**ABATRACT**

**Topic: Fitness Center Management System**

**Introduction**

Today people are becoming more health centered; as a result people are becoming more interested in making fitness exercise an integral part of the lifestyle. This project will introduce you to the Fitness center management system. You can easily understand the courses, course packages, cost, duration, benefits provided by the fitness center. After register the fitness center the user can choose a suitable package for them. Health track is the main attraction of this system. User updates their physical details after join a batch. If the user’s physical details do not change then the trainer will give a health tracker for the user.

**Existing system**

There are many Fitness Centers with their own outstanding features. But a fit body cannot assure with a brief feature. Body Mass Index (BMI) calculation cannot make someone fit. Many of the fitness centers have this feature. Exercise plan, time schedule etc. are the often feature in physical fitness center.

**Proposed system**

The proposed system consists of many of the existing features which are barely available in the existing systems today. BIM calculator, registration for trainers, registration for students (users), course plan settings, attendance management, stock management are some of the features

Control and maintains

* Admin: Control and maintains
* Trainers: Registered staff
* Student: Registered users.

**Major functionalities of proposed system**

* Registration:

Trainer registration and Student registration are the two registrations provided in the system.

Admin is the controller of the registration and he can verify the registration.

* Couses:

There are mainly 3 courses provided in the system. Namely Aerobic Anaerobic and Zumba

Based on the three courses 4 courses packages are available here.

Package 1(Silver Pack): It is one month zumba program. 20 classes in a month. 20 participants in each batch. Cost=Rs.3000

Benefits: Fat burning in different part of body.

Package 2 (Gold pack): It is three month of aerobic exercise program. Here 25 classes are provided in each month. 15 students can participate each batch.

Cost=Rs.2500/m

Benefits: Help to lower cholesterol, blood pressure and reduce type 2 diabetes.

Package 3 (Diamond pack): It is a 10 month duration program. 20 classes provided in each month. 30 students can participate each batch.

Cost=Rs.5000/m

Benefits: Cardiovascular fitness, Body fitness, Muscle gain, Body fitness maintence, Fat burning.

Package 4 (Combo pack: Combination of zumba and aerobic exercise. It is a three month program. 25 classes provided in a month. 15 students can participate each group.

Cost=Rs.3000/m

Benefits: Easy fat burning, lower cholesterol and type 2 diabetes and improve immune function.

* Attendance management:

Admin manage the attendance of trainer and the trainer manage the attendance of students.

* Purchase and stock management:

Purchase and stock management are done by admin. He can purchase new stocks for sale.

* Health tracker:

This is one of the special and major feature of this fitness center. We provide some tips to students for improving the fitness after joining the batch. Health tracker is managed by trainers and students must update their fitness details regularly.