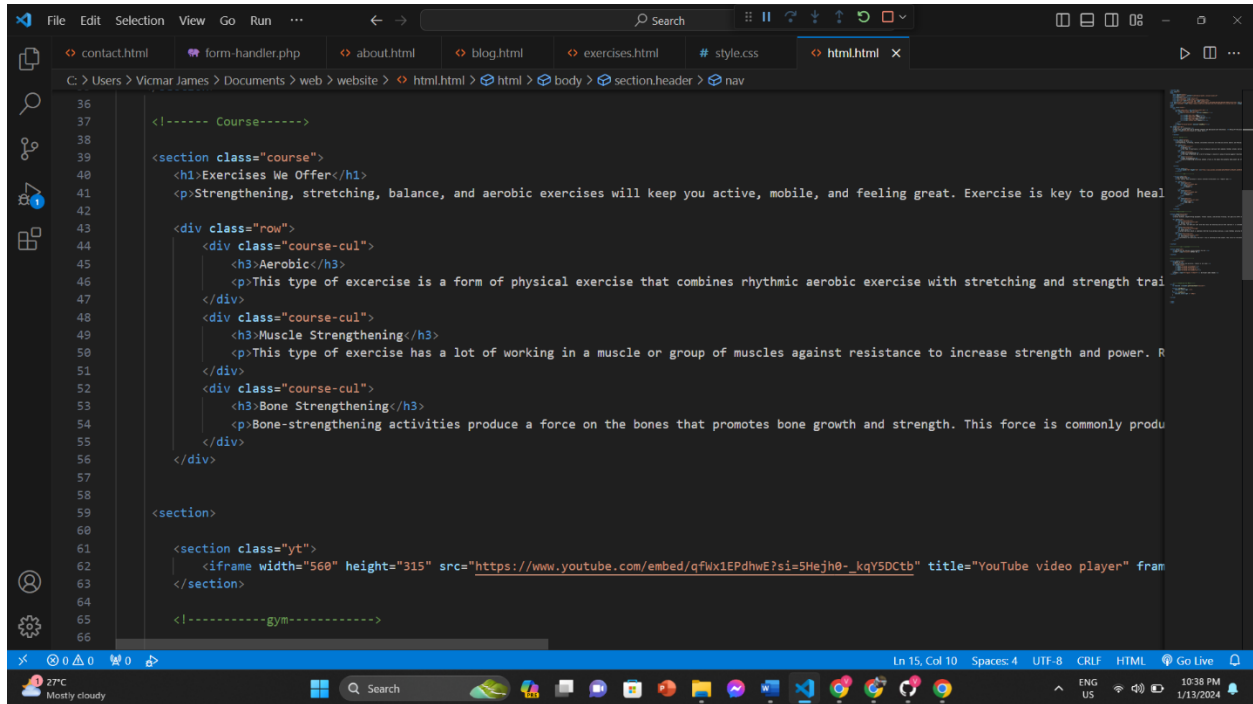


The purpose of applying block and inline elements, along with class and ID attributes in HTML and CSS, is to control the layout and styling of elements, with block and inline determining how elements are displayed in relation to each other, and class and ID providing targeted styling options for specific groups or individual elements in a project.



```
36
37
38 <!-- Course -->
39
40 <section class="course">
41   <h1>Exercises We Offer</h1>
42   <p>Strengthening, stretching, balance, and aerobic exercises will keep you active, mobile, and feeling great. Exercise is key to good heal
43
44   <div class="row">
45     <div class="course-cul">
46       <h3>Aerobic</h3>
47       <p>This type of excercise is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength trai
48     </div>
49     <div class="course-cul">
50       <h3>Muscle Strengthening</h3>
51       <p>This type of exercise has a lot of working in a muscle or group of muscles against resistance to increase strength and power. R
52     </div>
53     <div class="course-cul">
54       <h3>Bone Strengthening</h3>
55       <p>Bone-strengthening activities produce a force on the bones that promotes bone growth and strength. This force is commonly produ
56     </div>
57   </div>
58
59   <section>
60
61     <section class="yt">
62       <iframe width="560" height="315" src="https://www.youtube.com/embed/qfwx1EPdhwE?si=5Hejh0-_kqY5DCtb" title="YouTube video player" fram
63     </section>
64
65   <!-- Gym -->
66
```