height: 60vh; display: flex; align-items: center; justify-content: center; color: white;
      font-size: 40px; font-weight: bold; text-shadow: 2px 2px 10px black; }
    .section { padding: 40px; text-align: center; }
    .plans { display: grid; grid-template-columns: repeat(auto-fit, minmax(200px, 1fr));
      gap: 20px; padding: 20px; }
    .plan-box { border: 2px solid red; padding: 20px; border-radius: 10px; }
    footer { background: #111; color: white; padding: 20px; text-align: center; }
    @keyframes fadeIn { from {opacity:0;} to {opacity:1;} }
  </style>
</head>
<body>

  <header>
    <h1>Prayas Fitness Tandamaidas</h1>
    <p>Owner: Prayas Pratap Singh</p>
  </header>

  <div style="background:red;color:white;text-align:center;padding:15px;font-size:22px;
    font-weight:bold;animation:fadeIn 2s ease-in-out;">
    Welcome to Prayas Fitness Tandamaidas - Transform Your Life!
  </div>

  <div style="text-align:center;padding:20px;">
    
    <p style="margin-top:10px;font-weight:bold;">(Namaste Prayas Logo)</p>
  </div>

  <nav>
    <a href="#home">Home</a>
    <a href="#about">About</a>
    <a href="#plans">Membership</a>
    <a href="#gallery">Gallery</a>
    <a href="#trainers">Trainers</a>
    <a href="#contact">Contact</a>
  </nav>

  <div class="hero" id="home">TRANSFORM YOUR BODY</div>

  <div class="section" id="about">
    <h2>About Us</h2>
    <p>Prayas Fitness Tandamaidas helps you achieve your fitness goals with modern equipment and training</p>
  </div>

  <div class="section" id="plans">
    <h2>Membership Plans</h2>
    <div class="plans">
      <div class="plan-box"><h3>Monthly</h3><p>■700</p></div>
      <div class="plan-box"><h3>Quarterly</h3><p>■1800</p></div>
      <div class="plan-box"><h3>Yearly</h3><p>■6000</p></div>
    </div>
  </div>

  <div class="section" id="gallery">
    <h2>Gallery</h2>
    <div class="plans">
      
      
      
    </div>
  </div>

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<div class="section" id="trainers">
  <h2>Our Trainers</h2>
  <div class="plans">
    <div class="plan-box"><h3>Ritik Kumar</h3><p>Certified Trainer</p></div>
    <div class="plan-box"><h3>Prayas Pratap Singh</h3><p>Owner & Head Coach</p></div>
  </div>
</div>

<div class="section" id="contact">
  <h2>Contact Us</h2>
  <p><b>Phone:</b> 7451987065</p>
  <p><b>Email:</b> singhprayaspratap@gmail.com</p>
  <p><b>Address:</b> Kotdwar Road, Tandamaidas</p>

  <form style="max-width:400px;margin:auto;text-align:left;">
    <label>Name:</label>
    <input type="text" style="width:100%;padding:8px;margin-bottom:10px;">
    <label>Email:</label>
    <input type="email" style="width:100%;padding:8px;margin-bottom:10px;">
    <label>Message:</label>
    <textarea style="width:100%;padding:8px;margin-bottom:10px;"></textarea>
    <button style="width:100%;padding:10px;background:red;color:white;border:none;font-weight:bold;">
      Send Message
    </button>
  </form>

  <h3 style="margin-top:40px;">Location</h3>
  <iframe src="https://www.google.com/maps/embed?pb=!1m18!1m12!1m3!1d3497.427!2d78.5!3d29.6"
    width="100%" height="300" style="border:0;border-radius:10px;" loading="lazy"></iframe>
</div>

<a href="https://wa.me/917451987065" style="position:fixed;bottom:20px;right:20px;background:green;
  color:white;padding:15px 20px;border-radius:50px;font-weight:bold;text-decoration:none;
  box-shadow:0 0 10px black;">Chat on WhatsApp</a>

<footer>© 2025 Prayas Fitness Tandamaidas. All Rights Reserved.</footer>

</body>
</html>

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