

1. Website: VitalFit & Wellness

- 2. Description of the Topic:** VitalFit & Wellness is an all-inclusive platform dedicated to promoting a holistic approach to health and wellness. This website offers a variety of fitness programs, wellness coaching, and personalized nutrition plans designed to meet the unique needs of each individual. Users can explore different services, book classes, and engage in a supportive community focused on achieving better health. In addition, the site features client testimonials and a frequently updated blog that provides valuable insights into fitness, nutrition, and overall well-being. Whether someone is beginning their wellness journey or looking to enhance their current lifestyle, VitalFit & Wellness provides the tools to help anyone succeed.

3. List of Page Names:

- Home
- Services
- Schedule
- Blog
- Contact Us

- 4. Data Description:** The VitalFit & Wellness website will store, manipulate, and display data related to class bookings. This data includes class names, dates, times, instructor names, and client details (such as name and email). The system allows users to view available classes and make bookings online. However, only administrators have the ability to add, edit, or delete this data to ensure accuracy and security. This ensures that the information is well-maintained, providing clients with a flawless experience when booking classes, while allowing administrators to maintain full control over the data.