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11,12

K22TR

Topic: Fitness website

Introduction:

We have created a website named fitness club in which we have used various CSS properties to beautify it. we have also included videos in our homepage we have created an about page in which we have given a brief description of what we offer to our customers as a fitness club

And what we are a fitness enthusiast we have also given a join button on our page to make it more user friendly we have also included timetable.

That's all from our side.

Home page:

Html code:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
  <link
href="https://fonts.googleapis.com/css2?family=Montserrat:wght@100;200&display
=swap" rel="stylesheet">
  <link rel="stylesheet" href="Project6.css">
  <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>Fitness Club</title>
</head>
<body>
  <header>
    <h1><span style="color: rgb(255,0,68);">Fitness</span> Club</h1>
    <nav>
      <ul class="nav_links">
        <li><a href="about.html">About</a></li>
        <li><a href="#">Trainings</a></li>
        <li><a href="TimeTable.html">Time Table</a></li>
        <li><a href="#">Nutrition</a></li>
        <li><a href="#">Gallery</a></li>
        <a href="#" class="fa fa-facebook"></a>
        <a href="#" class="fa fa-twitter"></a>
        <a href="#" class="fa fa-instagram"></a>
      </ul>
    </nav>
  </header>
```

```

<div class="flex-container">
  <div class="video">
    <video autoplay playsinline muted loop src="Video\Project6.mp4"
style="opacity: 1;" width="100%" height="650px"></video>
  </div>
  <a href="form.html"><button class="btn">Join Today</button></a>
</div>
<h1 class="side">Check Out our <span style="color:
rgb(655,0,68);">Personal Trainers</span></h1>
<div class="information">
  <img src='Images\TheFitnessClub__personal-trainer-image-1.png'>
  <p>
    Whether you're not seeing the results you're aiming for,
    need a little "push," or want to perfect your form for maximum
results, our personal trainers are here to help! Together,
    you'll set up a personalized program and get the additional
support you need. Trust us; our personal trainers count on the tools,
    tips, and expertise to help you get to where you want to be.<br>
    <b style="color: rgb(255,0,68);">Inquire About Trainings-></b>
  </p>
</div>
<div class="plans">
  <h1 style="font-size: 45px;"><span style="color: rgb(255,0,68); font-
weight: 900;">Signature</span> Membership</h1>
  <div class="col">
    <h1><span style="font-weight: 800;">$29.99</span></h1>
    <ul>
      <li>Cardio and strength equipments</li>
      <li>Free personal training orientation</li>
      <li>unlimited group exercise</li>
      <li>Cycle classes and access to the cycling room</li>
      <li>TRX and stretch room</li>
    </ul>
    <a href="form.html"><button class="btn">Join Today</button></a>
  </div>
</div>
<div class="latest">
  <ul>
    <li>
      
      <p>After a thorough inspection from QA, the gym has performed
outstanding. All the equipments were thoroughly checked, and every single
      machine was tested extensively. QA test is considered to be
one of the strictest examination in the fitness department. With this The
Fitness
      Club now has around 4 outstanding performance in QA.
    </li>
  </ul>

```

```

        </li>
      </ul>
    </div>
  </body>
</html>

```

CSS Code:

```

html,body{
  background-color: #000;
  font-family: 'Montserrat', sans-serif;
}
.fa{
  padding: 20px;
  width: 30px;
  font-size: 20px;
  text-align: center;
  text-decoration: none;
  border-radius: 50%;
}
.fa:hover{
  opacity: 0.7;
  color: rgb(255, 0, 68);
}
.fa-facebook{
  color: white;
}
.fa-twitter{
  color: white;
}
.fa-instagram{
  color: white;
}
header{
  display: flex;
  justify-content: space-around;
  align-items: center;
  padding: 30px 10;
  background-color: #101010;
  height: 69px;
}
header h1{
  color: #fff;
  cursor: pointer;
}
.nav_links{
  list-style: none;

```

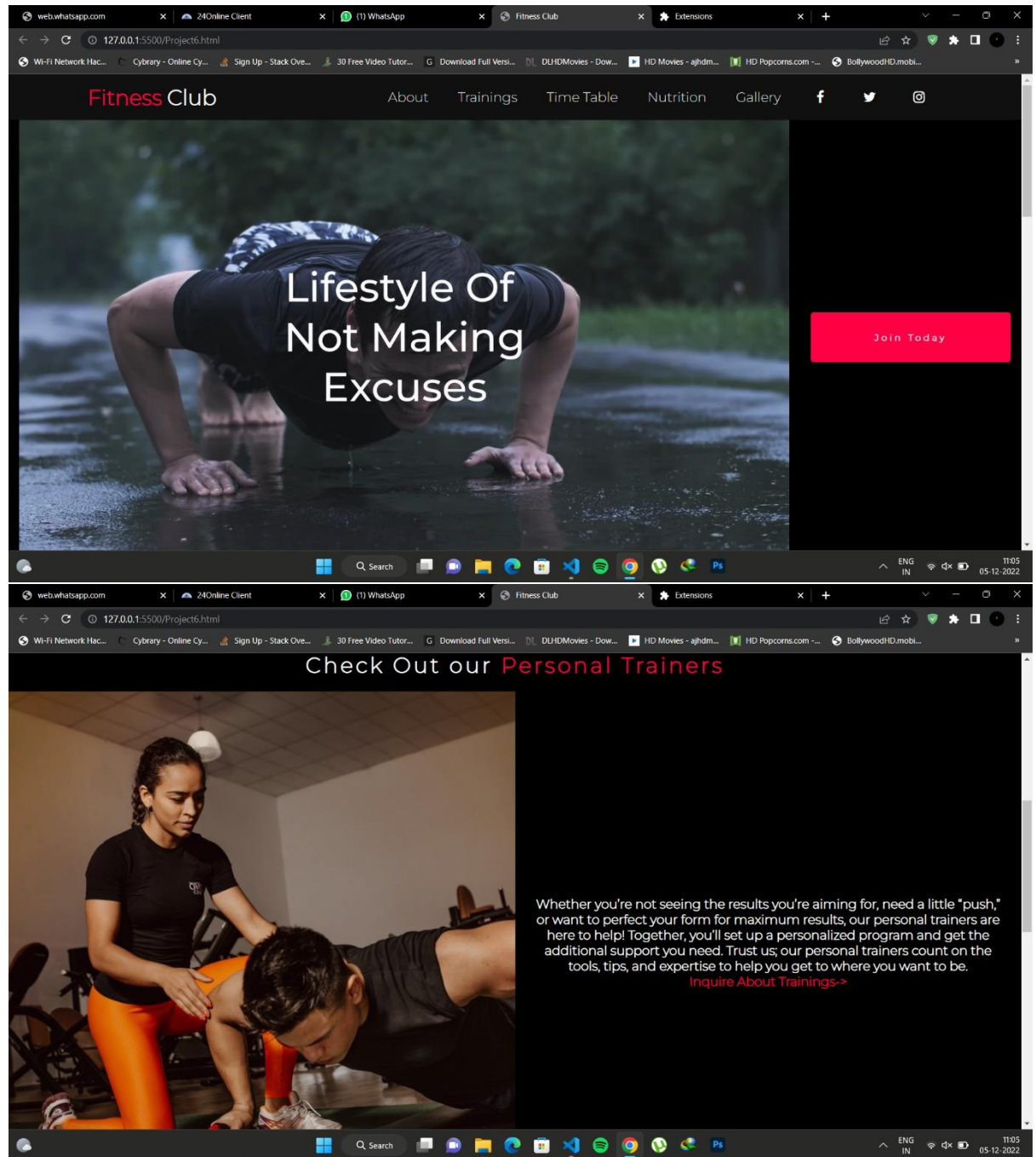
```
}
.nav_links li{
    display: inline-block;
    padding: 0 20px;
}
.nav_links li a{
    transition: all 0.3s ease 0s;
    color: #fff;
}
.nav_links li a:hover{
    color: rgb(255, 0, 68);
}
.nav_links li,a{
    font-size: 20px;
    text-decoration: none;
}
.flex-container{
    display: flex;
    flex-flow: row;
    justify-content: space-around;
    align-items: center;
    text-align: center;
    width: 100%;
    height: 650px;
}
video{
    position: relative;
    height: 650px;
    vertical-align: middle;
    width: 100%;
}
.btn{
    height:75px;
    width: 300px;
    font-family: 'Montserrat',sans-serif;
    color: #fff;
    font-weight: 900;
    letter-spacing: 4px;
    background-color: rgb(255, 0, 68);
    transition: ease-out 0.3s;
    outline: none;
    border-radius: 4px;
    border: none;
}
.btn:hover{
    background-color: #f9e509;
    cursor: pointer;
    color: #000;
}
```

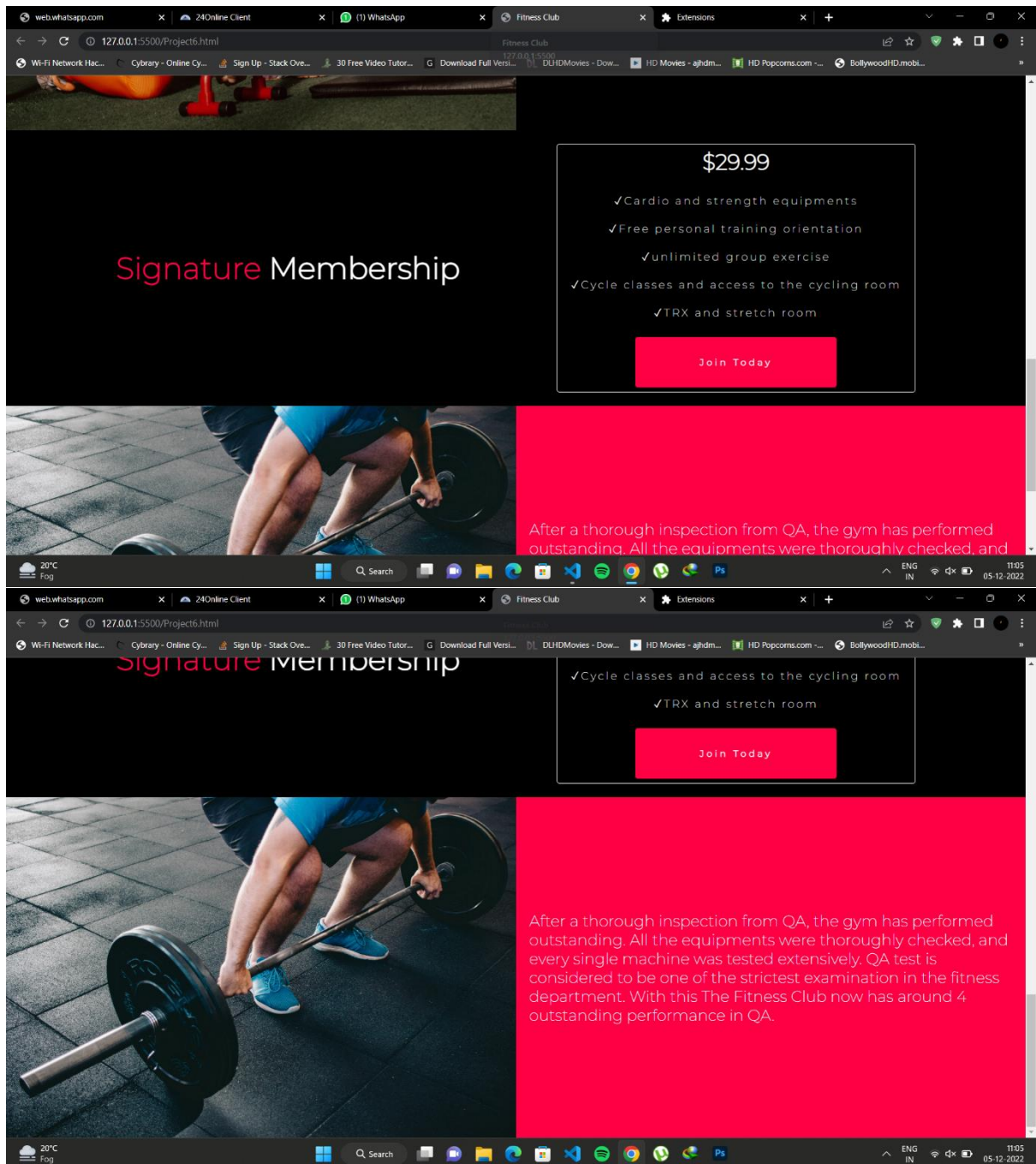
```
}
*{
    margin: 0;
    padding: 0;
}
.information{
    margin-top: 20px;
    width: 100%;
    height: auto;
    margin-bottom: 20px;
    display: flex;
    flex-flow: row;
    text-align: center;
    justify-content: space-evenly;
    align-items: center;
}
.information img{
    width: 50%;
    height: auto;
}
.information p{
    color: #fff;
    font-family: 'Montserrat', sans-serif;
    font-weight: 700;
    font-size: 19px;
    padding: 20px;
}
.information b{
    cursor: pointer;
}
.list{
    padding: 20px;
    display: flex;
    flex-flow: column;
    justify-content: space-evenly;
    color: #fff;
    font-weight: 400;
    list-style: none;
}
.list h1{
    padding: 0;
    margin-bottom: 20px;
}
.inquire{
    color: rgb(255, 0, 68);
}
.side{
```

```
    color: #fff;
    text-align: center;
    margin-top: 20px;
    letter-spacing: 4px;
    font-weight: 800;
}
.plans{
    display: flex;
    flex-flow: row;
    list-style: none;
    text-align: center;
    align-items: center;
    justify-content: space-evenly;
    color: #fff;
    margin: 20px;
}
.col{
    display: flex;
    flex-flow: column;
    height: 23em;
    justify-content: space-evenly;
    align-items: center;
    text-align: center;
    color: #fff;
    border: 1px solid #fff;
    border-radius: 4px;
}
.col ul{
    list-style: none;
}
.col ul li:before {
    content: '✓';
}
.col li{
    letter-spacing: 3px;
    margin: 20px;
}
.latest{
    background-color: rgb(255, 0, 68);
}
.latest ul{
    display: flex;
    flex-flow: row;
    align-items: center;
    list-style: none;
    justify-content: space-evenly;
}
.latest ul li{
```

```
color: #fff;
font-size: 23px;
font-weight: 500;
margin: 20px;
}
```

Screenshots:





About:

Html code:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
```



```

    <link
href="https://fonts.googleapis.com/css2?family=Montserrat:wght@100;200&display
=swap" rel="stylesheet">
    <link rel="stylesheet" href="about.css">
    <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>FitnessClub</title>
</head>
<body>
    <header>
        <h1><span style="color: rgb(255,0,68);">Fitness</span> Club</h1>
        <nav>
            <ul class="nav_links">
                <li><a href="#">About</a></li>
                <li><a href="#">Trainings</a></li>
                <li><a href="TimeTable.html">Time Table</a></li>
                <li><a href="#">Nutrition</a></li>
                <li><a href="#">Gallery</a></li>
                <a href="#" class="fa fa-facebook"></a>
                <a href="#" class="fa fa-twitter"></a>
                <a href="#" class="fa fa-instagram"></a>
            </ul>
        </nav>
    </header>
    <div class="text">
        <p class="p">
            Hey, this is our Fitness Club and here we assure you about your
            overall fitness.
            Our prime focus is to bring easy access to those who dare to
            change themselves.
            Our Gym trainers are all well educated, and have participated and
            won body building competitions.
            Well equipped gym, yoga sessions, Zumba classes we have it
            all.<br>
            Go through our "<span style="color:
            rgb(255,0,68);">Signature</span> Membership" and enroll today.
        </p>
    </div>
    <div class="plans">
        <h1 style="font-size: 45px;"><span style="color: rgb(255,0,68); font-
        weight: 900;">Signature</span> Membership</h1>
        <div class="col">
            <h1><span style="font-weight: 800;">$29.99</span></h1>
            <ul>
                <li>Cardio and strength equipments</li>
                <li>Free personal training orientation</li>
                <li>unlimited group exercise</li>
            </ul>
        </div>
    </div>

```

```

        <li>Cycle classes and access to the cycling room</li>
        <li>TRX and stretch room</li>
    </ul>
    <a href="form.html"><button class="btn">Join Today</button></a>
</div>
</div>
</body>
</html>

```

CSS Code:

```

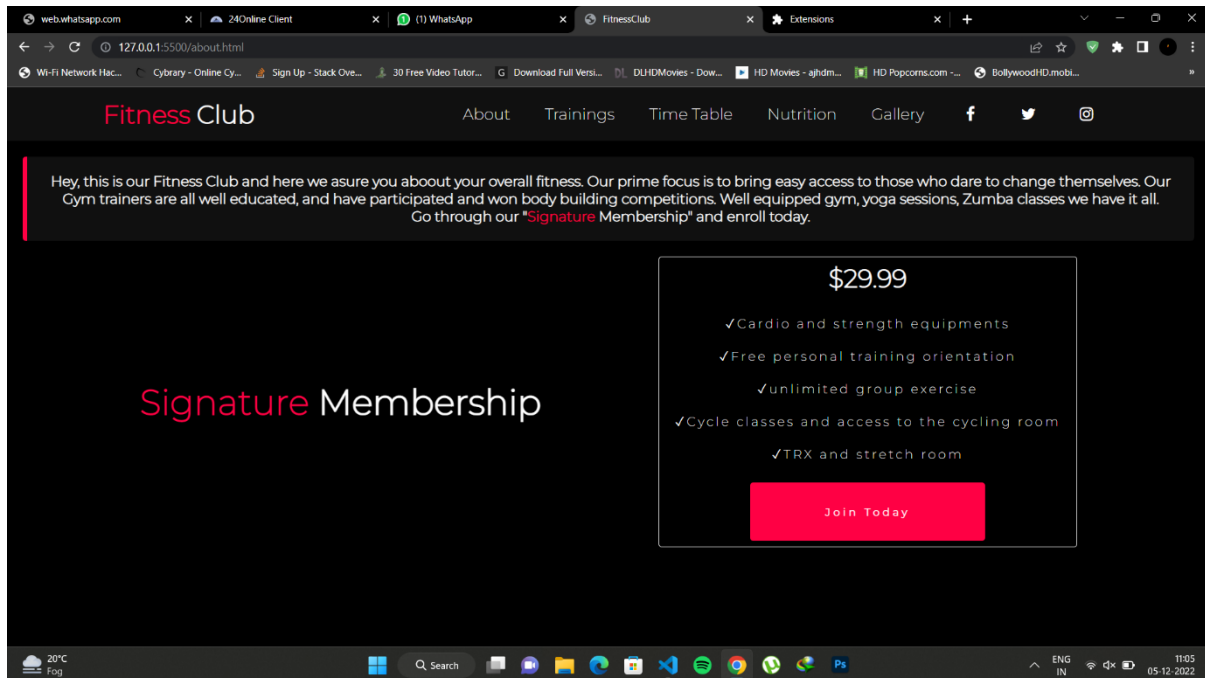
*{
    margin: 0;
    padding: 0;
}
body,html{
    background-color: #000;
    color: #fff;
    font-family: 'Montserrat',sans-serif;
}
.fa{
    padding: 20px;
    width: 30px;
    font-size: 20px;
    text-align: center;
    text-decoration: none;
    border-radius: 50%;
}
.fa:hover{
    opacity: 0.7;
    color: rgb(255, 0, 68);
}
.fa-facebook{
    color: white;
}
.fa-twitter{
    color: white;
}
.fa-instagram{
    color: white;
}
header{
    display: flex;
    justify-content: space-around;
    align-items: center;
}

```

```
padding: 30px 10;
background-color: #101010;
height: 69px;
}
header h1{
color: #fff;
cursor: pointer;
}
.nav_links{
list-style: none;
}
.nav_links li{
display: inline-block;
padding: 0 20px;
}
.nav_links li a{
transition: all 0.3s ease 0s;
color: #fff;
}
.nav_links li a:hover{
color: rgb(255, 0, 68);
}
.nav_links li,a{
font-size: 20px;
text-decoration: none;
}
.plans{
display: flex;
flex-flow: row;
list-style: none;
text-align: center;
align-items: center;
justify-content: space-evenly;
color: #fff;
margin: 20px;
}
.col{
display: flex;
flex-flow: column;
height: 23em;
justify-content: space-evenly;
align-items: center;
text-align: center;
color: #fff;
border: 1px solid #fff;
border-radius: 4px;
}
.col ul{
```

```
    list-style: none;
}
.col ul li:before {
    content: '✓';
}
.col li{
    letter-spacing: 3px;
    margin: 20px;
}
.btn{
    height:75px;
    width: 300px;
    font-family: 'Montserrat',sans-serif;
    color: #fff;
    font-weight: 900;
    letter-spacing: 4px;
    background-color: rgb(255, 0, 68);
    transition: ease-out 0.3s;
    outline: none;
    border-radius: 4px;
    border: none;
}
.btn:hover{
    background-color: #f9e509;
    cursor: pointer;
    color: #000;
}
.text{
    border-left: 6px solid rgb(255, 0, 68);
    display: flex;
    align-items: center;
    justify-content: center;
    margin: 20px;
    border-radius: 4px;
    background-color: #101010;
}
.p{
    font-weight: 800;
    font-size: 18px;
    text-align: center;
    padding: 20px;
}
```

Screenshot:



Timetable:

Html code:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
  <link
href="https://fonts.googleapis.com/css2?family=Montserrat:wght@100;200&display
=swap" rel="stylesheet">
  <link rel="stylesheet" href="TimeTable.css">
  <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>Fitness Club</title>
</head>
<body>
  <header>
    <h1><span style="color: rgb(255,0,68);">Fitness</span> Club</h1>
    <nav>
      <ul class="nav_links">
        <li><a href="#">About</a></li>
        <li><a href="Project6.html">Home</a></li>
        <li><a href="#">Trainings</a></li>
```

```

        <li><a href="TimeTable.css">Time Table</a></li>
        <li><a href="#">Nutrition</a></li>
        <li><a href="#">Gallery</a></li>
        <a href="#" class="fa fa-facebook"></a>
        <a href="#" class="fa fa-twitter"></a>
        <a href="#" class="fa fa-instagram"></a>
    </ul>
</nav>
</header>
<h2 style="color: #fff; margin-top: 20px; text-align: center; cursor:
pointer;">Time <span style="color: rgb(255,0,68);">Table</span></h2>
<table>
    <tr>
        <th>Day 1-Push Day-Chest,Shoulders and Triceps</th>
        <th>Sets</th>
        <th>Day 2-Pull Day-Back and Biceps</th>
        <th>Sets</th>
        <th>Day 3-Legs</th>
        <th>Sets</th>
        <th>Day 4-Active Rest</th>
    </tr>
    <tr>
        <td>Bench Press</td>
        <td>12-10-8</td>
        <td>Lat Pulldowns</td>
        <td rowspan="3">12-10-8</td>
        <td>Squats</td>
        <td rowspan="3">15-12-10</td>
        <td>30 Min Cardio</td>
    </tr>
    <tr>
        <td>Flys</td>
        <td>20-15-12</td>
        <td>Dumbbell Rows</td>
        <td>Deadlifts</td>
        <td>Various Abs Exercises</td>
    </tr>
    <tr>
        <td>Military Press</td>
        <td rowspan="2">12-10-8</td>
        <td>Pullovers</td>
        <td>Lunges</td>
    </tr>
    <tr>
        <td>Lateral Raises</td>
        <td>Dumbbell Curls</td>
        <td>15-12-10-8</td>
    </tr>

```

```

        </tr>
        <tr>
            <td>Reverse Flys</td>
            <td>12-10-10</td>
        </tr>
        <tr>
            <td>Skull Crushers</td>
            <td rowspan="3">15-12-10</td>
        </tr>
        <tr>
            <td>Tricep Extensions</td>
        </tr>
        <tr>
            <td>Kickbacks</td>
        </tr>
    </table>
</table>
</body>
</html>

```

CSS Code:

```

body{
    background-color: #000;
    font-family: 'Montserrat', sans-serif;
}
*{
    margin: 0;
    padding: 0;
}
.fa{
    padding: 20px;
    width: 30px;
    font-size: 20px;
    text-align: center;
    text-decoration: none;
    border-radius: 50%;
}
.fa:hover{
    opacity: 0.7;
    color: rgb(255, 0, 68);
}
.fa-facebook{
    color: white;
}
.fa-twitter{
    color: white;
}

```

```

}
.fa-instagram{
    color: white;
}
header{
    display: flex;
    justify-content: space-around;
    align-items: center;
    padding: 30px 10;
    background-color: #101010;
    height: 69px;
}
header h1{
    color: #fff;
    cursor: pointer;
}
.nav_links{
    list-style: none;
}
.nav_links li{
    display: inline-block;
    padding: 0 20px;
}
.nav_links li a{
    transition: all 0.3s ease 0s;
    color: #fff;
}
.nav_links li a:hover{
    color: rgb(255, 0, 68);
}
.nav_links li,a{
    font-size: 20px;
    text-decoration: none;
}
table,td,th{
    border: 1px solid #101010;
    border-collapse: collapse;
    border-radius: 7px;
}
table{
    top: 0;
    bottom: 0;
    left: 0;
    right: 0;
    width: 100%;
    height: 100%;
    font-family: 'Montserrat',sans-serif;
    margin-top: 20px;
}

```



```

text-align: center;
height: 100%;
color: #fff;
border-radius: 7px;
}
th,td{
padding: 18px;
}
tr{
letter-spacing: 2px;
cursor: pointer;
}
tr:nth-child(even){
background-color: #101010;
}
tr:nth-child(even):hover{
background-color: #000;
color: #f9e509;
}
tr:nth-child(odd):hover{
background-color: #101010;
color: rgb(255,0,68);
}
}

```

Screenshot:

Day 1-Push Day-Chest,Shoulders and Triceps	Sets	Day 2-Pull Day-Back and Biceps	Sets	Day 3-Legs	Sets	Day 4-Active Rest
Bench Press	12-10-8	Lat Pulldowns		Squats		30 Min Cardio
Flys	20-15-12	Dumbbell Rows	12-10-8	Deadlifts	15-12-10	Various Abs Exercises
Military Press		Pullovers		Lunges		
Lateral Raises	12-10-8	Dumbbell Curls	15-12-10-8			
Reverse Flys	12-10-10					
Skull Crushers						
Tricep Extensions	15-12-10					
Kickbacks						

Join:

Html code:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <link rel="stylesheet" href="form.css">
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
  <link
href="https://fonts.googleapis.com/css2?family=Montserrat:wght@100;200&display
=swap" rel="stylesheet">
  <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>FitnessClub</title>
</head>
<body>
  <header>
    <h1><span style="color: rgb(255,0,68);">Fitness</span> Club</h1>
    <nav>
      <ul class="nav_links">
        <li><a href="#">About</a></li>
        <li><a href="#">Trainings</a></li>
        <li><a href="TimeTable.html">Time Table</a></li>
        <li><a href="#">Nutrition</a></li>
        <li><a href="#">Gallery</a></li>
        <a href="#" class="fa fa-facebook"></a>
        <a href="#" class="fa fa-twitter"></a>
        <a href="#" class="fa fa-instagram"></a>
      </ul>
    </nav>
  </header>
  <div class="mh">
    <h2>
      "Strength does not come from physical capacity. It comes from an
indomitable will."
    <br>
    <br>
    -Mahatma <span style="color: rgb(255,0,68);">Gandhi</span>
  </h2>
</div>
  <div class="container">
    <form action="/action_page.php">
      <div class="row">
        <div class="col-25">
          <label for="fname">First Name</label>
        </div>
```

```

        <div class="col-75">
            <input type="text" id="fname" name="firstname" placeholder="Your
name..">
        </div>
    </div>
    <div class="row">
        <div class="col-25">
            <label for="lname">Last Name</label>
        </div>
        <div class="col-75">
            <input type="text" id="lname" name="lastname" placeholder="Your
last name..">
        </div>
    </div>
    <div class="row">
        <div class="col-25">
            <label for="tel">Phone Number</label>
        </div>
        <div class="col-75">
            <input type="text" id="fname" name="firstname"
placeholder="Your phone number..">
        </div>
    </div>
    <div class="row">
        <div class="col-25">
            <label for="subject">Remarks</label>
        </div>
        <div class="col-75">
            <textarea id="subject" name="subject" placeholder="Write
something..(optional)" style="height:200px"></textarea>
        </div>
    </div>
    <div class="row">
        <input type="submit" value="Submit">
    </div>
</form>
</div>
</body>
</html>

```

CSS Code:

```

*{
    box-sizing: border-box;
    margin: 0;
    padding: 0;
}
html,body{

```

```
background-color: #000;
font-family: 'Montserrat', sans-serif;
font-weight: 800;
}

input[type=text], select, textarea {
  width: 100%;
  padding: 12px;
  border: 1px solid #ccc;
  border-radius: 4px;
  resize: vertical;
}

label {
  padding: 12px 12px 12px 0;
  display: inline-block;
}

input[type=submit] {
  background-color: rgb(255,0,68);
  color: white;
  padding: 12px 20px;
  border: none;
  border-radius: 4px;
  cursor: pointer;
  float: right;
  letter-spacing: 2px;
}

input[type=submit]:hover {
  background-color: #f9e509;
  cursor: pointer;
  color: #000;
}

.container {
  border-radius: 5px;
  background-color: #f2f2f2;
  padding: 20px;
}

.col-25 {
  float: left;
  width: 25%;
  margin-top: 6px;
}

.col-75 {
```

```

float: left;
width: 75%;
margin-top: 6px;
}

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

/* Responsive layout - when the screen is less than 600px wide, make the two
columns stack on top of each other instead of next to each other */
@media screen and (max-width: 600px) {
.col-25, .col-75, input[type=submit] {
width: 100%;
margin-top: 0;
}
}
h2{
color: #fff ;
}
.mh{
padding: 40px;
border-left: 6px solid rgb(255,0,68);
margin: 13px;
border-radius: 4px;
background-color: #101010;
}
.fa{
padding: 20px;
width: 30px;
font-size: 20px;
text-align: center;
text-decoration: none;
border-radius: 50%;
}
.fa:hover{
opacity: 0.7;
color: rgb(255, 0, 68);
}
.fa-facebook{
color: white;
}
.fa-twitter{
color: white;
}
}

```

```
.fa-instagram{
  color: white;
}
header{
  display: flex;
  justify-content: space-around;
  align-items: center;
  padding: 30px 10;
  background-color: #101010;
  height: 69px;
}
header h1{
  color: #fff;
  cursor: pointer;
}
.nav_links{
  list-style: none;
}
.nav_links li{
  display: inline-block;
  padding: 0 20px;
}
.nav_links li a{
  transition: all 0.3s ease 0s;
  color: #fff;
}
.nav_links li a:hover{
  color: rgb(255, 0, 68);
}
.nav_links li,a{
  font-size: 20px;
  text-decoration: none;
}
```

Screenshot:

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127.0.0.1:5500/form.html

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Fitness Club

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"Strength does not come from physical capacity. It comes from an indomitable will."

-Mahatma Gandhi

First Name Your name..

Last Name Your last name..

Phone Number Your phone number..

Remarks Write something...(optional)

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