

CSE(326) Project

Project No :6
“Fitness Club”

Done by KOC39 Group6 members

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Roll No:RKOC39A18

Fitness Club index page code

File Edit Selection View Go Run Terminal Help

CSE326 Project

EXPLORER

- CSE326 PROJECT
- OUTLINE
- TIMELINE

Fitness Club.html X

Fitness Club.html > html > body > div.headerAndImage > header > div.medialcons > a

```
1 <!DOCTYPE html>
2 <html lang="en">
3 <head>
4   <meta charset="UTF-8" />
5   <meta http-equiv="X-UA-Compatible" content="IE=edge" />
6   <meta name="viewport" content="width=device-width, initial-scale=1.0" />
7   <title>FITNESS CLUB</title>
8   <link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-free@6.2.1/css/fontawesome.min.css" integrity="sha384-
9   <link rel="icon" sizes="192x192" href="https://img.freepik.com/free-vector/fitness-logo-template-design_1322-9.jpg?w=2000"/>
10  <link rel="stylesheet" href="Fitness Club.css" />
11  <link
12    rel="stylesheet"
13    href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-free@6.2.1/css/all.min.css"
14  />
15
16 </head>
17 <body>
18   <div class="headerAndImage">
19     <header>
20       <a href="Fitness Club.html">
21         
23       <!-- 
24
25     <ul>
26
27       <li><a href="about .html" target="_blank">About us</a></li>
28       <li><a href="contactus.html" target="_blank">Contact us</a></li>
29       <li><a href="trainings.html" target="_blank">Trainings</a></li>
30       <li><a href="timetable.html" target="_blank">Time table</a></li>
31       <li><a href="membership.html" target="_blank">Membership</a></li>
32       <li><a href="Gallery.html" target="_blank">Gallery</a></li>
33       <li><a href="signup.html" target="_blank">Register Now</a></li>
34       <li><a href="sign in.html" target="_blank">sign in</a></li>
35
36     </ul>
37
```

Fitness Club.html > html > body > div.headerAndImage > header > div.mediaIcons > a

```
38
39
40 <div class="mediaIcons">
41   <a href="https://www.instagram.com/fitness_club5716k/" target="_blank">
42     <i class="fa-brands fa-instagram" style="color: rgb(188, 72, 91);" title="Instagram"></i>
43   </a>
44   <a href="https://www.youtube.com/channel/UCbGxW1kUTlVzNwTHajkmTQg" target="_blank">
45     <i class="fa-brands fa-youtube" style="color: red;" title="YouTube"></i>
46   </a>
47
48   <a href="https://twitter.com/Fitness_club571" target="_blank">
49     <i class="fa-brands fa-twitter" style="color: skyblue;" title="Twitter"></i>
50   </a>
51 </div>
52 </div>
53 </div>
54 </div>
55 </div>
56 <br /><br /><br /><br /><br />
57
58
59 <div class="choosing-us">
60   <center>
61     <h1 style="color: orange; margin-left: 20px; margin-top: 100px">
62       Why Choose Us?
63     </h1>
64     <h1
65       style="
66         color: black;
67         margin-left: 20px;
68         margin-top: 50px;
69         font-size: 50px;
70       "
71     >
72       Benefits of Joining Our GYM
73     </h1><br><br>
74
```


EXPLORER

CSE326 PROJECT

OUTLINE

TIMELINE

Fitness Club.html

Fitness Club.html

html

body

div.headerAndImage

header

div.medialcons

a

75

<div class="bands">

76

<section>

77

<center style="background-color: white;">

78

79

<h1>NCMETCON

80

GPP</h1>

81

<p style="color: black;">

82

Our flagship High-Intensity

83

GPP program designed on a 60 minute

84

timeline. The most refined GPP program out there.

85

Train to be ready for anything!.

86

</p>

87

</center>

88

</section>

89

<section>

90

<center style="background-color: black;">

91

92

<h1>NCX

93

STRENGTH X CONDITIONING</h1>

94

95

<p>

96

The revolution in functional fitness you have been waiting for.

97

NCX combines daily classic strength training and

98

functional conditioning into one highly-effective program.

99

100

101

</p>

102

</center>

103

</section>

104

<section>

105

<center style="background-color: white;">

106

107

<h1>NCGO

108

DUMBBELLS X BODYWEIGHT</h1>

109

<p style="color: black;">

110

NCGO is the best High-Intensity Interval Training (HIIT)

111

program for athletes to hit at home,

➤ Fitness Club.html > html > body > div.headerAndImage > header > div.medialcons > a

```
112 on the road, or just getting after it on the go.
```

113

```
114 </center>
```

```
115 </section>
```

```
116 <section>
```

```
117 <center style="background-color: □ black;">
```

```
118 
```

```
119 <h1>NCCOMPETE
```

```
120 COMPETITOR'S TRACK</h1>
```

121 <p>

A carefully balanced prescription of conditioning,
gymnastic skill development, and strength
training for the competitor.

125

126

127 </center>

```
128 </section>
```

129

```
130         </div>
```

131

132

```
133 <div class="two-boxes">
```

```
134 <div class="box">
```

```
136 <p style="width: 300px; float: right">
```

```
137 May the pain be long. You are the very strong man and You will
138 stood there with great pain
```

139

```
140         </div>
```

```
141 <div class="box">
```

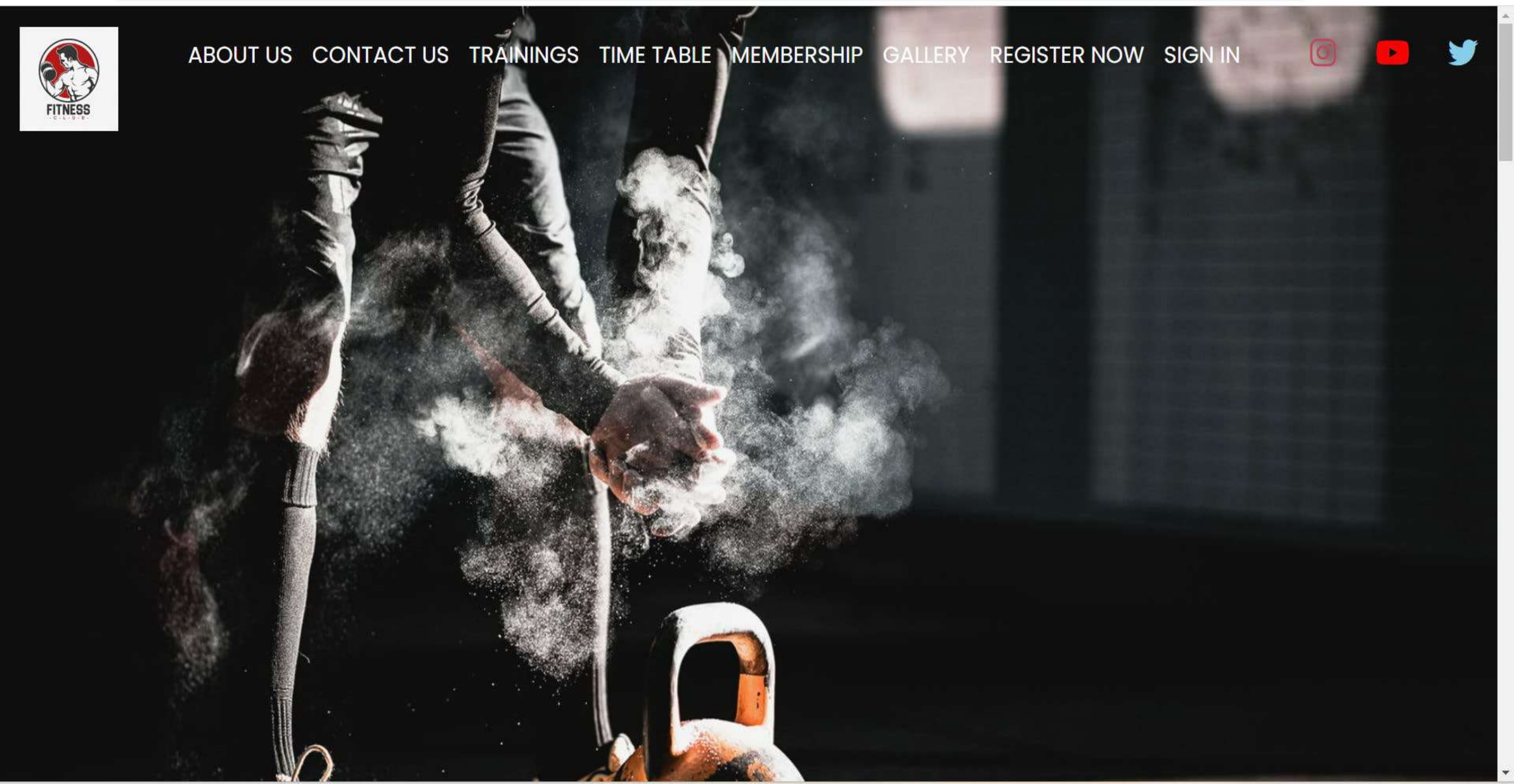
```
142 
```

144 "If you want something you've never had, you must be willing to do
145 something you've never done." "The body achieves what the mind
146 believes." "Once you are exercising regularly, the hardest thing
147 is to stop it." "If you don't make time for exercise, you'll
148 probably have to make time for illness.


```
186 <br /><br /><br /><br />
187 <footer>
188   <div class="box">
189     <h1>Get In Touch(Punjab branch)</h1>
190     <p>Jalandhar - Delhi, Grand Trunk Rd, Phagwara, Punjab 144001</p>
191     <p>+919848032919</p>
192     <p>fitness@fit1211.in</p>
193   </div>
194   <div class="box">
195     <h1>Get In Touch(Hyderabad branch)</h1>
196     <p> No 14, Road, near to Jubilee Hills, behind Cinemax Banjara Hills, Hyderabad, Telangana 500034</p>
197
198     <p>+919848032918</p>
199
200     <p>fitness@fit1212.in</p>
201
202     <div class="box">
203       <h1>For any other queries</h1>
204
205
206       <p>fit1211@gmail.com</p>
207     </div>
208   </div>
209 </body>
210 </html>
```



[ABOUT US](#) [CONTACT US](#) [TRAININGS](#) [TIME TABLE](#) [MEMBERSHIP](#) [GALLERY](#) [REGISTER NOW](#) [SIGN IN](#)



Why Choose Us?

Benifits of Joining Our GYM



Our flagship High-Intensity GPP program designed on a 60 minute timeline. The most refined GPP program out there. Train to be ready for anything!.



NCX STRENGTH X CONDITIONING

The revolution in functional fitness you have been waiting for. NCX combines daily classic strength training and functional conditioning into one highly-effective program.



NCGO is the best High-Intensity Interval Training (HIIT) program for athletes to hit at home, on the road, or just getting after it on the go.



NCCOMPETE COMPETITOR'S TRACK

A carefully balanced prescription of conditioning, gymnastic skill development, and strength training for the competitor.



May the pain be long. You are the very strong man and You will stood there with great pain



"If you want something you've never had, you must be willing to do something you've never done." "The body achieves what the mind believes." "Once you are exercising regularly, the hardest thing is to stop it." "If you don't make time for exercise, you'll probably have to make time for illness.



It was time for the veins to settle down. Let the pain be long, and let it be settled in time. Some of them have a lot of work to do. "The last three or four reps is what makes the muscle grow. This area of pain divides a champion from someone who is not a champion."- Arnold Schwarzenegger



"Today I will do what others won't , so tommorow I can accompilsh what others can't" -Jerry Rice



Subscribe Our Newsletter

Subscribe and get Our latest article in your inbox

Subscribe

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+919848032919

fitness@fit1211.in

Get In Touch(Hyderabad branch)

No 14, Road, near to Jubilee Hills, behind Cinemax Banjara Hills, Hyderabad, Telangana 500034

+919848032918

fitness@fit1212.in

For any other queries

fit1211@gmail.com

About us page code

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>ABOUT</title>
  <link rel="icon" sizes="192x192" href="https://img.freepik.com/free-
vector/fitness-logo-template-design_1322-9.jpg?w=2000"/>
  <style>
    h1{text-align: center;}
    h2{text-align: center;}
  </style>
  <link rel="stylesheet" href="style.css">
  <script src="https://kit.fontawesome.com/a076d05399.js"></script>
</head>
<body BGCOLOR="GREY">
  <nav>
    <div class="menu">
      <div class="logo">
        <a href="Fitness Club.html">
          
        </a>
      </div>
      <ul>
        <li><a href="about .html" target="_blank">About us</a></li>
        <li><a href="contactus.html" target="_blank">Contact us</a></li>
        <li><a href="trainings.html" target="_blank">Trainings</a></li>
        <li><a href="timetable.html" target="_blank">Time table</a></li>
        <li><a href="membership.html" target="_blank">Membership</a></li>
        <li><a href="Gallery.html" target="_blank">Gallery</a></li>
        <li><a href="signup.html" target="_blank">Register Now</a></li>
        <li><a href="sign in.html" target="_blank">sign in</a></li>
      </ul>
    </div>
  </nav>
```

```
<center></center><br><br>
<h1 class="text-center"style="color:#fd3c3d;">|| ABOUT THE GYM ||</h2>
<h2 style="color: #ffffff;"><b> TAKE CARE OF YOUR BODY , IT'S THE ONLY PLACE YOU
HAVE TO LIVE !!</b></p></h2>
<p class="text-justify"style="color: #ffffff;"><b>Fitness club</b> is
made to provide you with the ultimate fitness experience, one that focuses on your
specific fitness needs, helps you achieve the results you are after and invigorates
your soul. We guarantee the highest quality equipment and training programs
available, an expert staff, special amenities.<br><br>

We set out with one simple and honest goal in mind; to be sensitive to
our members needs and fitness requirements. Our ideology is to provide our members
with the best fitness technologies and services. We listen, we are sensitive to your
needs, and most importantly, we thus know what you, as a <b>"GYM-GOER"</b>
want.<br><br>

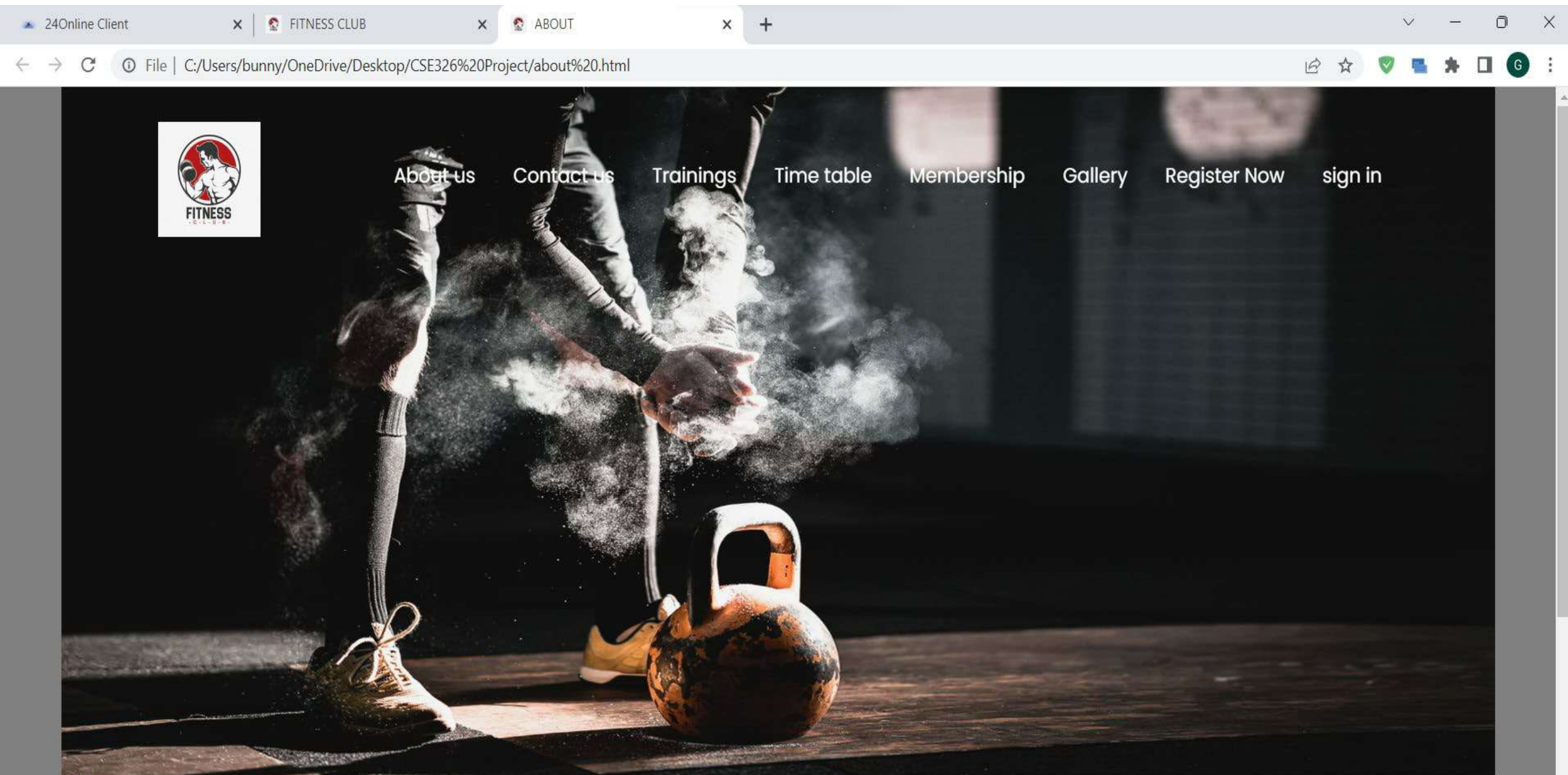
Fitness club is a fitness club brand that specializes on the prestigious
market segment of business professionals and the working professionals. With our
dedication in bringing you the latest fitness technologies, our gym is equipped with
many hi-tech equipment and state-of-the art fitness gadgets. Our professional
personal trainers and trained helpers dedication will ensure that you receive the
appropriate fitness program, customized to your fitness and health needs. Our
members enjoy our private yet classy environment and this will ensure that you
exercise in utmost privacy and luxury.<br><br>

The main idea is to have our members enjoy their fitness trainings in
classy and private settings. As such, it is not surprising that our Gym is
passionately led by a team of highly qualified and experienced fitness instructors
and health professionals. Our team's passion is to serve our members with sheer
dedication, warm friendliness and joyful helpfulness.<br><br>

Our primary goal is to create awareness and easy access to keep your
body, mind and spirit, at peak performance. Our vision is to maintain a fitness
centre catering for our members physical wellbeing, thereby improving, building and
maintaining a stronger and fitter body condition complimented by a health foods bar
to nourish your body's daily fibre and vitamins requirements.<br><br>

If you are looking for unwaivered personal attention during your
training regime, then <b>Fitness club</b> is the place you will want to be.</p>
</body>
</html>
```

About us page out put



|| ABOUT THE GYM ||

TAKE CARE OF YOUR BODY , IT'S THE ONLY PLACE YOU HAVE TO LIVE !!

Fitness club is made to provide you with the ultimate fitness experience, one that focuses on your specific fitness needs, helps you achieve the results you are after and invigorates your soul. We guarantee the highest quality equipment and training programs available, an expert staff, special amenities.

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Fitness club is a fitness club brand that specializes on the prestigious market segment of business professionals and the working professionals. With our dedication in bringing you the latest fitness technologies, our gym is equipped with many hi-tech equipment and state-of-the art fitness gadgets. Our professional personal trainers and trained helpers dedication will ensure that you receive the appropriate fitness program, customized to your fitness and health needs. Our members enjoy our private yet classy environment and this will ensure that you exercise in utmost privacy and luxury.

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If you are looking for unwaivered personal attention during your training regime, then **Fitness club** is the place you will want to be.

Fitness club css code

```
@import url('https://fonts.googleapis.com/css2?family=Poppins&display=swap');
*{
  margin: 0;
  padding: 0;
  font-family: 'Poppins';
}
.headerAndImage{
  background:
url(https://i.pinimg.com/originals/ae/42/e4/ae42e483bf459a77366e39a9837122a2.jpg);
  background-position: center;
  background-repeat: no-repeat;
  background-size: cover;
  height: 950px;
}
a{
  text-decoration: none;
  color:white;
  text-transform: uppercase;
}ul{
  list-style: none;
  display: flex;
  gap: 20px;
  color:white;
  font-size: 22px;
}
header{
  display: flex;
  justify-content: space-between;
  margin-left: 20px;
  margin-right: 20px;
  color: rgb(186, 52, 52);
}
.mediaIcons{
  display: flex;
  gap: 40px;
  font-size: 30px;
}
img.logoMain{
  filter: invert(100%);
}h1{
  margin-left: -320px;
```

```
}h1{
  margin-left: -320px;
}li, i, .logo-name{
  margin-top: 30px;
}
.logo-name:hover{
  color: whitesmoke;
}a:hover{
  text-decoration: underline;
  color: orange;
}body{
  height: 2000px;
}.bands{
  background-color: black;

  height: auto;
  display: flex;
  justify-content: center;
}section{
  background-color: black;
  width: 700px;
  height: 300px;
  justify-content: center;
  color: white;}
section:nth-child(2){
  background-color: orange;}
section h1{
  color: white;
  margin-left: 0px;
  margin-top: 30px;
  padding-top: 30px;
  margin-bottom: 30px;
}

section p{
  padding-bottom: 30px;
  padding-left: 20px;
  padding-right: 20px;
```

```
.box{
  display: flex;
  gap: 50px;
}
.two-boxes{
  display: flex;
  justify-content: space-evenly;
  margin-top: 100px;
}
.newsletter{
  background-color: black;
  height: 300px;
  margin-top: 100px;
  color: white;
}
.newsletter h1{
  margin-left: 20px;
  padding-top: 50px;
  padding-bottom: 10px;
}
.newsletter p{
  padding-top: 10px;
  padding-bottom: 50px;
}
.newsletter p{
  padding-top: 10px;
  padding-bottom: 50px;
}
```

```
.newsletter input{
  background-color: white;
  outline: none;
  border: none;
  height: 50px;
  width: 500px;
  padding-left: 50px;
}

.newsletter button.but{
  background-color: orange;
  outline: none;
  border: none;
  height: 50px;
  width: 200px;
  padding-left: 0px;
}

footer{
  background-color: black;
  color: white;
  height: 600px;
  display: flex;

  justify-content: space-
evenly;
  gap: 200px;
}

.box{
  display: flex;
  flex-direction: column;
  gap: -200px;
  margin-top: 50px;
}

.box h1{
  margin-left: -10px;
  color: orange;
}
```


Contact us page code

```
<html>
  <title>CONTACT US__FITNESS CLUB</title>
  <link
rel="icon" href="https://img.freepik.com/free-
vector/fitness-logo-template-design_1322-
9.jpg?w=2000" sizes="192x192">
  <head>

  </head>
<style>
  p{
    color: blue;
    font-size: larger;
    text-align: center;
    font-size: 200%;
  }

  h1{
    color:black;
    text-align: center;
    font-size: 50px;
  }

  input[type="text"]{
    padding: 8px;
    margin: 8px,8px,8px;

    width: 70%;
    border-color: black;

  }

  body{
    background-color: grey;
  }

  input[type="number"]{
    padding: 8px;
    margin: 8px,8px,8px;
```

```
    width: 70%;
    border-color: black;

  }

  body{
    background-color: grey;
  }

  input[type="number"]{
    padding: 8px;
    margin: 8px,8px,8px;

    width: 70%;
    border-color: black;

  }

  input[type="password"]{
    padding: 8px;
    margin: 8px,8px,8px;

    width: 70%;
    border-color: black;

  }

  input[type="email"]{
    padding: 8px;
    margin: 8px,8px,8px;

    width: 70%;
    border-color: black;
  }
}
```

```

</style>
<body>
  <div class="headerAndImage">
    <header>
      <center>
        <a href="Fitness Club.html" >
          
        </a>
      </center>
      <!--  -->

      <p style=" font-size: 15px; color: white;">There are two ways two
contact us , both take same time to respond</p>
      <p>email:fit1211@gmail.com </p><br>
      <a href="https://www.instagram.com/fitness_club5716k/"
target="_blank">
        <p>Instagram:DM Us </p>
      </a>

    </header>

    <center>
    <form>
      <fieldset>
        <h1>Please Fill The Form Below</h1>

        First Name*:<input type="text" placeholder="Enter First name"><br><br>
        Last Name(optional):<input type="text" placeholder=" Enter Last name"><br><br><br>
        Mobile Number*:<input type="number" placeholder="Enter Mobile Number"><br><br><br>
        Email*:<input type="email" placeholder="Enter email id"><br><br><br>

        <input type="radio" name="gendre" value="Male">Male
        <input type="radio" name="gendre" value="Female">Female
        <input type="radio" name="gendre" value="Transgender">Transgender<br><br>

      <br>

```

```

<label for="dropdown">Purpose of joining</label>
<select name="dropdown">
  <option value="WL">Weight loss</option><br>
  <option value="WG">Weight Gain</option><br>
  <option value="BB">Boldy building</option><br>
  <option value="BB">Full Body Workout</option><br>
  <option value="Others">Others</option><br>

</select><br><br><br>

<textarea name="message" rows="10" cols="50" placeholder="If
others write here"></textarea><br><br>

  <input type="submit"/> &nbsp;
  <input type="reset"/>

</center>

</body>

</html>

```



Please Fill The Form Below

First Name*:

Last Name(optional):

Mobile Number*:

Email*:

☐ Male ☐ Female ☐ Transgender

Purpose of joining

If others write here

Gallery page code

```
<!DOCTYPE html>
<html>
  <title>Gallery</title>
  <link rel="icon" sizes="192x192" href="https://img.freepik.com/free-
vector/fitness-logo-template-design_1322-9.jpg?w=2000"/>
<head>
<style>
div.gallery {
  margin: 5px;
  border: 1px solid #ccc;
  float: left;
  width: 180px;
}

div.gallery:hover {
  border: 1px solid #777;
}

div.gallery img {
  width: 100%;
  height: 100%;
  align-self: start;
}

div.desc {
  padding: 15px;
  text-align: center;
}
</style>
</head>
<body bgcolor="grey">

<div class="gallery">
  <a target="_blank" href="download.jpg">
    
  </a>
  <div class="desc">Running Cardio</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="wp2639536.jpg">
    
  </a>
  <div class="desc">Muscle Training</div>
</div>

<div class="gallery">
  <a target="_blank" href="bhangra-class.jpg">
    
  </a>
  <div class="desc">Bhangra Cardio</div>
</div>

<div class="gallery">
  <a target="_blank" href="cardio kick.jpg">
    
  </a>
  <div class="desc">Cardio Kick</div>
</div>

<div class="gallery">
  <a target="_blank" href="cardio.jpg">
    
  </a>
  <div class="desc">Cardio</div>
</div>

<div class="gallery">
  <a target="_blank" href="circuit training.jpg">
    
  </a>
  <div class="desc">Circuit Training</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="wp2639536.jpg">
    
  </a>
  <div class="desc">Muscle Training</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="bhangra-class.jpg">
    
  </a>
  <div class="desc">Bhangra Cardio</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="cardio kick.jpg">
    
  </a>
  <div class="desc">Cardio Kick</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="cardio.jpg">
    
  </a>
  <div class="desc">Cardio</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="circuit training.jpg">
    
  </a>
  <div class="desc">Circuit Training</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="freeweights.jpg">
    
  </a>
  <div class="desc">Free Weights</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="indoor cycling.jpg">
    
  </a>
  <div class="desc">Indoor Cycling</div>
</div>
```

```
<div class="gallery">
  <a target="_blank" href="outdoor training.jpg">
    
  </a>
  <div class="desc">Outdoor Training</div>
</div>
```

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



Running Cardio



Strength Training



Sitting Cardio



Muscle Training



Cardio



Weight Training



Muscle Training



Bhangra Cardio



Cardio Kick



Cardio



Circuit Training



Free Weights



Indoor Cycling



Outdoor Training

Login Page code

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>loginpage</title>
  <link rel="icon" sizes="192x192" href="https://img.freepik.com/free-
vector/fitness-logo-template-design_1322-9.jpg?w=2000"/>
</head>
<body>
  <!DOCTYPE html>
<html>
<head>
<meta name="viewport" content="width=device-width, initial-scale=1">
<style>
body {font-family: Arial, Helvetica, sans-serif;}
form {border: 3px solid #f1f1f1;}

input[type=text], input[type=password] {
  width: 100%;
  padding: 12px 20px;
  margin: 8px 0;
  display: inline-block;
  border: 1px solid #ccc;
  box-sizing: border-box;
}

button {
  background-color: #04AA6D;
  color: white;
  padding: 14px 20px;
  margin: 8px 0;
  border: none;
  cursor: pointer;
  width: 100%;
}
```

```
button:hover {
  opacity: 0.8;
}

.cancelbtn {
  width: auto;
  padding: 10px 18px;
  background-color: #f44336;
}

.container {
  padding: 16px;
}

span.psw {
  float: right;
  padding-top: 16px;
}

/* Change styles for span and cancel button on extra small screens */
@media screen and (max-width: 300px) {
  span.psw {
    display: block;
    float: none;
  }
  .cancelbtn {
    width: 100%;
  }
}
```

```

</style>
<link rel="stylesheet" href="style.css">
</head>
<body bgcolor="grey">
    <nav>
        <div class="menu">
            <div class="logo">
                <a href="Fitness Club.html">Fitness Club</a>
            </div>
            <ul>
                <li><a href="about .html">ABOUT</a></li>
                <li><a href="trainings.html">TRAININGS</a></li>
                <li><a href="timetable.html">TIMETABLE</a></li>
                <li><a href="membership.html">MEMBERSHIP</a></li>
                <li><a href="gallery.html">GALLERY</a></li>
                <li><a href="loginpage.html">LOGIN</a></li>
                <li><a href="signup.html">SIGNUP</a></li>
            </ul>
        </div>
    </nav>
    <br><br><br><br><br><br><br>

<h1>LOGIN FORM :-</h1><br><br>

<form action="/action_page.php" method="post">
    <div class="container">
        <label for="uname"><b>Username</b></label>
        <input type="text" placeholder="Enter Username" name="uname" required>

        <label for="psw"><b>Password</b></label>
        <input type="password" placeholder="Enter Password" name="psw" required>

        <button type="submit">Login</button>
        <label>
            <input type="checkbox" checked="checked" name="remember"> Remember me
        </label>
    </div>

    <div class="container" style="background-color:#f1f1f1">
        <button type="button" class="cancelbtn">Cancel</button>
        <span class="psw"> <a href="#">Forgotpassword?</a></span>
    </div>

```

```

</form>

</body>
</html>

</body>

</html>

```

Login page CSS code

```
#back{
  margin: 40px;
  margin-bottom: 60px;
  font-size: 50px;
}
body{
  margin:0;
  padding: 0;
  background-image:
url("https://i.pinimg.com/originals/ae/42/e4/ae42e483bf459a77366e39a9837122a2.jpg");
  background-repeat: no-repeat;
  background-size:cover;
  background-position: center;
  font-family: sans-serif;
  height: 700px;
  background-color: grey;

}
.signin{
  width: 320px;
  height:450px;
  background: #000;
  color:#fff;
  top:50%;
  left:50%;
  padding-top: 20px;
  position: absolute;
  transform: translate(-50%,-50%);
  box-sizing: border-box;
  border-radius: 5%;
  padding-left: 20px;
}
h1{
  padding-bottom: 20px;
  text-align: center;
  font-size: 30px;
}
```

```
.signin p{
  font-weight: bold;
}
.signin input{
  width: 80%;
  margin-bottom: 20px;
}
.signin input[type="text"], input[type="Password"]
{
  border-bottom:1px;
  border-color: black;
  background: transparent;
  outline: none;
  height: 40px;
  color:#fff;
  font-size: 16px;
}
.signin input[type="submit"]
{
  height:40px;
  background-color: #fb2525;
  color: #fff;
  font-size: 20px;
  border-radius: 20px;
}
.signin input[type="submit"]:hover
{
  cursor: pointer;
  background: rgb(227, 141, 141);
  transition: 1s;
  color: #000;
}
.signin a{
  text-decoration: none;
  font-size: 15px;
  line-height: 20px;
  color:darkgray;
}
.signin a:hover{
  color:blue
}
```



Login here

Username

Enter Username

Password

Enter password

login

[forgot password](#)

[new user](#)

Membership page code

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>MEMBERSHIP</title>
  <style>
input[type=text], select {
  width: 100%;
  padding: 12px 20px;
  margin: 8px 0;
  display: inline-block;
  border: 1px solid #ccc;
  border-radius: 4px;
  box-sizing: border-box;
}

input[type=submit] {
  width: 100%;
  background-color: #4CAF50;
  color: white;
  padding: 14px 20px;
  margin: 8px 0;
  border: none;
  border-radius: 4px;
  cursor: pointer;
}

input[type=submit]:hover {
  background-color: #858e86;
}
```

```
.bg1{
  background-image:
url("https://i.pinimg.com/originals/ae/42/e4/ae42e483bf459a77366e39a9837122a2.jpg");
  width: 100%;
  height:400px;
  background-size:100% 100%;
  background-size:cover;
  background-repeat:no-repeat;

}
body{
  margin: 0;
  font-family: Arial;
  color: black;
  background-color: grey;
}
a:hover{ color: orange;
}
</style>
<link rel="stylesheet" href="style.css">
<link rel="icon" href="https://img.freepik.com/free-vector/fitness-logo-template-
design_1322-9.jpg?w=2000" sizes="192x192">
</head>
<body></body>
<nav>
  <div class="menu">
    <div class="logo">
      <a href="Fitness Club.html">
        
        </a>
      <a href="Fitness Club.html" target="_blank">Fitness Club</a>
    </div>
```

```

<ul>
    <li><a href="about .html" target="_blank">About us</a></li>
    <li><a href="contactus.html" target="_blank">Contact us</a></li>
    <li><a href="trainings.html" target="_blank">Trainings</a></li>
    <li><a href="timetable.html" target="_blank">Time table</a></li>
    <li><a href="membership.html" target="_blank">Membership</a></li>
    <li><a href="Gallery.html" target="_blank">Gallery</a></li>
    <li><a href="signup.html" target="_blank">Register Now</a></li>
    <li><a href="sign in.html" target="_blank">sign in</a></li>
</ul>
</div>
</nav>
<div class="container-fluid bg1">
    <div class="container text-center py-5">
        <h1 class="py-5 text-light p-5"></h1>
    </div>
</div>
<div class="container py-5">
    <h1><center>WHY JOIN THIS ENVIRONMENT ?</center></h1>
    <h2><center>If you're looking to join a supportive,welcoming gym community,<br>with
people of all fitness levels who want to see you succeed,you've come to the right
place.</center></h2>
</div>
    <h1 style="color:#fd3c3d;"><CENTER>BECOME A MEMBER :-</CENTER></h1>
<div class="row py-3">
<div class="col-sm-6 bg-warning p-5">
    <h1><i> WELCOME EVERYONE AT Fitness Club :-</i></h1><br>
    <h2><b># MEMBERSHIP BENEFITS :-</b></h2><br>
    <h2>1. After becoming Member in our organisation you will be provided with
personal Mentor providing personalized guidance for your body. You will also get daily
reports of your body by which you can work on it same.</h2>
    <h2>2. Other than these you will be provided with proper protein scoops every
week which will increase or decrease as per your body requirements</h2>
    <h2>3. Also you will be provided with proper Gym etiquetes like Jaccuzi ,
Pull-ups bar and many other such equipments</h2>
    <h2>4. Also you will get a proper <b>Fitness Club </b> merch and a Gym bag
with some goodies by Fitness Club team </h2>
</div>
<br><br>
<h1><b>[KINDLY FILL BELOW FORM !! SO THAT OUR TEAM CAN PROVIDE YOU WITH MORE
INFORMATION ABOUT SAME !!]</b></h1><BR><BR>
<div>
    <form action="/action_page.php">

```

```

        <b><label for="fname">Name :-</label></b>
        <input type="text" id="fname" name="firstname" placeholder="Your
name">

        <b><label for="contactinfo">Contact Number :-</label></b>
        <input type="text" id="contactinfo" name="contactinfo"
placeholder="Your mobile number">

        <b><label for="country">Country :-</label></b>
        <select id="country" name="country">
            <option value="australia">India</option>
            <option value="canada">Canada</option>
            <option value="usa">USA</option>
        </select>

        <input type="submit" value="SUBMIT">
    </form>
</div>
</body>
</html>

```



WHY JOIN THIS ENVIRONMENT ?

If you're looking to join a supportive, welcoming gym community,
with people of all fitness levels who want to see you succeed, you've come to the right place.

WELCOME EVERYONE AT Fitness Club :-

MEMBERSHIP BENEFITS :-

1. After becoming Member in our organisation you will be provided with personal Mentor providing personalized guidance for your body. You will also get daily reports of your body by which you can work on it same.
2. Other than these you will be provided with proper protein scoops every week which will increase or decrease as per your body requirements
3. Also you will be provided with proper Gym etiquetes like Jaccuzi , Pull-ups bar and many other such equipments
4. Also you will get a proper Fitness Club merch and a Gym bag with some goodies by Fitness Club team

[KINDLY FILL BELOW FORM !! SO THAT OUR TEAM CAN PROVIDE YOU WITH MORE INFORMATION ABOUT SAME !!]

Name :-

Your name _____

Contact Number :-

Your mobile number

Country :-

India

SUBMIT

Style css file code

```
@import url('https://fonts.googleapis.com/css2?family=Poppins&display=swap');
*{
  margin: 0;
  padding: 0;
  box-sizing: border-box;
  font-family: 'Poppins',sans-serif;
}
::selection{
  color: whitesmoke;
  background: black;
}
nav{
  position: fixed;
  width: 100%;
  padding: 10px 0;
  z-index: 12;
}
nav .menu{
  max-width: 1250px;
  margin: auto;
  display: flex;
  align-items: center;
  justify-content: space-between;
  padding: 0 20px;
}
.menu .logo a{
  text-decoration: none;
  color: white;
  font-size: 35px;
  font-weight: 600;
}
.menu ul{
  display: inline-flex;
}
```

```
.menu ul li{
  list-style: none;
  margin-left: 7px;
}
.menu ul li:first-child{
  margin-left: 0px;
}
.menu ul li a{
  text-decoration: none;
  color: #fff;
  font-size: 18px;
  font-weight: 500;
  padding: 8px 15px;
  border-radius: 5px;
  transition: all 0.3s ease;
}
.menu ul li a:hover{
  background: whitesmoke;
  color: black;
}
.img{
  background: url('gym2.jpg')no-repeat;
  width: 100%;
  height: 100vh;
  background-size: cover;
  background-position: center;
  position: relative;
}
.img::before{
  content: '';
  position: absolute;
  height: 100%;
  width: 100%;
  background: rgba(0, 0, 0, 0.4);
}
```



```
.center{
  position: absolute;
  top: 52%;
  left: 50%;
  transform: translate(-50%, -50%);
  width: 100%;
  padding: 0 20px;
  text-align: center;
}
.center .title{
  color: #fff;
  font-size: 55px;
  font-weight: 600;
}
.center .sub_title{
  color: #fff;
  font-size: 52px;
  font-weight: 600;
}
.center .btns{
  margin-top: 20px;
}
.center .btns button{
  height: 55px;
  width: 170px;
  border-radius: 5px;
  border: none;
  margin: 0 10px;
  border: 2px solid white;
  font-size: 20px;
  font-weight: 500;
  padding: 0 10px;
  cursor: pointer;
  outline: none;
  transition: all 0.3s ease;
}
```

```
.center .btns button:first-child{
  color: #fff;
  background: none;
}
.btns button:first-child:hover{
  background: white;
  color: black;
}
.center .btns button:last-child{
  background: white;
  color: black;
}
```

Sign up page code

```
<!DOCTYPE html>
<html>
  <title>SIGN UP</title>
<style>
body {font-family: Arial, Helvetica, sans-serif;}
* {box-sizing: border-box}

/* Full-width input fields */
input[type=text], input[type=password] {
  width: 100%;
  padding: 15px;
  margin: 5px 0 22px 0;
  display: inline-block;
  border: none;
  background: #f1f1f1;
}

input[type=text]:focus, input[type=password]:focus {
  background-color: #ddd;
  outline: none;
}

hr {
  border: 1px solid #f1f1f1;
  margin-bottom: 25px;
}

/* Set a style for all buttons */
button {
  background-color: #04AA6D;
  color: white;
  padding: 14px 20px;
  margin: 8px 0;
  border: none;
  cursor: pointer;
  width: 100%;
  opacity: 0.9;
}

button:hover {
  opacity: 1;
}

/* Extra styles for the cancel button */
.cancelbtn {
  padding: 14px 20px;
  background-color: #f44336;
}

/* Float cancel and signup buttons and add an equal width */
.cancelbtn, .signupbtn {
  float: left;
  width: 50%;
}

/* Add padding to container elements */
.container {
  padding: 16px;
}

/* Clear floats */
.clearfix::after {
  content: "";
  clear: both;
  display: table;
}

/* Change styles for cancel button and signup button on extra small screens */
@media screen and (max-width: 300px) {
  .cancelbtn, .signupbtn {
    width: 100%;
  }
}
</style>
<link rel="stylesheet" href="style.css">
<link rel="icon" sizes="192x192" href="https://img.freepik.com/free-vector/fitness-
logo-template-design_1322-9.jpg?w=2000"/>
<body>
  <body bgcolor="grey">
    <nav>
      <div class="menu">
        <a href="Fitness Club.html">
          
          </a>
        <div class="logo">
```

```

<a href="Fitness Club.html" style="color: black;">FITNESS CLUB</a>
    </div>
    <ul>
        <li><a href="about .html" target="_blank" style="color: black;">About
us</a></li>
        <li><a href="contactus.html" target="_blank" style="color: black;">Contact
us</a></li>
        <li><a href="trainings.html" target="_blank" style="color:
black;">Trainings</a></li>
        <li><a href="timetable.html" target="_blank" style="color: black;">Time
table</a></li>
        <li><a href="membership.html" target="_blank" style="color:
black;">Membership</a></li>
        <li><a href="Gallery.html" target="_blank" style="color:
black;">Gallery</a></li>
        <li><a href="signup.html" target="_blank" style="color: black;">Register
Now</a></li>
        <li><a href="sign in.html" target="_blank" style="color: black;">sign
in</a></li>
    </ul>
</div>
</nav>
<br><br><br><br><br><br><br>

```

```

<form action="/action_page.php" style="border:1px solid #ccc">
  <div class="container">
    <h1>SIGN UP :-</h1>
    <p>Please fill in this form to create an account.</p>
    <hr>

    <label for="name"><b>Name</b></label>
    <input type="text" placeholder="Enter Name" name="name" required>

    <label for="email"><b>Email</b></label>
    <input type="text" placeholder="Enter Email" name="email" required>

    <label for="mobilen."><b>Mobile Number</b></label>
    <input type="text" placeholder="Enter Mobile Number" name="mobilen." required>

    <label for="psw"><b>Password</b></label>
    <input type="password" placeholder="Enter Password" name="psw" required>

    <label for="psw-repeat"><b>Repeat Password</b></label>
    <input type="password" placeholder="Repeat Password" name="psw-repeat" required>
    <label>

```

```

    <input type="checkbox" checked="checked" name="remember" style="margin-
bottom:15px"> Remember me
    </label>

```

```

    <p>By creating an account you agree to our <a href="#"
style="color:blue">Terms & Privacy</a>.</p>

```

```

    <div class="clearfix">
      <button type="button" class="cancelbtn">Cancel</button>
      <button type="submit" class="signuptbtn">Sign Up</button>
    </div>
  </div>
</form>

</body>
</html>

```



FITNESS CLUB

About
us

Contact
us

Trainings

Time
table

Membership

Gallery

Register
Now

sign
in

SIGN UP :-

Please fill in this form to create an account.

Name

Enter Name

Email

Enter Email

Mobile Number

Enter Mobile Number

Password

Enter Password

Repeat Password

Repeat Password

☒ Remember me

By creating an account you agree to our [Terms & Privacy](#).

Cancel

Sign Up

Timetable code

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>TIME TABLE</title>
  <link rel="icon" sizes="192x192" href="https://img.freepik.com/free-
vector/fitness-logo-template-design_1322-9.jpg?w=2000"/>
  <style>
@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@200;300;400;500;600;700&d
isplay=swap');
*{
  margin: 0;
  padding: 0;
  box-sizing: border-box;
  font-family: 'Poppins',sans-serif;
}
::selection{
  color: #000;
  background: #000;
}
nav{
  position: fixed;
  width: 100%;
  padding: 10px 0;
  z-index: 12;
}
nav .menu{
  max-width: 1250px;
  margin: auto;
  display: flex;
  align-items: center;
  justify-content: space-between;
  padding: 0 20px;
}
```

```
.menu .logo a{
  text-decoration: none;
  color: #000;
  font-size: 35px;
  font-weight: 600;
}
.menu ul{
  display: inline-flex;
}
.menu ul li{
  list-style: none;
  margin-left: 7px;
}
.menu ul li:first-child{
  margin-left: 0px;
}
.menu ul li a{
  text-decoration: none;
  color: #000;
  font-size: 18px;
  font-weight: 500;
  padding: 8px 15px;
  border-radius: 5px;
  transition: all 0.3s ease;
}
.menu ul li a:hover{
  background: WHITE;
  color: black;
}
.img{
  background: url('gym2.jpg')no-repeat;
  width: 100%;
  height: 100vh;
  background-size: cover;
  background-position: center;
  position: relative;
}
```

```
.center{
  position: absolute;
  top: 52%;
  left: 50%;
  transform: translate(-50%, -50%);
  width: 100%;
  padding: 0 20px;
  text-align: center;
}
.center .title{
  color: #000;
  font-size: 55px;
  font-weight: 600;
}
.center .sub_title{
  color: #000;
  font-size: 52px;
  font-weight: 600;
}
.center .btns{
  margin-top: 20px;
}
.center .btns button{
  height: 55px;
  width: 170px;
  border-radius: 5px;
  border: none;
  margin: 0 10px;
  border: 2px solid black;
  font-size: 20px;
  font-weight: 500;
  padding: 0 10px;
  cursor: pointer;
  outline: none;
  transition: all 0.3s ease;
}
```

```

.center .btns button:first-child{
    color: #000;
    background: none;
}
.btns button:first-child:hover{
    background: #000;
    color: black;
}
.center .btns button:last-child{
    background: #000;
    color: black;
}
.container{
    display: flex;
    justify-content: center;
    align-items:center ;
    min-height: 100vh;
}

table, th, td {
    border: 1px solid WHITE;
}

table{
    /* border: 1px solid yellowgreen; */
    text-align: center;
    border-radius: 0px;
    background: BLACK;
}
th{
    padding: 5px;
    /* border:1px solid yellowgreen; */
    color: rgb(218, 138, 167);
    text-align: center;
}

```

```

td{
    padding: 5px;
    /* border:1px solid yellowgreen; */
    color: #00FFFF;
    text-align: center;
}
td:hover{
    background: LIGHTGREEN;
    color: BLUE;
}
table.center{
    margin-left: auto;
    margin-right: auto;
}
</style>
</head>
<body BGCOLOR="GREY">
    <nav>
        <div class="menu">
            <a href="Fitness Club.html">
                
            </a>
            <div class="logo">
                <a href="Fitness Club.html">Fitness Club</a>
            </div>
            <ul>
                <li><a href="about .html" target="_blank">About us</a></li>
                <li><a href="contactus.html" target="_blank">Contact us</a></li>
                <li><a href="trainings.html" target="_blank">Trainings</a></li>
                <li><a href="timetable.html" target="_blank">Time table</a></li>
                <li><a href="membership.html" target="_blank">Membership</a></li>
                <li><a href="Gallery.html" target="_blank">Gallery</a></li>
                <li><a href="signup.html" target="_blank">Register Now</a></li>
                <li><a href="sign in.html" target="_blank">sign in</a></li>
            </ul>
        </div>
    </nav>

```

```

</div>
</nav>
<br><br><br><br><br>
<div class="container">
<div><h2>TimeTable</h2>
<table class="center" style="line-height: 50px;">
    <tr>
        <th>DAY</th>
        <th>EX1</th>
        <th>EX2</th>
        <th>EX3</th>
        <th>EX4</th>
        <th>EX5</th>
        <th>EX6</th>
        <th>EX7</th>
    </tr>
    <tr>
        <td>MONDAY</td>
        <td>LEGS</td>
        <td>FREE SQUATS</td>
        <td>LEG EXT</td>
        <td>LEG CURL</td>
        <td>ABDUCTION</td>
        <TD>SUMO SQUATS</TD>
        <TD>CALF RAISE</TD>
    </tr>
    <tr>
        <td>TUESDAY</td>
        <td>CHEST, BACK</td>
        <td>PUSH-UP</td>
        <td>PULL-UP</td>
        <TD>CHEST-PRESS</TD>
        <TD>FLAT & PRESS</TD>
        <TD>HYPER EXT</TD>
        <TD>SEATED ROW</TD>
    </tr>

```

```
<tr>
    <td>WEDNESDAY</td>
    <td>SHOULDER+CORE</td>
    <td>OVER-HEAD-PRESS</td>
    <td>LATERAL RAISE</td>
    <td>FRONT RAISE</td>
    <TD>PLANKS</TD>
    <TD>SHRUG'S</TD>
    <TD>CRUNCHES</TD>
</tr>

<tr>
    <td>Thursday</td>
    <td colspan="7" style="text-align:center;">REST</td>
</tr>


<tr>
    <td>FRIDAY</td>
    <td>B.CURL</td>
    <td>D.CURL</td>
    <td>H.CURL</td>
    <td>PULLY-PUSH-DOWN</td>
    <TD>TRI-EXT</TD>
    <TD>ROPE PUSH-DOWN</TD>
    <TD>FOREARMS</TD>
</tr>

<tr>
    <td>SATURDAY</td>
    <TD COLSPAN="7" STYLE="TEXT-ALIGN:CENTER;">SAME AS DAY 2 WITH CARDIO</TD>
</tr>

<tr>
    <td>Sunday</td>
    <td>U-HAND-PULL</td>
    <td>ROPE RIDE</td>
    <td colspan="7" style="text-align:center;">CARDIO</td>
</tr>

</table>
</div>
</div>

</body>
</html>
```

<div><div></div><div><h1>Fitness Club</h1><div><div>About us</div><div>Contact us</div><div>Trainings</div><div>Time table</div><div>Membership</div><div>Gallery</div><div>Register Now</div><div>sign in</div></div></div></div>							
DAY	EX1	EX2	EX3	EX4	EX5	EX6	EX7
MONDAY	LEGS	FREE SQUATS	LEG EXT	LEG CURL	ABDUCTION	SUMO SQUATS	CALF RAISE
TUESDAY	CHEST,BACK	PUSH-UP	PULL-UP	CHEST-PRESS	FLAT & PRESS	HYPER EXT	SEATED ROW
WEDNESDAY	SHOULDER+CORE	OVER-HEAD-PRESS	LATERAL RAISE	FRONT RAISE	PLANKS	SHRUG'S	CRUNCHES
Thursday	REST						
FRIDAY	B.CURL	D.CURL	H.CURL	PULLY-PUSH-DOWN	TRI-EXT	ROPE PUSH-DOWN	FOREARMS
SATURDAY	SAME AS DAY 2 WITH CARDIO						
Sunday	U-HAND-PULL	ROPE RIDE	CARDIO				

Training page code

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>TRAININGS</title>
  <link rel="icon" sizes="192x192" href="https://img.freepik.com/free-
vector/fitness-logo-template-design_1322-9.jpg?w=2000"/>
  <link rel="stylesheet" href="style.css">
  <script src="https://kit.fontawesome.com/a076d05399.js"></script>
  <style>
    .container {
      display: flex;
      align-items: center;
      justify-content: center
    }

    img {
      max-width: 100%
    }

    .image {
      flex-basis: 40%
    }

    .text {
      font-size: 20px;
      padding-left: 20px;
    }
  </style>
</head>
<body BGCOLOR="grey">
  <nav>
    <div class="menu">
      <div class="logo">
```

```
<a href="Fitness Club.html">
    
  </a>
  <a href="Fitness Club.html" style="color: black;">Fitness Club</a>
</div>

<ul>

  <li><a href="about .html" target="_blank">About us</a></li>
  <li><a href="contactus.html" target="_blank">Contact us</a></li>
  <li><a href="trainings.html" target="_blank">Trainings</a></li>
  <li><a href="timetable.html" target="_blank">Time table</a></li>
  <li><a href="membership.html" target="_blank">Membership</a></li>
  <li><a href="Gallery.html" target="_blank">Gallery</a></li>
  <li><a href="signup.html" target="_blank">Register Now</a></li>
  <li><a href="sign in.html" target="_blank">sign in</a></li>

</ul>
</div>
</nav>
<br><br><br><br><br>
<h1 style="color:#3cfda3;"><center><u>FITNESS</u>  <u>CLUB</u></center></h2>
  <h1 style="font-size:30px;"><center><i>Take care of your body.
It's the only place you have to live.</i></center></p><br><br><br></h1>
  <h1>1. GYM FITNESS :-</h1>
  <div class="container">
    <div class="image">
      
    </div>
    <div class="text">
      <h3>Exercise and rest are the cornerstones of improving your
quality of life. It's not always easy but it's always worth it. When you find a
fitness routine you enjoy, you'll feel better, look better and be happier in your
own skin.</h3>
    </div>
  </div>
  <BR>

  <h1>2. INDOOR CYCLING :-</h1>
  <div class="container">
    <div class="image">
```

```

</div>
<div class="text">
  <h3>Cycling is a great form of exercise as well as a practical way to
get around, but it also carries the risk of significant injury, especially head injury.
involves using a special stationary exercise bicycle with a weighted flywheel in a classroom
setting.</h3>
</div>
</div>
<BR>

<h1>3. POWER YOGA :-</h1>
<div class="container">
  <div class="image">
    
  </div>
  <div class="text">
    <h3>One up, slim down, and find balance with this high-energy summer
workout from power yoga. It brings inner peace, a spiritual boost, and an unparalleled
measure of serenity.Power yoga is a general term used to describe a vigorous.</h3>
  </div>
</div>
<br>

<h1>4.CARDIO FITNESS :-</h1>
<div class="container">
  <div class="image">
    
  </div>
  <div class="text">
    <h3>This cardio exercise is low impact and ideal for beginners. As
you lift your knees, you'll engage the core muscles on your sides. Stand with your feet
shoulder-width apart.</h3>
  </div>
</div>
</div>
<BR>

<h1>5.CARDIO KICK :-</h1>
<div class="container">
  <div class="image">
    
  </div>
  <div class="text">
    <h3>Front Kicks are a standing cardio exercise that increase your
heart rate and stretches your hamstrings and glutes. Taken from cardio kickboxing this move
provides a low-impact option with cardiovascular benefits.</h3>
  </div>
</div>
```

```
<BR>

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impact option with cardiovascular benefits.</h3>
  </div>
</div>
```

```

<div class="image">
    
</div>
<div class="text">
    <h3>Are you ready to party yourself into shape? Forget the
workout, just lose yourself in the music and find yourself in shape with fitness
dance at The Gym. Zumba classes feature exotic rhythms set to high-energy Latin and
international beats.</h3>
</div>
</div>
<BR>

<h1>9.STRENGTH CLASSES :-</h1>
<div class="container">
    <div class="image">
        
    </div>
    <div class="text">
        <h3>If you are looking for an improvement in strength,
aerobic and anaerobic fitness then our range of conditioning classes are what you
need.Strength training is not only for building muscle mass.</h3>
    </div>
</div>
<BR>

<h1>10.OUTDOOR TRAINING :-</h1>
<div class="container">
    <div class="image">
        
    </div>
    <div class="text">
        <h3>Outdoor Training includes Running Club, Park Fitness.
This session caters for various paces and abilities and takes you out and around our
wonderful city.One of the best ways to blast fat is to train outdoors.</h3>
    </div>
</div>
<BR>

<h1>11.FREE WEIGHTS FLOOR :-</h1>
<div class="container">
    <div class="image">
        
    </div>
    <div class="text">

```

```

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```

```

    </div>
</div>
<BR>

<h1>11.FREE WEIGHTS FLOOR :-</h1>
<div class="container">
    <div class="image">
        
    </div>
    <div class="text">
        <h3>We have an extensive range of free
weights and benches, with dumbbells, an array of plate loaded
strength equipment, Olympic lifting platforms, power cages,
kettlebells, and gymnastic rings.</h3>
    </div>
</div>
<BR>

<h1>12.BHANGRA :-</h1>
<div class="container">
    <div class="image">
        
    </div>
    <div class="text">
        <h3>The term Bhangra refers to the
traditional dance from the Indian subcontinent originating in the
Majha area of the Punjab region.The dance was associated primarily
with the spring harvest festival Baisakhi, and it is from one of the
major products of the harvessting that bhangra drew its name.</h3>
    </div>
</div>
<BR>

```



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Images used in project





**THANK
YOU**