Front-End UI/UX Development

Front-End UI/UX Development Mini Project

UI/UX DESIGN FUNDAMENTALS

Project Title:

Submitted By:

Name	Reg no.	E-mail address
Akash reddy	2462347	Pingali.akash@btech.christ university.in
Sandeep Siby	2462358	Sandeep.siby@btech.christ university.in
Vijay M	2462373	Vijay.M@btech.christuniver sity.in

- **Course**:
- **Instructor Name***: Mr. Nagaveena*
- **Institution**: christ university(Deemed to be University) kengeri campus
- **Date of Submission**: *13/08/2025*

Abstract

This project focuses on designing and developing a front-end platform for **Fitness Gym Workout Scheduling**. The main goal is to provide a user-friendly interface where gym members can view, track, and manage their workout schedules efficiently. The system uses **HTML5** for structured content and **CSS3** for styling, layout, and responsiveness. Semantic HTML tags and modern CSS techniques, including Flexbox, Grid, and media queries, ensure the interface is accessible and adapts seamlessly across desktops, tablets, and mobile devices. The final outcome is a clean, organized, and visually appealing interface that allows users to easily plan workouts and track fitness activities. This project provides practical experience in responsive web design and user-centric UI development, forming a foundation for future interactive features.

Objectives

- **Design a user-friendly interface following modern UI/UX principles to help gym members easily view and manage workout schedules.**

- **Develop a fully responsive layout using HTML and CSS, ensuring smooth functionality across desktops, tablets, and mobile devices.**

- **Implement structured HTML5 semantic elements for clear organization of schedule, workout types, and member information.**

- **Apply CSS styling for consistent branding, visually appealing layouts, and responsive behavior.**

- **Ensure accessibility and readability across devices, including high-contrast text and clear typography.**

- **Create reusable sections for workouts, trainer details, and schedule tracking to enhance maintainability and scalability.**

Scope of the Project

This project focuses on developing the front-end design for a Fitness Gym Workout Scheduling platform. It includes the creation of a clean, responsive interface where users can view and track workout schedules, plan routines, and access related information. The project is limited to static front-end development, without any JavaScript interactivity or server-side integration. The design ensures compatibility across desktop, tablet, and mobile viewports using responsive HTML and CSS techniques. Only open-source tools and pure code are used, avoiding external libraries or frameworks. While the current scope covers layout, styling,

and structured content, it provides a foundation for future enhancements, such as interactive scheduling, backend integration, and dynamic user management.

. Tools & Technologies Used

Tool/Technology	Purpose
HTML5	Markup and content structure
CSS3	Styling and layout management
VS Code	Code editor
Chrome DevTools	Testing and debugging

HTML Structure Overview

The Fitness Gym Workout Scheduling platform is built using semantic HTML5 tags to ensure clear structure, accessibility, and maintainability. The layout includes:

- <header> – displays the gym name, logo, and top navigation menu.

- <nav> – contains links to sections like Workout Schedule, Trainers, Membership, and Contact, using an unordered list (<ul>) and anchor links for smooth scrolling.

- <main> – holds the main content, including the workout schedules and daily/weekly routines.

- <section> – separates content into reusable areas, such as Workout Plans, Trainer Details, and Event/Program Highlights.

- <footer> – includes contact information, social media links, and disclaimers.

This semantic and modular structure ensures readability, responsive behavior, and a clean foundation for future enhancements such as interactive scheduling or backend integration.

CSS Styling Strategy

The project uses an external CSS file (style.css) to maintain a clear separation between content and design, making the code easier to manage and update. The stylesheet is organized with comments and sections for readability and maintainability.

Key techniques and strategies include:

- **Flexbox and CSS Grid – Used to create flexible, responsive layouts for workout schedules, trainer cards, and other content areas.**

- **Media Queries – Ensure the design adapts seamlessly across desktop, tablet, and mobile devices.**

- **CSS Variables – Define consistent theme colors, fonts, and spacing for easy customization.**

- **Hover Effects and Transitions – Enhance interactivity for buttons, schedule cards, and navigation links.**

- **Mobile-First Design Approach – Prioritize mobile device layouts first, then scale up for larger screens.**

This strategy ensures a visually appealing, responsive, and user-friendly interface for managing fitness workouts and schedules.

Key Features

Feature	Description
Responsive Design	Adapts seamlessly to all screen sizes
Smooth Navigation	Fixed top nav with anchor links
Project Cards	Flex-based layout with hover effects
Contact Form (non-functional)	Placeholder layout for inputs and button
Accessible Fonts & Colors	High contrast and readable typography

Challenges Faced & Solutions

Challenge	Solution
Overlapping elements on small screens	Used media queries to stack elements
Difficulty aligning items using float	Shifted to Flexbox and Grid
Typography scaling issue	Used relative units (em/rem) instead of px

Outcome

The project successfully delivered a clean, consistent, and visually engaging front-end layout for the Fitness Gym Workout Scheduling platform. All key components—including workout schedules, trainer details, and navigation—function as intended using only HTML and CSS. The design is fully responsive, providing an optimal viewing experience across desktops, tablets, and mobile devices. Through this project, practical knowledge of layout responsiveness, semantic HTML structuring, and UI hierarchy was gained. Overall, the project provided valuable hands-on experience in front-end development, laying a strong foundation for future enhancements such as interactivity, dynamic scheduling, and backend integration.

Future Enhancements

To further improve the Fitness Gym Workout Scheduling platform, the following enhancements are planned:

- **Add JavaScript for Interactivity** – Implement features like form validation, dynamic workout schedule updates, and real-time notifications.

- **Integrate Animations and Transitions** – Enhance user experience with smooth visual effects for schedule cards, buttons, and navigation.

- **Backend Integration for Form Submission** – Connect the contact forms and schedule management to a database for storing user and workout data.

- **Theme Toggler (Light/Dark Mode)** – Allow users to switch between light and dark themes for better accessibility and personalization.

These enhancements will transform the static front-end into a fully interactive, dynamic, and user-friendly platform for managing workouts efficiently.

Sample Code

```
<!-- Google Fonts -->
<link
href="https://fonts.googleapis.com/css2?family=Montserrat:wght@300;4
00;500;600;700;800;900&family=Roboto:wght@300;400;500;700&display=sw
ap" rel="stylesheet">

<!-- Font Awesome Icons -->
<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/6.4.0/css/all.min.css">
```

```css
<style>
    /* Reset and Base Styles */
    * {
        margin: 0;
        padding: 0;
        box-sizing: border-box;
    }

    html {
        scroll-behavior: smooth;
    }

    body {
        font-family: 'Roboto', sans-serif;
        line-height: 1.6;
        color: #e0e0e0;
        overflow-x: hidden;
        background: #000000;
    }

    /* Color Variables - Meridian Style */
    :root {
        --primary-black: #000000;
        --dark-grey: #1a1a1a;
        --medium-grey: #2a2a2a;
        --light-grey: #3a3a3a;
        --text-grey: #b0b0b0;
        --text-light: #e0e0e0;
        --text-white: #ffffff;
        --accent-red: #ff4444;
        --accent-orange: #ff6b35;
        --accent-gold: #ffd700;
        --shadow-dark: rgba(0, 0, 0, 0.8);
        --shadow-light: rgba(255, 255, 255, 0.1);
    }

    /* Sliding Background Images */
    .sliding-background {
        position: fixed;
        top: 0;
        left: 0;
```

```css
        width: 100%;
        height: 100%;
        z-index: -1;
        overflow: hidden;
    }

    .bg-slide {
        position: absolute;
        top: 0;
        left: 0;
        width: 100%;
        height: 100%;
        background-size: cover;
        background-position: center;
        opacity: 0;
        transition: opacity 2s ease-in-out;
    }

    .bg-slide.active {
        opacity: 1;
    }

    /* Dark themed gym background images */
    .bg-slide:nth-child(1) {
        background-image:
            linear-gradient(135deg, rgba(0, 0, 0, 0.85), rgba(26,
26, 26, 0.8)),
            url('https://images.unsplash.com/photo-1571019613454-
1cb2f99b2d8b?ixlib=rb-4.0.3&auto=format&fit=crop&w=1920&q=80');
    }

    .bg-slide:nth-child(2) {
        background-image:
            linear-gradient(135deg, rgba(42, 42, 42, 0.9), rgba(0,
0, 0, 0.8)),
            url('https://images.unsplash.com/photo-1534438327276-
14e5300c3a48?ixlib=rb-4.0.3&auto=format&fit=crop&w=1920&q=80');
    }

    .bg-slide:nth-child(3) {
        background-image:
            linear-gradient(135deg, rgba(26, 26, 26, 0.85), rgba(58,
```

```css
            58, 58, 0.7)),
            url('https://images.unsplash.com/photo-1581009146145-
b5ef050c2e1e?ixlib=rb-4.0.3&auto=format&fit=crop&w=1920&q=80');
    }

    .bg-slide:nth-child(4) {
        background-image:
            linear-gradient(135deg, rgba(0, 0, 0, 0.9), rgba(26, 26,
26, 0.8)),
            url('https://images.unsplash.com/photo-1605296867304-
46d5465a13f1?ixlib=rb-4.0.3&auto=format&fit=crop&w=1920&q=80');
    }

    .bg-slide:nth-child(5) {
        background-image:
            linear-gradient(135deg, rgba(42, 42, 42, 0.8), rgba(0,
0, 0, 0.9)),
            url('https://images.unsplash.com/photo-1517836357463-
d25dfeac3438?ixlib=rb-4.0.3&auto=format&fit=crop&w=1920&q=80');
    }

    /* Floating Shapes Animation */
    .floating-shapes {
        position: absolute;
        width: 100%;
        height: 100%;
        pointer-events: none;
    }

    .shape {
        position: absolute;
        background: rgba(255, 255, 255, 0.03);
        backdrop-filter: blur(10px);
        border-radius: 50%;
        animation: float 30s infinite linear;
    }

    .shape:nth-child(1) {
        width: 120px;
        height: 120px;
        left: 10%;
        top: 20%;
```

```css
        animation-delay: 0s;
        background: rgba(255, 68, 68, 0.1);
    }

    .shape:nth-child(2) {
        width: 200px;
        height: 200px;
        left: 70%;
        top: 60%;
        animation-delay: -5s;
        background: rgba(255, 107, 53, 0.08);
    }

    .shape:nth-child(3) {
        width: 80px;
        height: 80px;
        left: 50%;
        top: 10%;
        animation-delay: -10s;
        background: rgba(255, 215, 0, 0.06);
    }

    .shape:nth-child(4) {
        width: 150px;
        height: 150px;
        left: 20%;
        top: 70%;
        animation-delay: -15s;
        background: rgba(255, 255, 255, 0.05);
    }

    .shape:nth-child(5) {
        width: 100px;
        height: 100px;
        left: 80%;
        top: 20%;
        animation-delay: -7s;
        background: rgba(255, 68, 68, 0.08);
    }

    .shape:nth-child(6) {
        width: 90px;
```

```css
        height: 90px;
        left: 30%;
        top: 50%;
        animation-delay: -12s;
        background: rgba(255, 107, 53, 0.06);
    }

    @keyframes float {
        0%, 100% {
            transform: translateY(0px) rotate(0deg) scale(1);
            opacity: 0.5;
        }
        25% {
            transform: translateY(-80px) rotate(90deg) scale(1.1);
            opacity: 0.8;
        }
        50% {
            transform: translateY(-120px) rotate(180deg) scale(0.9);
            opacity: 0.6;
        }
        75% {
            transform: translateY(-60px) rotate(270deg) scale(1.2);
            opacity: 0.7;
        }
    }

    /* Navigation */
    .navbar {
        position: fixed;
        top: 0;
        left: 0;
        right: 0;
        background: rgba(0, 0, 0, 0.95);
        backdrop-filter: blur(20px);
        padding: 1rem 0;
        z-index: 1000;
        transition: all 0.3s ease;
        border-bottom: 1px solid rgba(255, 255, 255, 0.1);
    }

    .navbar.scrolled {
        background: rgba(0, 0, 0, 0.98);
```

```css
        padding: 0.5rem 0;
    }

    .navbar-container {
        max-width: 1400px;
        margin: 0 auto;
        padding: 0 30px;
        display: flex;
        justify-content: space-between;
        align-items: center;
    }

    .navbar-brand {
        font-family: 'Montserrat', sans-serif;
        font-weight: 800;
        font-size: 1.8rem;
        color: var(--text-white);
        text-decoration: none;
        background: linear-gradient(135deg, var(--accent-red), var(-
-accent-orange));
        -webkit-background-clip: text;
        -webkit-text-fill-color: transparent;
        background-clip: text;
        transition: all 0.3s ease;
    }

    .navbar-brand:hover {
        transform: scale(1.05);
    }

    .navbar-nav {
        display: flex;
        list-style: none;
        gap: 3rem;
    }

    .nav-link {
        color: var(--text-light);
        text-decoration: none;
        font-weight: 500;
        font-size: 1.1rem;
        transition: all 0.3s ease;
```

```css
        position: relative;
        padding: 0.5rem 0;
    }

    .nav-link:hover {
        color: var(--accent-red);
        transform: translateY(-2px);
    }

    .nav-link::after {
        content: '';
        position: absolute;
        width: 0;
        height: 3px;
        bottom: 0;
        left: 50%;
        background: linear-gradient(135deg, var(--accent-red), var(-
-accent-orange));
        transition: all 0.3s ease;
        transform: translateX(-50%);
        border-radius: 2px;
    }

    .nav-link:hover::after {
        width: 100%;
    }

    /* Hero Section */
    .hero-section {
        height: 100vh;
        display: flex;
        align-items: center;
        position: relative;
    }

    .hero-content {
        max-width: 1400px;
        margin: 0 auto;
        padding: 0 30px;
        text-align: center;
        position: relative;
        z-index: 2;
```

```css
}

.hero-badge {
    display: inline-block;
    background: rgba(42, 42, 42, 0.8);
    backdrop-filter: blur(15px);
    padding: 0.8rem 2rem;
    border-radius: 50px;
    color: var(--text-white);
    font-weight: 600;
    margin-bottom: 2rem;
    border: 1px solid rgba(255, 255, 255, 0.1);
    animation: slideDown 1s ease-out;
}

.hero-title {
    font-family: 'Montserrat', sans-serif;
    font-size: 4.5rem;
    font-weight: 900;
    color: var(--text-white);
    margin-bottom: 1.5rem;
    text-shadow: 2px 2px 20px rgba(0, 0, 0, 0.8);
    animation: fadeInUp 1s ease-out 0.3s both;
    line-height: 1.1;
}

.hero-subtitle {
    font-size: 1.8rem;
    font-weight: 300;
    color: var(--text-grey);
    margin-bottom: 3rem;
    opacity: 0.95;
    animation: fadeInUp 1s ease-out 0.6s both;
    text-shadow: 1px 1px 10px rgba(0, 0, 0, 0.8);
}

.hero-buttons {
    display: flex;
    gap: 2rem;
    justify-content: center;
    animation: fadeInUp 1s ease-out 0.9s both;
}
```

```css
.btn-primary {
    background: linear-gradient(135deg, var(--accent-red), var(--accent-orange));
    color: var(--text-white);
    padding: 18px 40px;
    border: none;
    border-radius: 50px;
    font-weight: 700;
    font-size: 1.1rem;
    text-decoration: none;
    display: inline-block;
    transition: all 0.4s ease;
    text-transform: uppercase;
    letter-spacing: 1px;
    box-shadow: 0 10px 30px rgba(255, 68, 68, 0.3);
}

.btn-primary:hover {
    transform: translateY(-5px);
    box-shadow: 0 20px 50px rgba(255, 68, 68, 0.4);
}

.btn-secondary {
    background: transparent;
    color: var(--text-white);
    padding: 18px 40px;
    border: 2px solid var(--light-grey);
    border-radius: 50px;
    font-weight: 700;
    font-size: 1.1rem;
    text-decoration: none;
    display: inline-block;
    transition: all 0.4s ease;
    text-transform: uppercase;
    letter-spacing: 1px;
}

.btn-secondary:hover {
    background: var(--light-grey);
    color: var(--text-white);
    transform: translateY(-5px);
```

```css
        box-shadow: 0 20px 50px rgba(58, 58, 58, 0.3);
}

/* Animations */
@keyframes fadeInUp {
    from {
        opacity: 0;
        transform: translateY(50px);
    }
    to {
        opacity: 1;
        transform: translateY(0);
    }
}

@keyframes slideDown {
    from {
        opacity: 0;
        transform: translateY(-30px);
    }
    to {
        opacity: 1;
        transform: translateY(0);
    }
}

/* Section Styles */
section {
    padding: 120px 0;
    position: relative;
}

.section-bg {
    background: rgba(26, 26, 26, 0.95);
    backdrop-filter: blur(20px);
}

.container {
    max-width: 1400px;
    margin: 0 auto;
    padding: 0 30px;
}
```

```css
.section-header {
    text-align: center;
    margin-bottom: 5rem;
}

.section-badge {
    display: inline-block;
    background: linear-gradient(135deg, var(--medium-grey),
var(--light-grey));
    color: var(--text-white);
    padding: 0.5rem 1.5rem;
    border-radius: 25px;
    font-weight: 600;
    font-size: 0.9rem;
    margin-bottom: 1rem;
    text-transform: uppercase;
    letter-spacing: 1px;
}

.section-title {
    font-family: 'Montserrat', sans-serif;
    font-size: 3.5rem;
    font-weight: 800;
    color: var(--text-white);
    margin-bottom: 1.5rem;
    line-height: 1.1;
}

.section-subtitle {
    font-size: 1.3rem;
    color: var(--text-grey);
    max-width: 600px;
    margin: 0 auto;
    line-height: 1.6;
}

/* Services Grid */
.services-grid {
    display: grid;
    grid-template-columns: repeat(auto-fit, minmax(350px, 1fr));
    gap: 3rem;
```

```css
        }

        .service-card {
            background: rgba(42, 42, 42, 0.8);
            backdrop-filter: blur(20px);
            padding: 3rem;
            border-radius: 25px;
            text-align: center;
            transition: all 0.4s ease;
            border: 1px solid rgba(255, 255, 255, 0.1);
            box-shadow: 0 20px 60px rgba(0, 0, 0, 0.5);
            position: relative;
            overflow: hidden;
        }

        .service-card::before {
            content: '';
            position: absolute;
            top: 0;
            left: 0;
            right: 0;
            height: 5px;
            background: linear-gradient(135deg, var(--accent-red), var(-
-accent-orange));
        }

        .service-card:hover {
            transform: translateY(-15px);
            box-shadow: 0 30px 80px rgba(0, 0, 0, 0.6);
            background: rgba(58, 58, 58, 0.9);
        }

        .service-icon {
            width: 100px;
            height: 100px;
            background: linear-gradient(135deg, var(--accent-red), var(-
-accent-orange));
            border-radius: 50%;
            display: flex;
            align-items: center;
            justify-content: center;
            margin: 0 auto 2rem;
```

```css
        transition: all 0.4s ease;
        box-shadow: 0 10px 30px rgba(255, 68, 68, 0.3);
    }

    .service-card:nth-child(2) .service-icon {
        background: linear-gradient(135deg, var(--accent-orange),
var(--accent-gold));
        box-shadow: 0 10px 30px rgba(255, 107, 53, 0.3);
    }

    .service-card:nth-child(3) .service-icon {
        background: linear-gradient(135deg, var(--accent-gold),
var(--accent-red));
        box-shadow: 0 10px 30px rgba(255, 215, 0, 0.3);
    }

    .service-card:hover .service-icon {
        transform: scale(1.1) rotateY(180deg);
    }

    .service-icon i {
        font-size: 2.5rem;
        color: var(--text-white);
    }

    .service-card h3 {
        font-family: 'Montserrat', sans-serif;
        font-size: 1.8rem;
        font-weight: 700;
        margin-bottom: 1rem;
        color: var(--text-white);
    }

    .service-card p {
        color: var(--text-grey);
        line-height: 1.7;
        font-size: 1.1rem;
    }

    /* Training Schedule */
    .schedule-container {
        background: rgba(42, 42, 42, 0.9);
```

```css
        backdrop-filter: blur(20px);
        border-radius: 25px;
        overflow: hidden;
        box-shadow: 0 20px 60px rgba(0, 0, 0, 0.5);
        border: 1px solid rgba(255, 255, 255, 0.1);
    }

    .schedule-table {
        width: 100%;
        border-collapse: collapse;
    }

    .schedule-table thead th {
        background: linear-gradient(135deg, var(--dark-grey), var(--
medium-grey));
        color: var(--text-white);
        font-family: 'Montserrat', sans-serif;
        font-weight: 700;
        padding: 2rem 1.5rem;
        text-align: center;
        font-size: 1.1rem;
        border-bottom: 2px solid var(--accent-red);
    }

    .schedule-table tbody td {
        padding: 1.8rem 1.5rem;
        text-align: center;
        border-bottom: 1px solid rgba(255, 255, 255, 0.1);
        transition: all 0.3s ease;
        font-weight: 500;
        color: var(--text-light);
    }

    .schedule-table tbody tr:hover td {
        background: rgba(58, 58, 58, 0.8);
        transform: scale(1.02);
    }

    .time-slot {
        font-weight: 700;
        background: var(--dark-grey) !important;
        color: var(--accent-red);
```

```css
    font-family: 'Montserrat', sans-serif;
}

.rest-day {
    color: var(--text-grey);
    font-style: italic;
    opacity: 0.7;
}

/* Contact Section */
.contact-grid {
    display: grid;
    grid-template-columns: 1fr 1fr;
    gap: 4rem;
    align-items: start;
}

.contact-form {
    background: rgba(42, 42, 42, 0.9);
    backdrop-filter: blur(20px);
    padding: 3rem;
    border-radius: 25px;
    box-shadow: 0 20px 60px rgba(0, 0, 0, 0.5);
    border: 1px solid rgba(255, 255, 255, 0.1);
}

.form-group {
    margin-bottom: 2rem;
}

.form-label {
    display: block;
    margin-bottom: 0.8rem;
    font-weight: 600;
    color: var(--text-white);
    font-family: 'Montserrat', sans-serif;
}

.form-control {
    width: 100%;
    border: 2px solid rgba(255, 255, 255, 0.1);
    border-radius: 15px;
```

```css
        padding: 15px 20px;
        font-family: inherit;
        font-size: 1.1rem;
        transition: all 0.3s ease;
        background: rgba(26, 26, 26, 0.8);
        color: var(--text-light);
    }

    .form-control:focus {
        border-color: var(--accent-red);
        outline: none;
        box-shadow: 0 0 0 0.3rem rgba(255, 68, 68, 0.2);
        background: rgba(58, 58, 58, 0.9);
    }

    .contact-info {
        padding: 2rem 0;
    }

    .contact-item {
        display: flex;
        align-items: center;
        margin-bottom: 3rem;
        padding: 2rem;
        background: rgba(42, 42, 42, 0.8);
        backdrop-filter: blur(20px);
        border-radius: 20px;
        transition: all 0.3s ease;
        border: 1px solid rgba(255, 255, 255, 0.1);
    }

    .contact-item:hover {
        transform: translateY(-5px);
        box-shadow: 0 15px 40px rgba(0, 0, 0, 0.5);
        background: rgba(58, 58, 58, 0.9);
    }

    .contact-item i {
        width: 70px;
        height: 70px;
        background: linear-gradient(135deg, var(--accent-red), var(-
-accent-orange));
```

```css
        color: var(--text-white);
        border-radius: 50%;
        display: flex;
        align-items: center;
        justify-content: center;
        margin-right: 2rem;
        font-size: 1.5rem;
        box-shadow: 0 10px 30px rgba(255, 68, 68, 0.3);
    }

    .contact-item:nth-child(2) i {
        background: linear-gradient(135deg, var(--accent-orange),
var(--accent-gold));
        box-shadow: 0 10px 30px rgba(255, 107, 53, 0.3);
    }

    .contact-item:nth-child(3) i {
        background: linear-gradient(135deg, var(--accent-gold),
var(--accent-red));
        box-shadow: 0 10px 30px rgba(255, 215, 0, 0.3);
    }

    .contact-item-content h4 {
        font-family: 'Montserrat', sans-serif;
        font-weight: 700;
        margin-bottom: 0.5rem;
        color: var(--text-white);
        font-size: 1.2rem;
    }

    .contact-item-content p {
        margin: 0;
        color: var(--text-grey);
        font-size: 1.1rem;
    }

    .social-links {
        margin-top: 3rem;
        text-align: center;
    }

    .social-links h4 {
```

```css
        font-family: 'Montserrat', sans-serif;
        margin-bottom: 2rem;
        color: var(--text-white);
        font-weight: 700;
    }

    .social-link {
        display: inline-flex;
        align-items: center;
        justify-content: center;
        width: 60px;
        height: 60px;
        background: linear-gradient(135deg, var(--dark-grey), var(--
medium-grey));
        color: var(--text-white);
        border-radius: 50%;
        margin: 0 1rem;
        text-decoration: none;
        transition: all 0.4s ease;
        font-size: 1.5rem;
        box-shadow: 0 10px 30px rgba(0, 0, 0, 0.5);
        border: 1px solid rgba(255, 255, 255, 0.1);
    }

    .social-link:nth-child(2) {
        background: linear-gradient(135deg, var(--accent-red), var(-
-accent-orange));
        box-shadow: 0 10px 30px rgba(255, 68, 68, 0.3);
    }

    .social-link:nth-child(3) {
        background: linear-gradient(135deg, var(--accent-orange),
var(--accent-gold));
        box-shadow: 0 10px 30px rgba(255, 107, 53, 0.3);
    }

    .social-link:nth-child(4) {
        background: linear-gradient(135deg, var(--accent-gold),
var(--accent-red));
        box-shadow: 0 10px 30px rgba(255, 215, 0, 0.3);
    }
```

```css
.social-link:hover {
    transform: translateY(-10px) scale(1.1);
    box-shadow: 0 20px 50px rgba(0, 0, 0, 0.6);
}

/* Footer */
.footer {
    background: rgba(0, 0, 0, 0.98);
    backdrop-filter: blur(20px);
    color: var(--text-light);
    padding: 3rem 0;
    text-align: center;
    border-top: 1px solid rgba(255, 255, 255, 0.1);
}

.footer p {
    margin: 0;
    font-size: 1.1rem;
    opacity: 0.8;
}

/* Responsive Design */
@media (max-width: 1200px) {
    .hero-title {
        font-size: 3.5rem;
    }

    .section-title {
        font-size: 3rem;
    }
}

@media (max-width: 768px) {
    .navbar-nav {
        display: none;
    }

    .hero-title {
        font-size: 2.8rem;
    }

    .hero-subtitle {
```

```css
        font-size: 1.4rem;
    }

    .hero-buttons {
        flex-direction: column;
        align-items: center;
    }

    .section-title {
        font-size: 2.5rem;
    }

    .services-grid {
        grid-template-columns: 1fr;
    }

    .contact-grid {
        grid-template-columns: 1fr;
        gap: 2rem;
    }

    .schedule-table thead th,
    .schedule-table tbody td {
        padding: 1rem 0.5rem;
        font-size: 0.9rem;
    }
}

@media (max-width: 576px) {
    .container {
        padding: 0 20px;
    }

    .hero-title {
        font-size: 2.2rem;
    }

    .hero-subtitle {
        font-size: 1.1rem;
    }

    .section-title {
```

```css
            font-size: 2rem;
        }

        .service-card,
        .contact-form {
            padding: 2rem;
        }

        .contact-item {
            flex-direction: column;
            text-align: center;
            padding: 1.5rem;
        }

        .contact-item i {
            margin: 0 0 1rem 0;
        }
    }

    /* Custom Scrollbar */
    ::-webkit-scrollbar {
        width: 8px;
    }

    ::-webkit-scrollbar-track {
        background: var(--dark-grey);
    }

    ::-webkit-scrollbar-thumb {
        background: linear-gradient(135deg, var(--accent-red), var(--accent-orange));
        border-radius: 10px;
    }

    ::-webkit-scrollbar-thumb:hover {
        background: linear-gradient(135deg, var(--accent-orange), var(--accent-gold));
    }
</style>

    <!-- Floating Shapes -->
    <div class="floating-shapes">
```

```html
            <div class="shape"></div>
            <div class="shape"></div>
            <div class="shape"></div>
            <div class="shape"></div>
            <div class="shape"></div>
            <div class="shape"></div>
        </div>
    </div>

    <!-- Navigation -->
    <nav class="navbar">
        <div class="navbar-container">
            <a class="navbar-brand" href="#hero">
                <i class="fas fa-dumbbell"></i> VIJAY ELITE FITNESS
            </a>
            <ul class="navbar-nav">
                <li><a class="nav-link" href="#home">Home</a></li>
                <li><a class="nav-link"
href="#training">Training</a></li>
                <li><a class="nav-link" href="#contact">Contact</a></li>
            </ul>
        </div>
    </nav>

    <!-- Hero Section -->
    <section id="hero" class="hero-section">
        <div class="hero-content">
            <div class="hero-badge">
                <i class="fas fa-trophy"></i> Premium Fitness Training
            </div>
            <h1 class="hero-title">Transform Your Body,<br>Transform
Your Life</h1>
            <p class="hero-subtitle">Experience elite personal training
with Vijay - Your certified fitness transformation specialist</p>
            <div class="hero-buttons">
                <a href="#contact" class="btn-primary">Start Your
Journey</a>
                <a href="#training" class="btn-secondary">View
Programs</a>
            </div>
        </div>
    </section>
```

```html
<!-- Services Section -->
<section id="home" class="section-bg">
    <div class="container">
        <div class="section-header">
            <div class="section-badge">Our Services</div>
            <h2 class="section-title">Elite Fitness Solutions</h2>
            <p class="section-subtitle">Comprehensive fitness
programs designed to deliver exceptional results with professional
guidance and cutting-edge techniques.</p>
        </div>

        <div class="services-grid">
            <div class="service-card">
                <div class="service-icon">
                    <i class="fas fa-user-tie"></i>
                </div>
                <h3>Personal Training</h3>
                <p>One-on-one premium training sessions with
personalized workout plans, nutrition guidance, and progress
tracking to achieve your specific fitness goals.</p>
            </div>
            <div class="service-card">
                <div class="service-icon">
                    <i class="fas fa-users"></i>
                </div>
                <h3>Group Sessions</h3>
                <p>High-energy group fitness classes that combine
motivation, community spirit, and professional instruction for an
engaging workout experience.</p>
            </div>
            <div class="service-card">
                <div class="service-icon">
                    <i class="fas fa-apple-alt"></i>
                </div>
                <h3>Nutrition Coaching</h3>
                <p>Comprehensive nutritional guidance with
customized meal plans, supplement recommendations, and lifestyle
coaching for optimal health and performance.</p>
            </div>
        </div>
    </div>
```

```html
    </section>

    <!-- Training Schedule Section -->
    <section id="training">
        <div class="container">
            <div class="section-header">
                <div class="section-badge">Training Schedule</div>
                <h2 class="section-title">Weekly Program Overview</h2>
                <p class="section-subtitle">Professional training
sessions designed to maximize your results with structured
programming and expert guidance.</p>
            </div>

            <div class="schedule-container">
                <table class="schedule-table">
                    <thead>
                        <tr>
                            <th>Time</th>
                            <th>Monday</th>
                            <th>Tuesday</th>
                            <th>Wednesday</th>
                            <th>Thursday</th>
                            <th>Friday</th>
                            <th>Saturday</th>
                            <th>Sunday</th>
                        </tr>
                    </thead>
                    <tbody>
                        <tr>
                            <td class="time-slot">6:00 AM</td>
                            <td>Elite Personal Training</td>
                            <td>HIIT Intensive</td>
                            <td>Elite Personal Training</td>
                            <td>Strength & Power</td>
                            <td>Elite Personal Training</td>
                            <td>Group Fitness Pro</td>
                            <td class="rest-day">Recovery Day</td>
                        </tr>
                        <tr>
                            <td class="time-slot">8:00 AM</td>
                            <td>Strength & Conditioning</td>
                            <td>Elite Personal Training</td>
```

```html
                    <td>Cardio Blast Pro</td>
                    <td>Elite Personal Training</td>
                    <td>Functional Training</td>
                    <td>Yoga & Mobility</td>
                    <td class="rest-day">Recovery Day</td>
                </tr>
                <tr>
                    <td class="time-slot">10:00 AM</td>
                    <td>Group Fitness Elite</td>
                    <td>Strength Training</td>
                    <td>Elite Personal Training</td>
                    <td>HIIT Advanced</td>
                    <td>Elite Personal Training</td>
                    <td>Elite Personal Training</td>
                    <td class="rest-day">Recovery Day</td>
                </tr>
                <tr>
                    <td class="time-slot">6:00 PM</td>
                    <td>Elite Personal Training</td>
                    <td>Group Fitness Pro</td>
                    <td>Elite Personal Training</td>
                    <td>Core & Conditioning</td>
                    <td>Elite Personal Training</td>
                    <td>Available for Booking</td>
                    <td class="rest-day">Recovery Day</td>
                </tr>
            </tbody>
        </table>
    </div>
    </div>
</section>

<!-- Contact Section -->
<section id="contact" class="section-bg">
    <div class="container">
        <div class="section-header">
            <div class="section-badge">Get In Touch</div>
            <h2 class="section-title">Start Your Transformation</h2>
            <p class="section-subtitle">Ready to begin your fitness
journey? Contact me today to schedule your consultation and take the
first step towards your goals.</p>
        </div>
```

```html
        <div class="contact-grid">
            <div class="contact-form">
                <h3 style="font-family: 'Montserrat', sans-serif;
font-weight: 700; margin-bottom: 2rem; color: var(--text-
white);">Send Message</h3>
                <form action="#" method="POST">
                    <div class="form-group">
                        <label for="name" class="form-label">Full
Name</label>
                        <input type="text" class="form-control"
id="name" name="name" required>
                    </div>
                    <div class="form-group">
                        <label for="email" class="form-label">Email
Address</label>
                        <input type="email" class="form-control"
id="email" name="email" required>
                    </div>
                    <div class="form-group">
                        <label for="phone" class="form-label">Phone
Number</label>
                        <input type="tel" class="form-control"
id="phone" name="phone">
                    </div>
                    <div class="form-group">
                        <label for="message" class="form-
label">Message</label>
                        <textarea class="form-control" id="message"
name="message" rows="5" required></textarea>
                    </div>
                    <button type="submit" class="btn-primary"
style="width: 100%;">Send Message</button>
                </form>
            </div>
            <div class="contact-info">
                <div class="contact-item">
                    <i class="fas fa-phone"></i>
                    <div class="contact-item-content">
                        <h4>Phone</h4>
                        <p>+91 98765 43210</p>
                    </div>
```

```html
            </div>
            <div class="contact-item">
                <i class="fas fa-envelope"></i>
                <div class="contact-item-content">
                    <h4>Email</h4>
                    <p>vijay.elite@gmail.com</p>
                </div>
            </div>
            <div class="contact-item">
                <i class="fas fa-map-marker-alt"></i>
                <div class="contact-item-content">
                    <h4>Location</h4>
                    <p>Mumbai, Maharashtra, India</p>
                </div>
            </div>

            <div class="social-links">
                <h4>Connect With Me</h4>
                <a href="#" class="social-link"><i class="fab
fa-instagram"></i></a>
                <a href="#" class="social-link"><i class="fab
fa-facebook"></i></a>
                <a href="#" class="social-link"><i class="fab
fa-twitter"></i></a>
                <a href="#" class="social-link"><i class="fab
fa-youtube"></i></a>
            </div>
        </div>
    </div>
</section>

<!-- Footer -->
<footer class="footer">
    <div class="container">
        <p>&copy; 2025 Vijay Elite Fitness. All rights reserved.
Transform your life with professional excellence.</p>
    </div>
</footer>

<script>
    // Background image sliding functionality
```
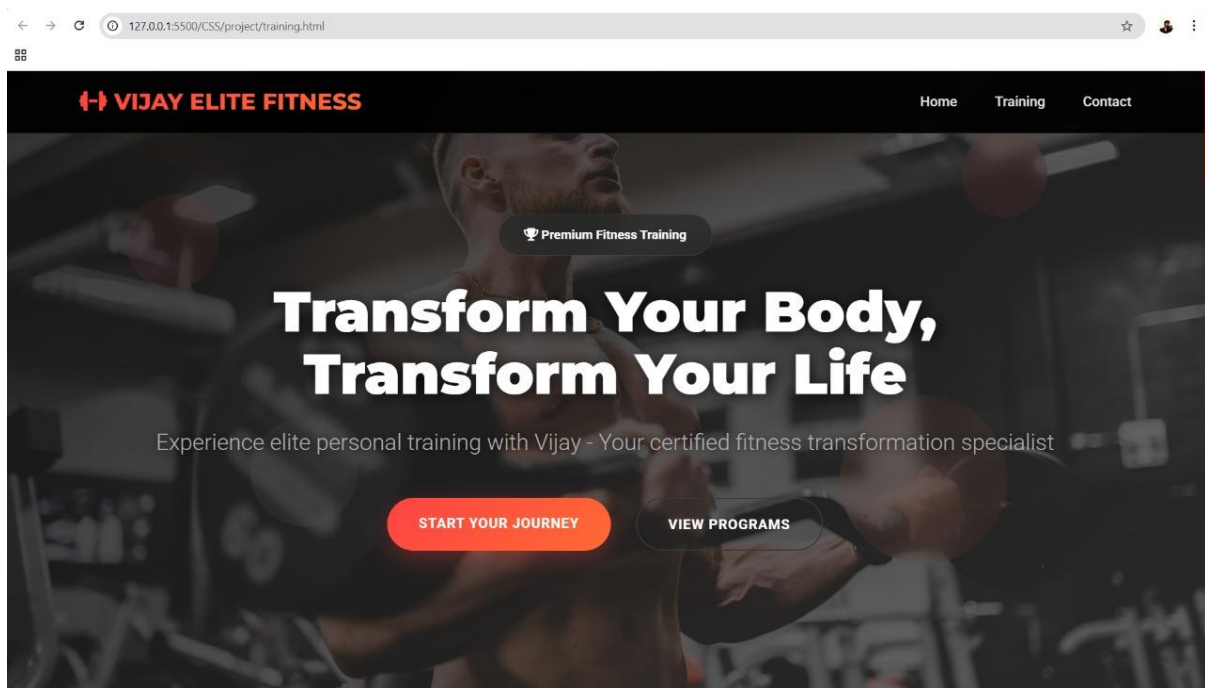
```
document.addEventListener('DOMContentLoaded', function() {
    const slides = document.querySelectorAll('.bg-slide');
    let currentSlide = 0;

    function nextSlide() {
        slides[currentSlide].classList.remove('active');
        currentSlide = (currentSlide + 1) % slides.length;
        slides[currentSlide].classList.add('active');
    }

    // Change background every 4 seconds
    setInterval(nextSlide, 4000);
});
</script>
```

Screenshots of Final Output

Professional training sessions designed to maximize your results
with structured programming and expert guidance.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Elite Personal Training	HIIT Intensive	Elite Personal Training	Strength & Power	Elite Personal Training	Group Fitness Pro	*Recovery Day*
8:00 AM	Strength & Conditioning	Elite Personal Training	Cardio Blast Pro	Elite Personal Training	Functional Training	Yoga & Mobility	*Recovery Day*
10:00 AM	Group Fitness Elite	Strength Training	Elite Personal Training	HIIT Advanced	Elite Personal Training	Elite Personal Training	*Recovery Day*
6:00 PM	Elite Personal Training	Group Fitness Pro	Elite Personal Training	Core & Conditioning	Elite Personal Training	Available for Booking	*Recovery Day*

Send Message

Full Name

Email Address

Phone Number

Message

SEND MESSAGE

Phone
+91 98765 43210

Email
vijay.elite@gmail.com

Location
Mumbai, Maharashtra, India

Connect With Me

Conclusion

This project demonstrates the development of a Fitness Gym Workout Scheduling platform, providing a clean, responsive, and user-friendly interface for managing workout routines and schedules. This mini project helped strengthen my front-end development skills using only HTML and CSS. I gained practical insights into responsive design, semantic HTML structuring, layout organization, and user interface aesthetics. Implementing these design principles in a real-world scenario enhanced my understanding of user-centric web design. Overall, the project serves as a solid foundation for future enhancements such as interactive features, backend integration, and dynamic scheduling functionality.

References

- **L&T LMS: https://learn.lntedutech.com/Landing/MyCourse**