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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 no-repeat; 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</a>
    <a href="#">About</a>
    <a href="#">Membership</a>
    <a href="#">Gallery</a>
    <a href="#">Trainers</a>
    <a href="#">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 techniques. Our state-of-the-art facility is designed to provide a safe and comfortable environment for individuals of all ages and fitness levels. We offer a variety of classes and programs, including strength training, cardio, and yoga, to help you reach your goals. Our friendly and knowledgeable staff is here to support you every step of the way. Join us today and experience the difference for yourself!</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, Tandamaiadas</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>
</div>

<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 Tandamaiadas. All Rights Reserved.</footer>

</body>
</html>

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