

E Project



Project Team Info

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Acknowledgment

I am sincerely grateful to everyone who provided moral support and contributed to the success of this project.

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Special thanks are due to the eProject Team at Aptech's S.I.T.E Office and my project guide Miss Dania Shabihfor their valuable guidance and support throughout the project's completion.

Lastly, I would like to thank my colleague for their insightful suggestions and constructive feedback, which greatly contributed to refining our work.

I am truly grateful for the encouragement and assistance from each of you. Your contributions have made a significant difference in the success of this project.

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Introduction

In an era where fitness and well-being take center stage, Prim Fitness Gym emerges as a premier online platform dedicated to empowering individuals on their wellness journey. The Prim Fitness website serves as a dynamic and user-friendly virtual space where health enthusiasts, athletes, and newcomers alike converge to explore, engage, and elevate their fitness goals.

At Prim Fitness, we take pride in curating a comprehensive array of fitness programs and resources designed to cater to diverse needs and aspirations. Whether you're drawn to the intensity of high-performance training, the mindfulness of yoga and meditation, or the camaraderie of group fitness classes, Prim Fitness ensures there's an ideal regimen to suit every lifestyle.

Navigating the Prim Fitness website is a seamless experience, meticulously crafted with user convenience in mind. Our intuitive interface allows users to effortlessly explore our extensive range of programs, instructors, and wellness services. Whether searching by fitness level, class type, or specific health goals, finding the perfect workout routine that resonates with your personal journey is both simple and enjoyable.

Join us at Prim Fitness Gym, where excellence in fitness meets the convenience of digital accessibility. Embrace a transformative experience that empowers you to thrive, achieve, and surpass your fitness ambitions. Begin your journey towards a healthier, stronger you today.

Transform your fitness journey with Prim Fitness Gym.

REQUIREMENT SPECIFICATION

Prime Fitness is fitness club established in the year 1982. The fitness club has equipped with all basic fitness equipment and also included the newly introduced. The Prime fitness club is the flagship brand for Prime Fitness Club Ltd, a UN based health and fitness services provider and a pioneer in the "Integrated Health Club Management Solutions' business. Prime Fitness Club Ltd focuses on staying fit is most important to meet the challenging requirements.

Requirement Specification:

The Web site is to be created based on the following requirements.

1) Home page should be designed with the appropriate template and navigational link.

2) Designing and navigation both must be made user friendly.

3) Links can be:

Cycling

Swimming

Sports & Fitness

Group Exercise

Membership

Salon & Spa Gallery

List of equipment with its description.

4) About us

5) FAQ's

6) Enquiry Form

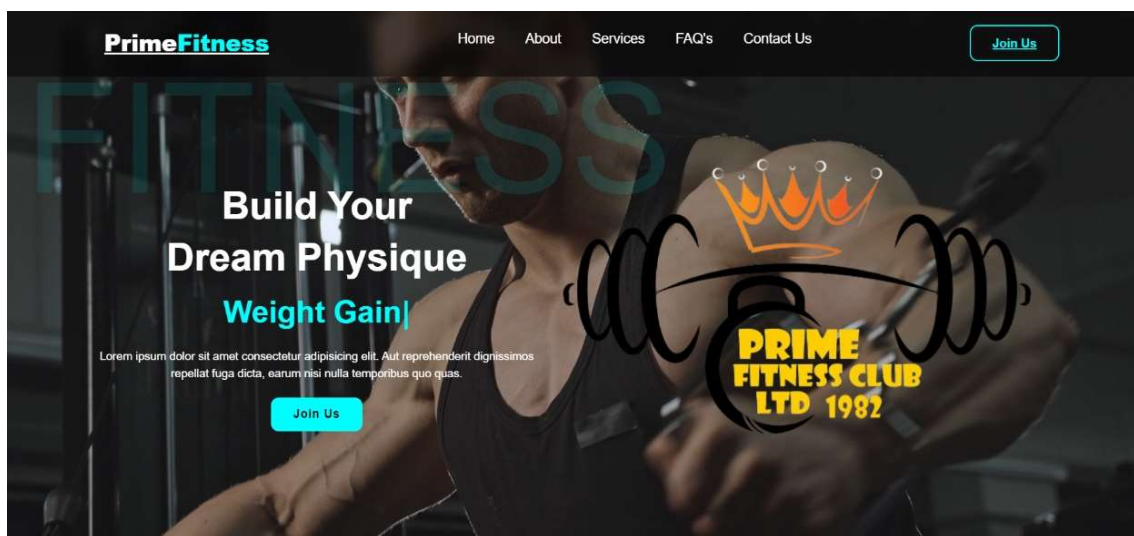
7) Site Map

Description About All Pages

We have created a responsive navbar with Join us button and Back to Top reference in Logo of the website indicated at the navigation bar on the homepage, followed by menu. After that, we added hover able tabs for navigation into About us, Services, FAQ's and Enquiry Form section. Then after describing all the section in our body Finally, we lead towards hover able and transparent footer at the bottom of each page.

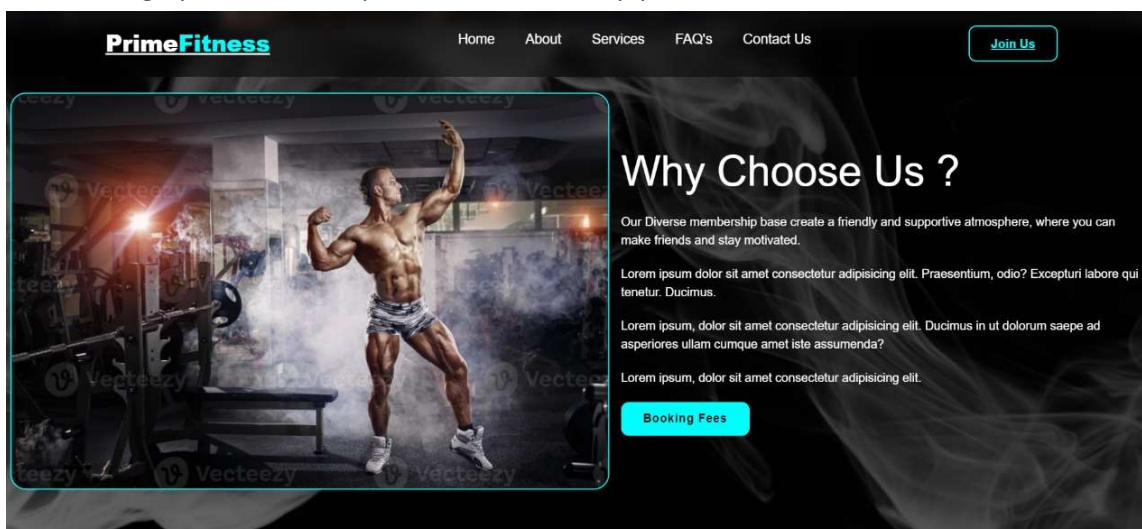
About Us Section:

The "About Us" section serves an introduction to our brand, conveying essential information to visitors about who we are, what we do, and what sets us apart.



Why Choose Us Section:

Why Choose us section displays our values and environment and a button Booking Fees leads to highly flexible and up to date membership plans sections.





PrimeFitness[Home](#)[About](#)[Services](#)[FAQ](#)[Contact Us](#)[Join Us](#)

Membership Plans

Silver

16000 PKR/Anum
Personalized Workout
Exercise Form Correction
Lifestyle Plans

[Subscribe](#)

Gold

36000 PKR/Anum
Personalized Workout
Exercise Form Correction
Lifestyle Plans
Personalized Plan

[Subscribe](#)

Platinum

76000 PKR/Anum
Personalized Workout
Exercise Form Correction
Lifestyle Plans
Personalized Plan
8-12 weeks Plan

[Subscribe](#)

PRIME FITNESS

PRODUCTS
[Dumbles](#)

USEFUL LINKS
[Home](#)

CONTACT
Karachi, Near Stadium,
Pakistan

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PrimeFitness.com

PrimeFitness[Home](#)[About](#)[Services](#)[FAQ's](#)[Enquiry Form](#)[Join Us](#)

Our Services

Cycling Fitness

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Swimming Fitness

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Sport & Fitness

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Group Exercise

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Salon & Spa

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Our Gallery

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PrimeFitness[Home](#)[About](#)[Services](#)[FAQ's](#)[Contact Us](#)[Join Us](#)

Products & equipment

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PrimeFitness

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Products

Dumbbells
Plates
Benchies
www.PrimeFitness.com.pk
0334-2102118

Links

Home
About
Services
Faq
Contact Us

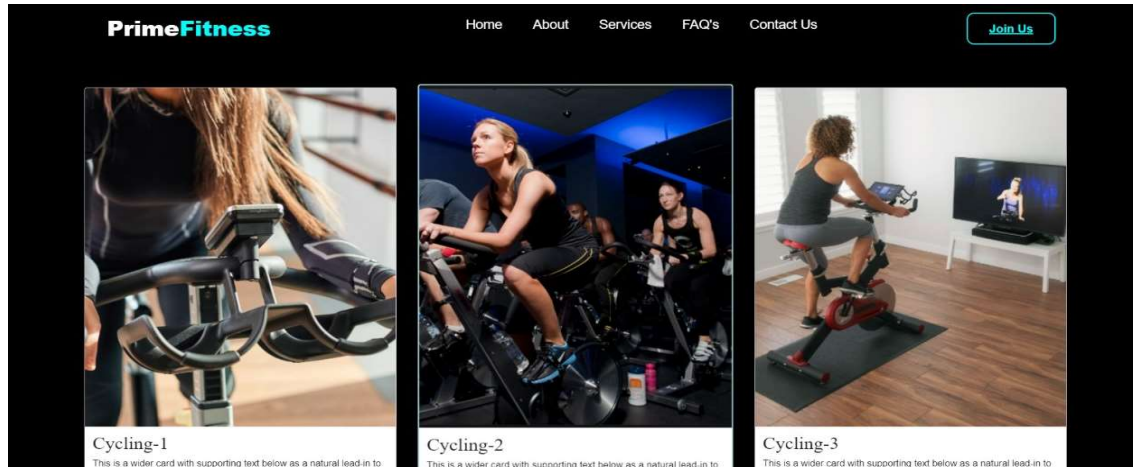
Newsletter

Enter your email id
[Submit](#)

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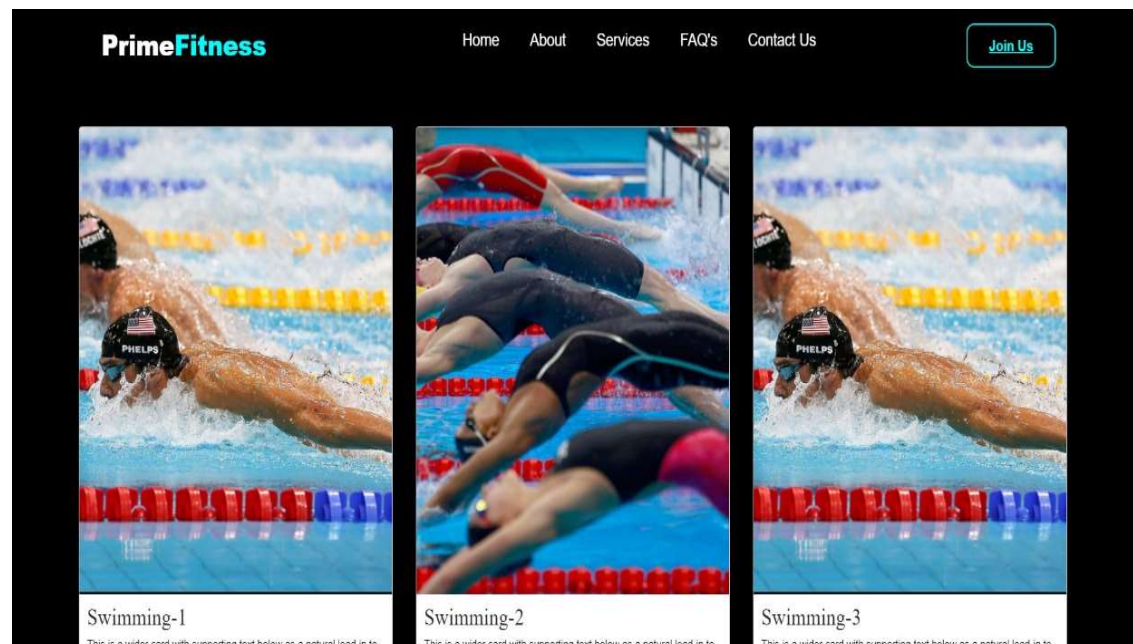
Cycling Fitness

This page displays the cards theme that describes our different types of Cycling Fitness Programs with fees and instructors and other addons specific to packages.



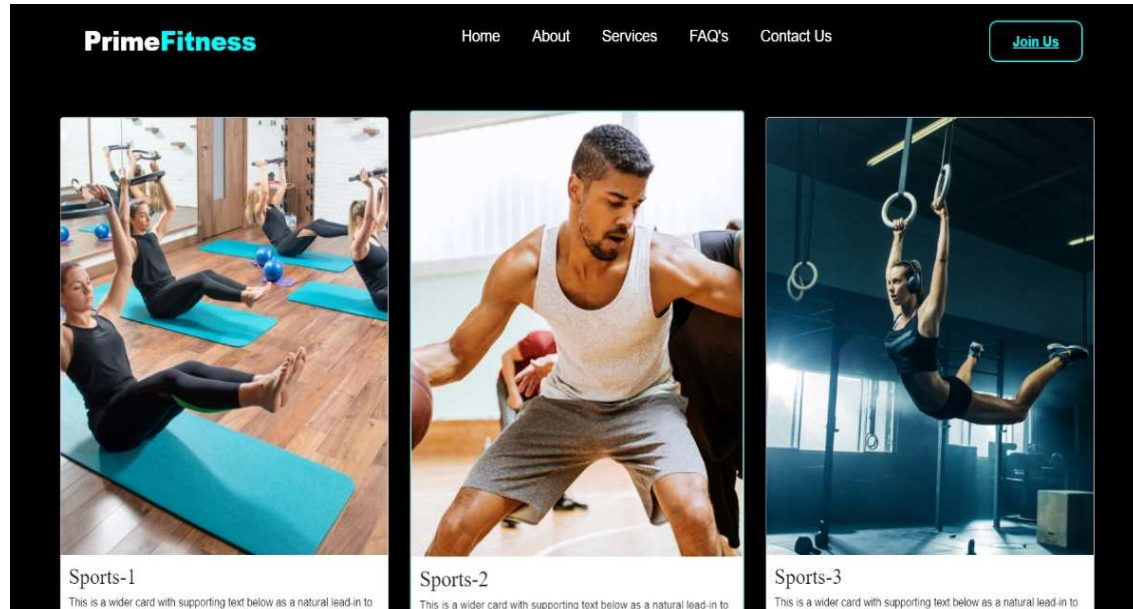
Swimming Fitness

This page displays the cards theme that describes our different types of Cycling Fitness Programs with fees and instructors and other addons specific to packages.



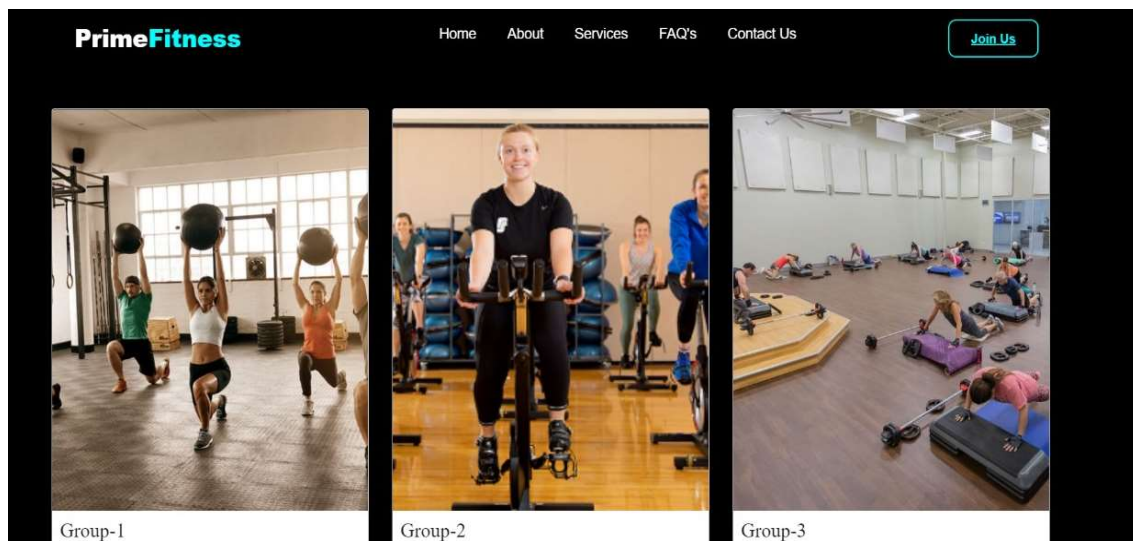
Sports

To make our customers not only physically but also mentally fit. This page displays the cards theme that describes our different types of passive sports (i.e like carom,Ludo, Cheese,Snooker,Poker and a lot more Programs with fees and instructors and other addons specific to packages.



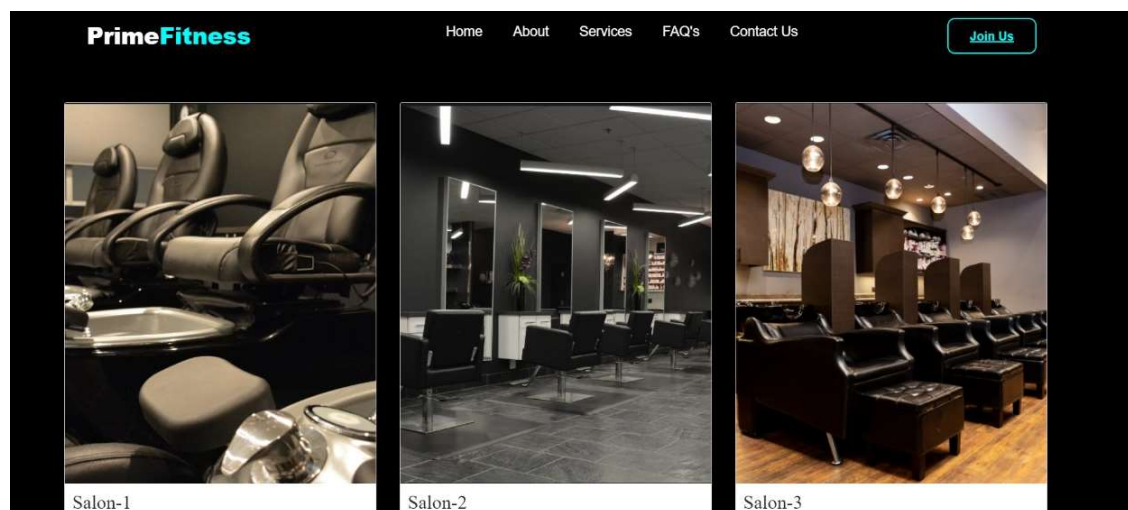
Group Exercise

This page displays the cards theme that describes our different timings for group exercises like Yoga, Cycling, body weight programs and much more with fees and instructors and other addons specific to packages.



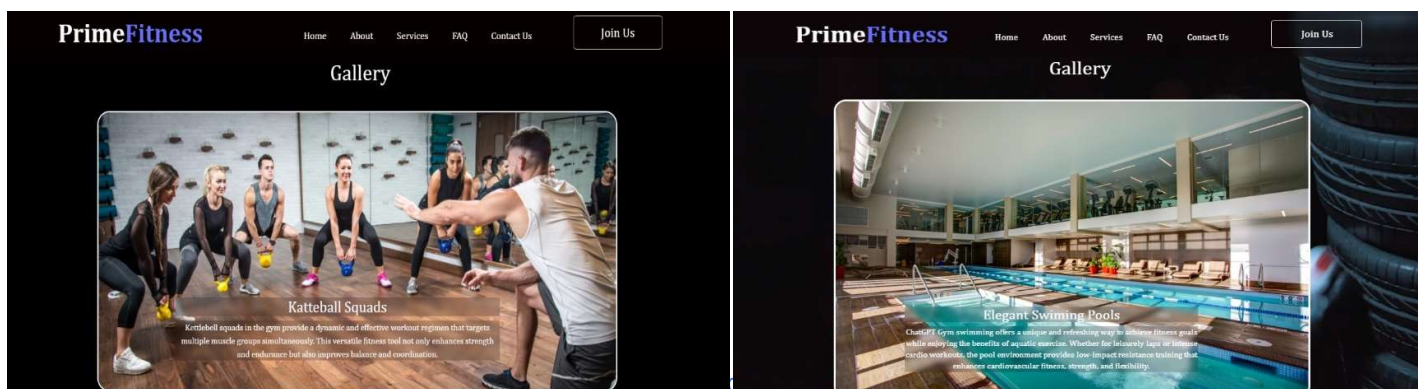
Saloon & Spa

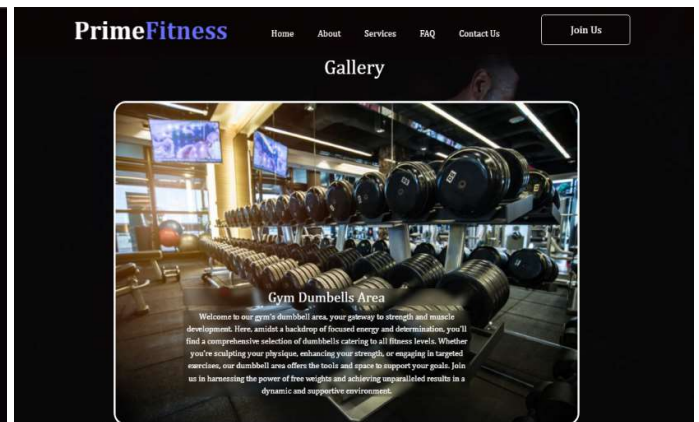
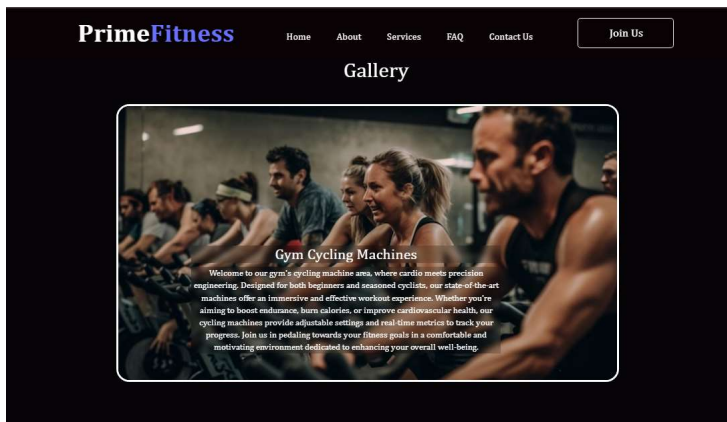
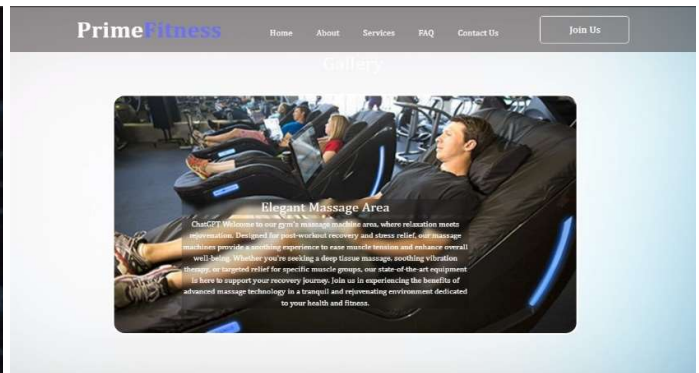
After strenuous exercise, muscles can become tight, sore, or fatigued due to the accumulation of waste products like lactic acid. Massage helps to increase blood circulation to these muscles, promoting the removal of metabolic waste and enhancing the delivery of oxygen and nutrients, which aids in faster muscle recovery. Intense physical activity can lead to the development of muscle knots or areas of tension. Massage techniques such as kneading, rolling, and deep tissue work can help release muscle tension, improve flexibility, and restore muscle balance. So to handle and prevent such types of things we have included an elegant Saloon and Spa that is being managed by world class experienced Massage therapist from all around the world.



Gallery

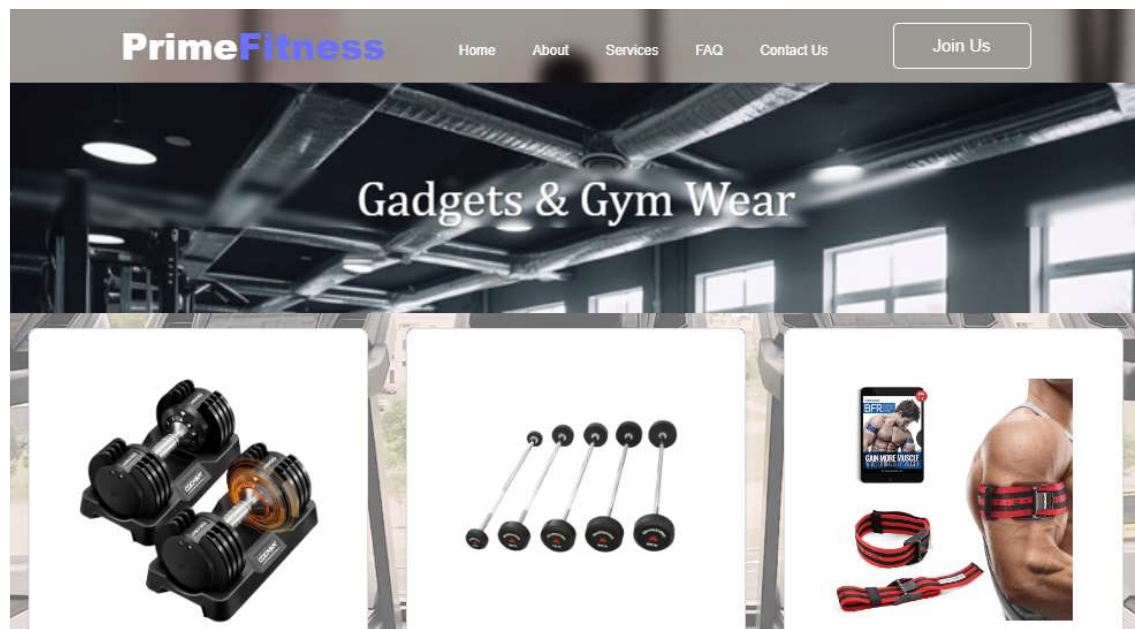
Gallery sections contains a responsive carousel that displays our photoshoots in our Gym Facility to make our customers comfortable with all the luxurious environment in Prime Fitness Gym.





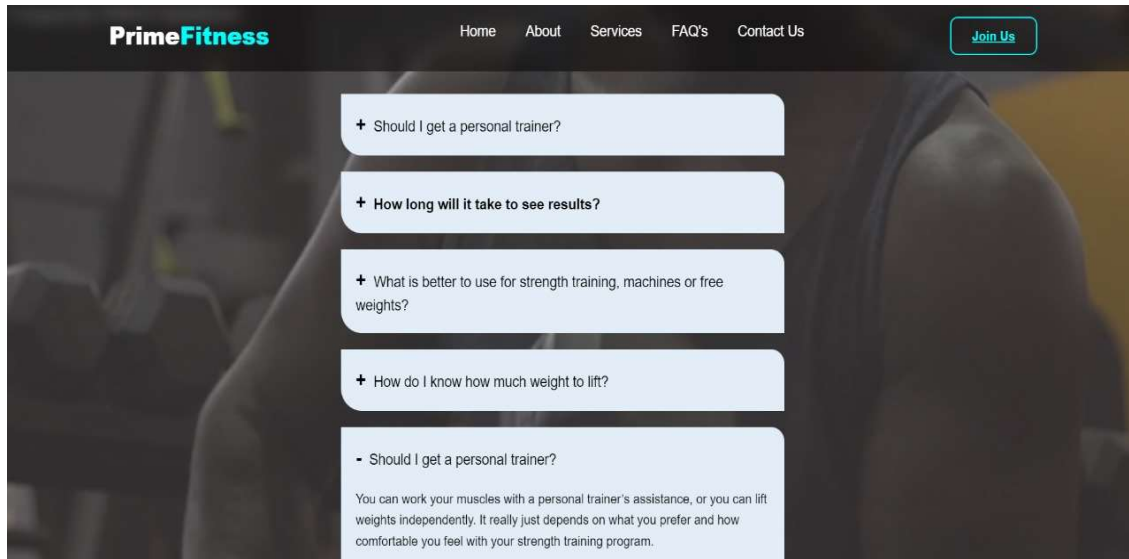
Products & Equipment

Products & Equipment section displays our small eCommerce store that make enables our customer to preorder all the necessary gadgets, equipment and sportswear mentioned in their selected membership plan.



FAQ Section

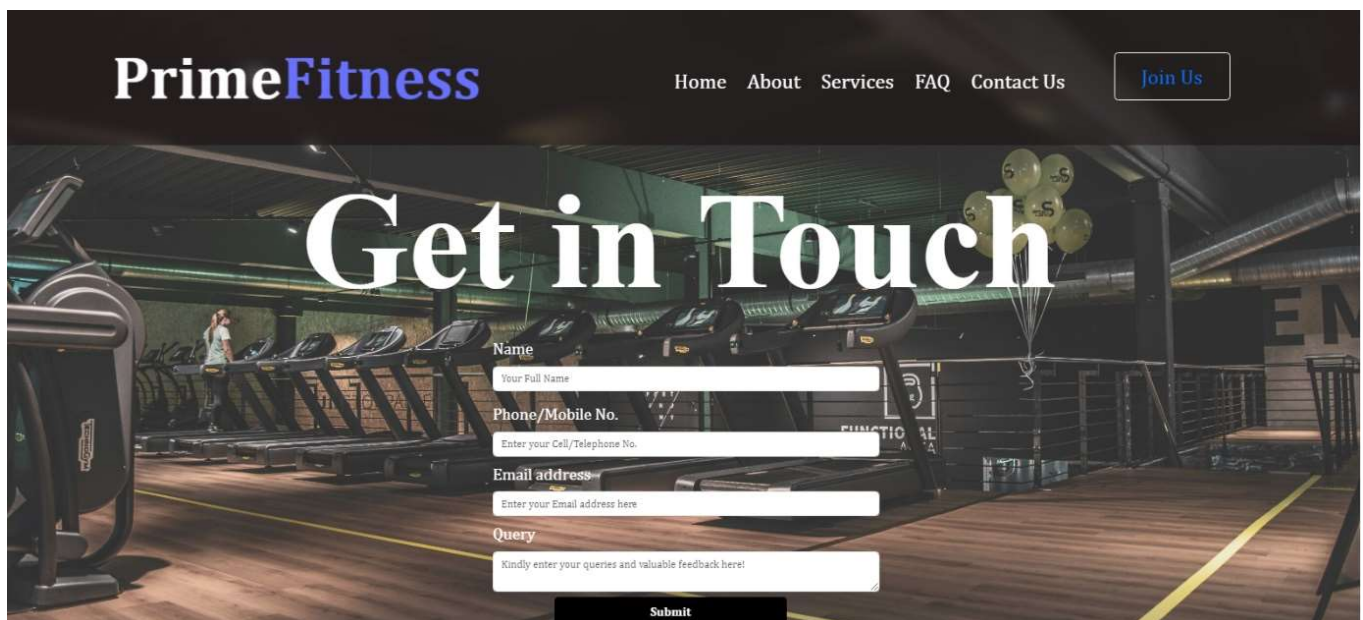
FAQs Section contains the most of the frequent asked questions from our customers that are being answered by our world class experienced training professional.



The screenshot shows the Prime Fitness website's FAQ section. The header includes the Prime Fitness logo, navigation links (Home, About, Services, FAQ's, Contact Us), and a 'Join Us' button. The main content area features a list of five expandable FAQ items. The first four items are expanded, showing their questions: '+ Should I get a personal trainer?', '+ How long will it take to see results?', '+ What is better to use for strength training, machines or free weights?', and '+ How do I know how much weight to lift?'. The fifth item, '- Should I get a personal trainer?', is collapsed. Below the collapsed item, a paragraph of text provides an answer: 'You can work your muscles with a personal trainer's assistance, or you can lift weights independently. It really just depends on what you prefer and how comfortable you feel with your strength training program.'

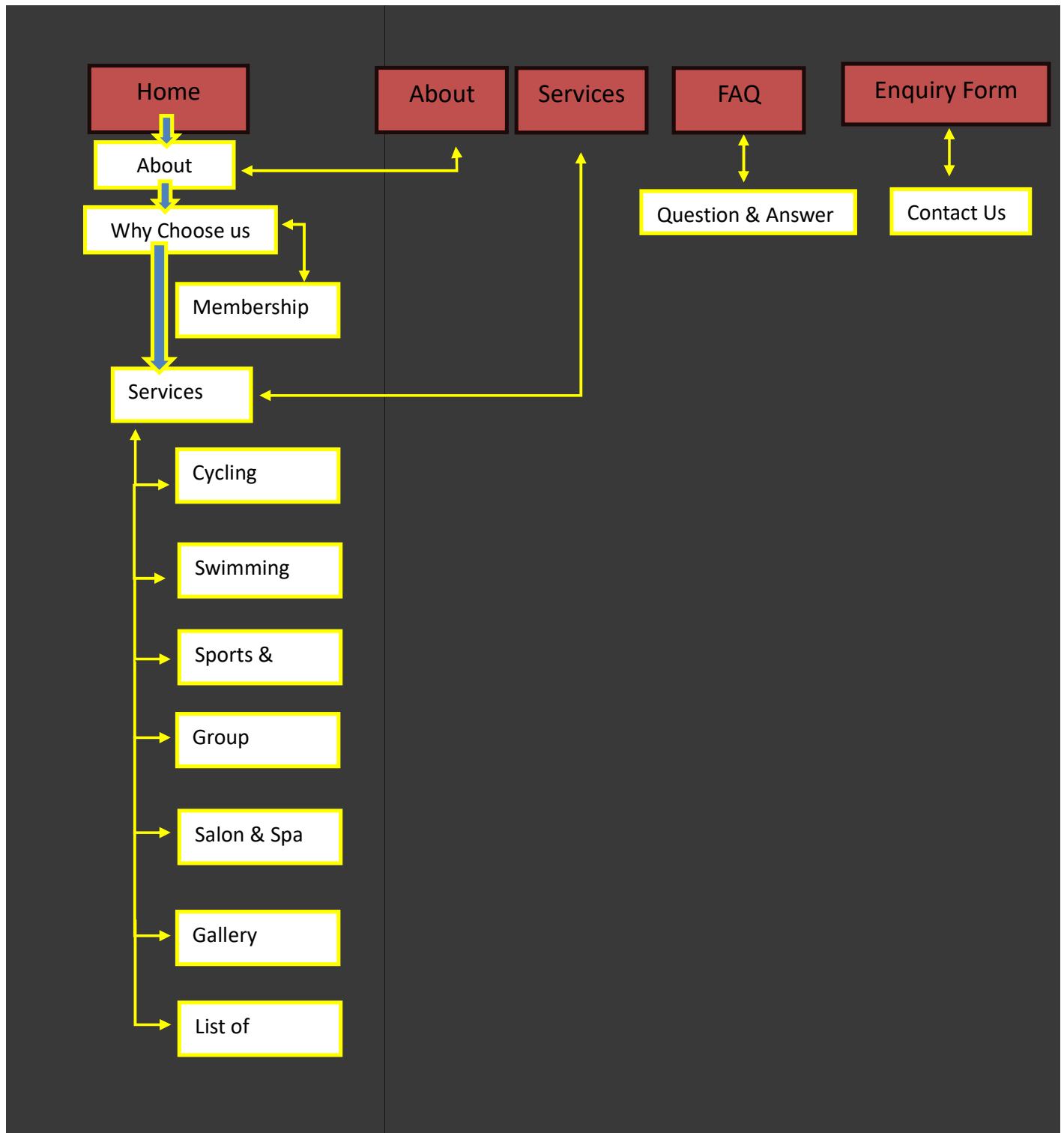
Enquiry form/Contact Us Section

Last but not least contact and enquiry section enable our customer if he would not find any of his/her queries under our FAQ form than he can contact us.



The screenshot shows the Prime Fitness website's 'Get in Touch' contact form. The header includes the Prime Fitness logo, navigation links (Home, About, Services, FAQ, Contact Us), and a 'Join Us' button. The main content area features a large 'Get in Touch' heading over a background image of a gym. Below the heading is a contact form with the following fields: 'Name' (with a sub-label 'Your Full Name'), 'Phone/Mobile No.' (with a sub-label 'Enter your Cell/Telephone No.'), 'Email address' (with a sub-label 'Enter your Email address here'), and 'Query' (with a sub-label 'Kindly enter your queries and valuable feedback here!'). A 'Submit' button is located at the bottom of the form.

SITE Map:





Team Working Details

Student ID	Name	Project Page Division
Student1555602	ABDUL HASEEB QAZI	Index,Cycling,Saloon,Sports,Swimming,Group Exercise
Student1544631	SYED YOUSUF HUSSAIN	FAQ's, Enquiry Form, Membership, Gallery, List of Equipment, Sitemap, Documentation.