

INTRODUCTION

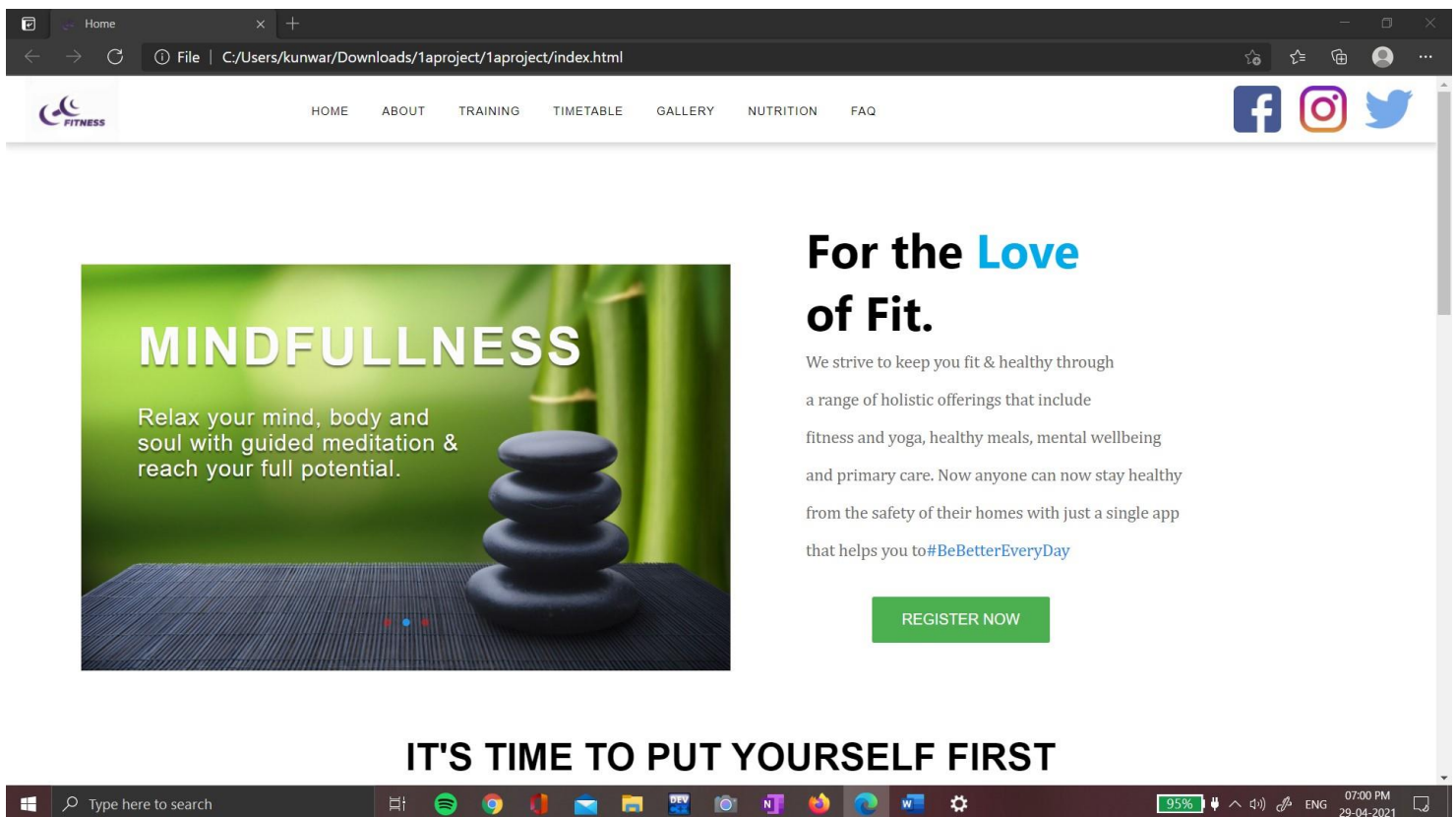
The project is based on “fitness club” here we can manage our club activities (like recruitment, registration, announcements, advertising, blogs etc.). In this website there are 8 modules and 20 buttons used. This project is made with help of HTML, CSS and JavaScript.

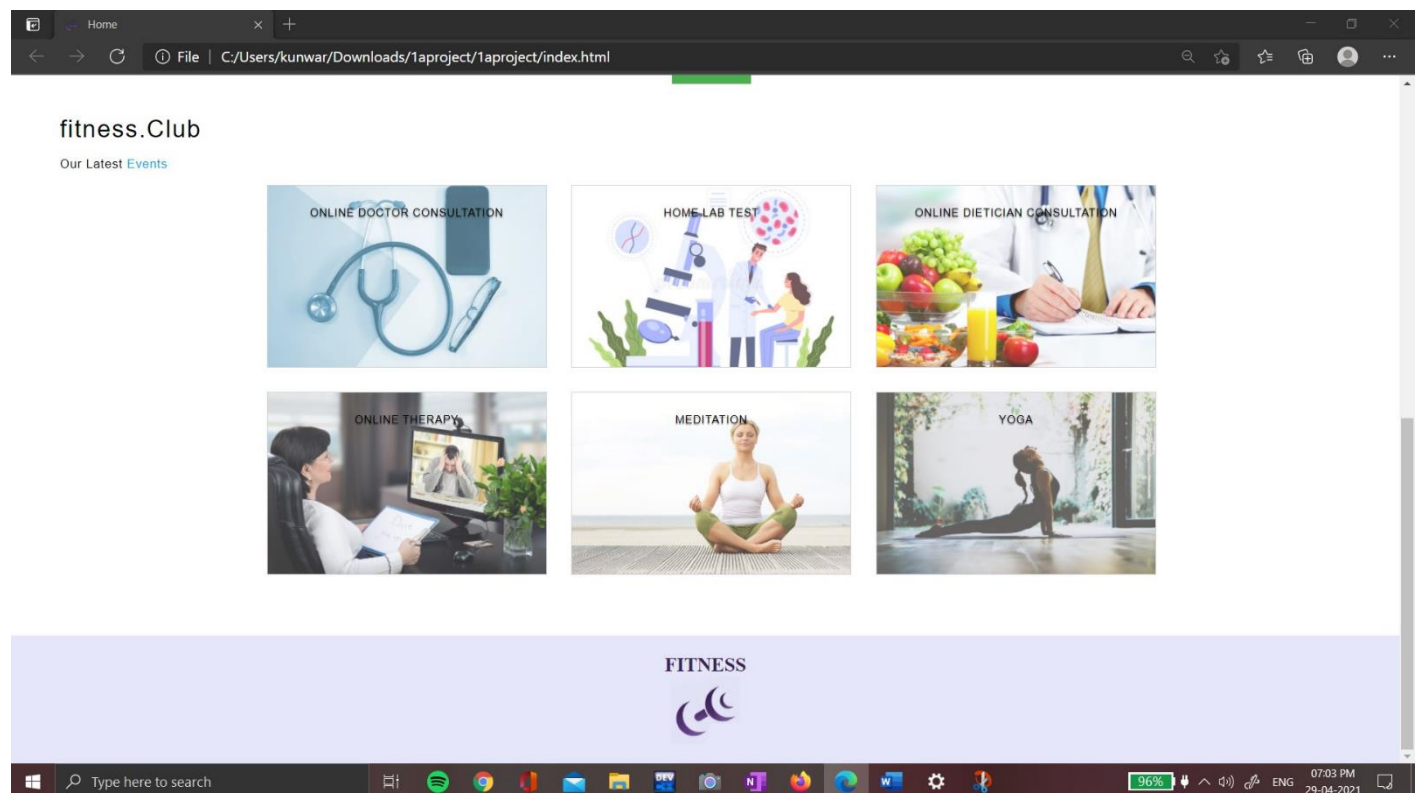
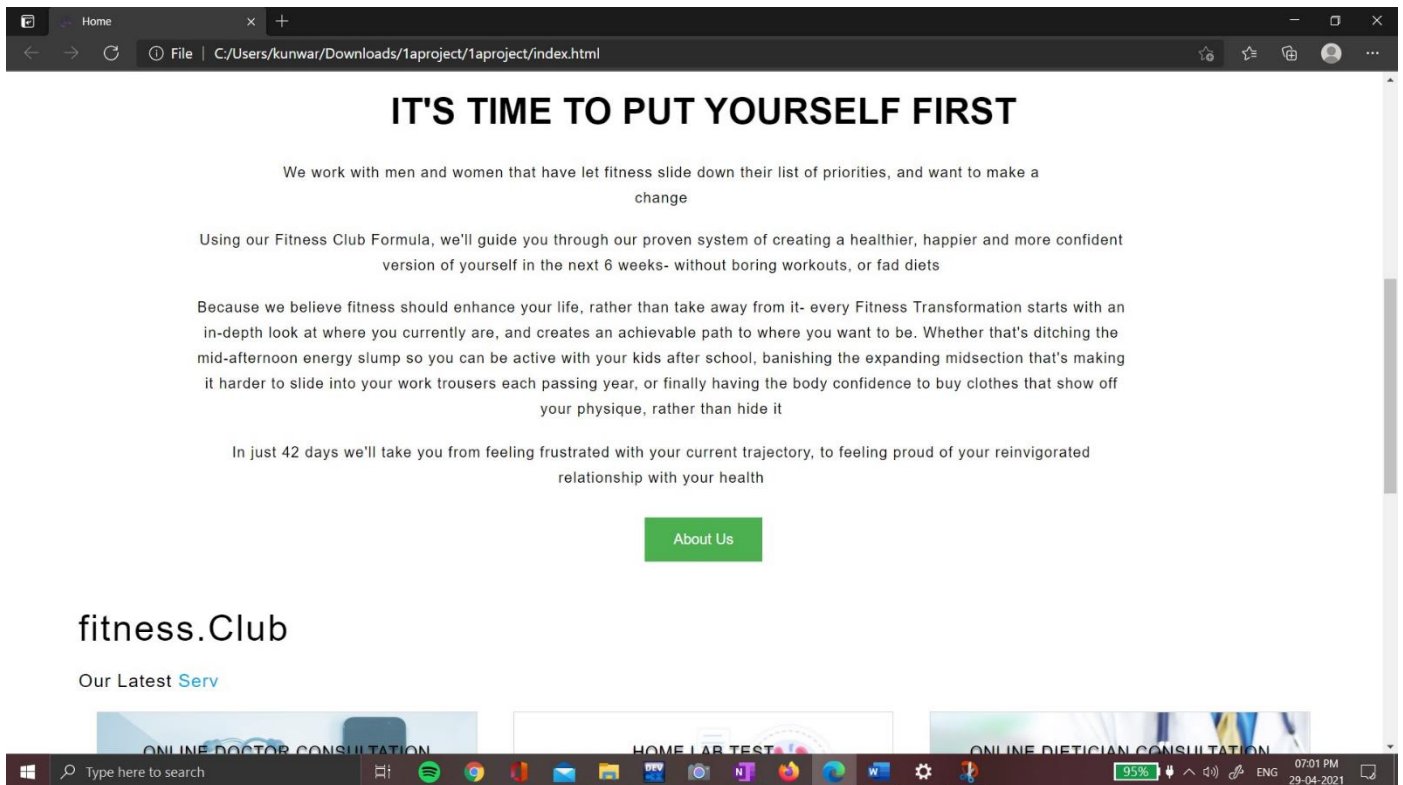
Objective

Fitness clubs, offer various services to help members meet their fitness goals. Increasing your physical activity helps prevent cardiovascular disease and type 2 diabetes, among other common health hazards. Health clubs are an effective way to add variety to your routine. However, in the current time everyone has the keen to handle things digitally we have website that can help a lot in managing these type of club activities from enrolment to the managing and updating schedule to manage the customers experience with better time management and connectivity.

Modules

1.Home





2. Registration

register.html

File | C:/Users/kunwar/Downloads/1aproject/1aproject/register.html

Register
Please fill in this form to create an account.

Email
vizualaidig@gmail.com

Password

Repeat Password

By creating an account you agree to our [Terms & Privacy](#).

Register

Already have an account? [Sign in](#).

FITNESS

3. ABOUT US

About

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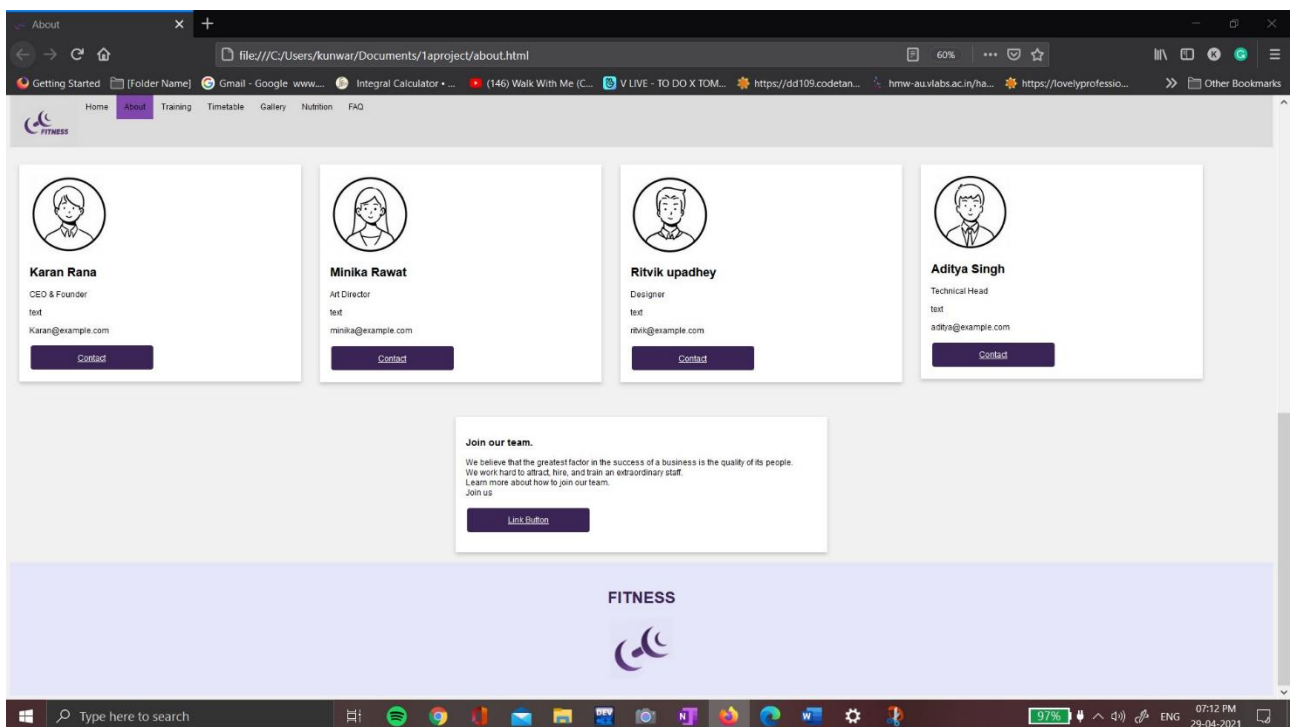
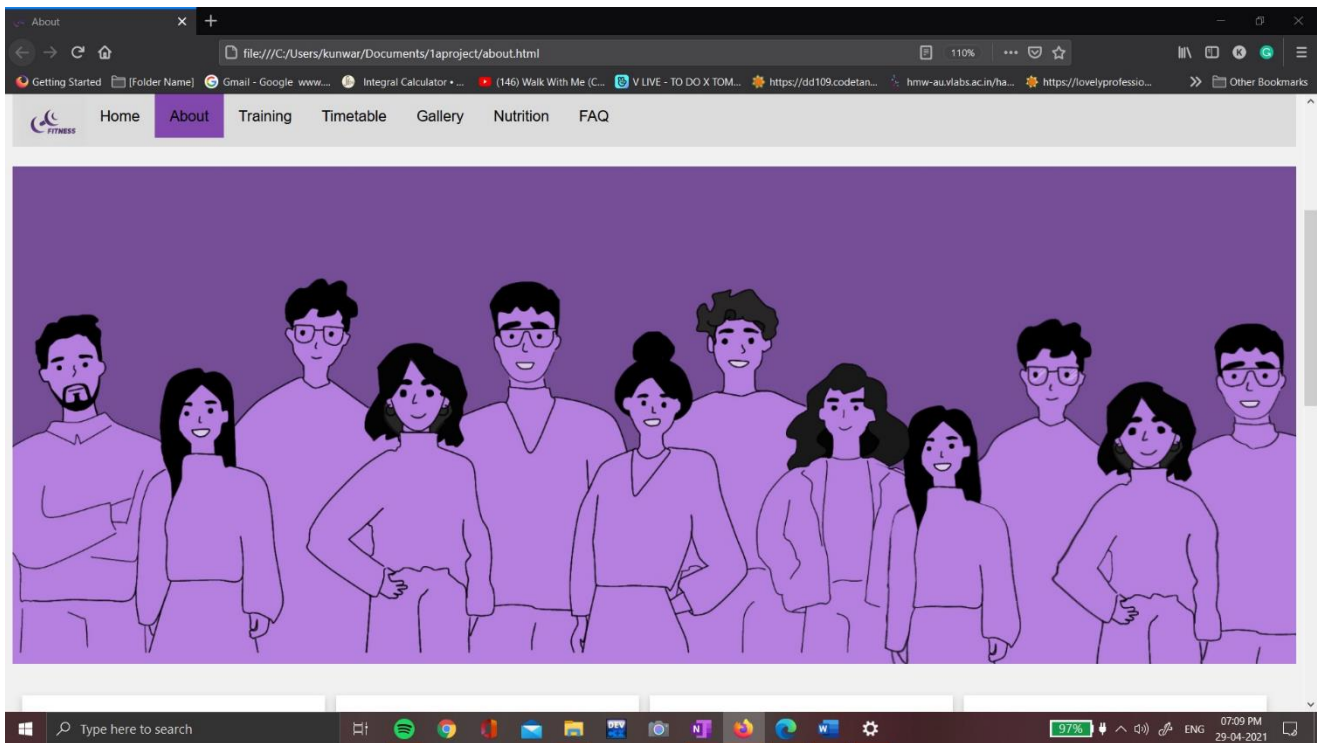
Getting Started | Folder Name | Gmail - Google www... | Integral Calculator • ... | (146) Walk With Me (C... | V LIVE - TO DO X TOM... | https://dd109.codetan... | hmw-au.vlabs.ac.in/ha... | https://lovelyprofessio... | Other Bookmarks

Home | About | Training | Timetable | Gallery | Nutrition | FAQ

WHO WE ARE

OUR VALUES	KNOW US	WHAT WE DO
Our club embraces the values of professionalism, flexibility, commitment, client focus	This Fitness club was founded in 2018 managed by student council of the university. The Gym and Fitness founders didn't want it to be just another regular fitness club - they wanted to be the best. Now we have 5000 active members in the club. We have helped over 5,000 members live happier and healthier lives.	We want to help people live a fit and healthy lifestyle! We do this by helping them find the most suitable regime for their development.


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4. TRAINING

Training


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HOMEABOUTTRAININGTIMETABLEGALLERYNUTRITIONFAQ



TRAINING



When you start the search for workout spaces, you'll encounter two main types – fitness clubs and gyms. But which is best?


For some, the most daunting part of going to a regular gym is being there and having to workout on your own. Going alone in the gym needs a huge amount of not only confidence but also motivation to really push yourself to go to the limit. With a fitness club, there are set daily and weekly classes that members can sign up to. This way, they don't have to workout alone. From spin and yoga to Zumba and circuits, you'll be sure to find a class you want to participate in. There, you'll feel as part of a group who want to get fit and be active. And the best part is they're usually included in the membership fee.

Join the class

You've made the decision to join

About us


Type here to search






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Training

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TRAINING


Join the class



You've made the decision to join the gym. But which is best for you - a fitness club or a standard gym? Cost, types of membership and opening hours all play a factor in this decision. At the end of the day, going to the right gym is all about the facilities. What you get from joining a fitness club compared to a regular gym obviously differs. But what are the major benefits and perks of signing up for a more well-rounded establishment?


Training personal to you

Title description, Dec 7, 2017



As we've said, if you lack confidence in your own ability at the gym it can really be an off-putting factor. But with a fitness club, you don't have to feel intimidated if you don't really know what you're doing in the gym, thanks to personal trainers. A member of the club's staff can talk you through all the equipment and

About us



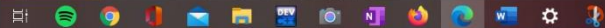
[click](#)

Join our team

We believe that the greatest factor in the success of a business is the quality of its people. We work hard to attract, hire, and train an extraordinary staff. Learn more about how to join our team. Join us

Link Button

Type here to search



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5. Timetable

Time Table

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f i t n e s s

Timetable

Daily Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chest Day	Shoulder Day	Bicep Day	Tricep Day	Back Day	Leg Day
Aerobics	Cardio	Crossfit	Bhangra	Abs Workout	Yoga

FITNESS

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6. Gallery


Gallery

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f i t n e s s

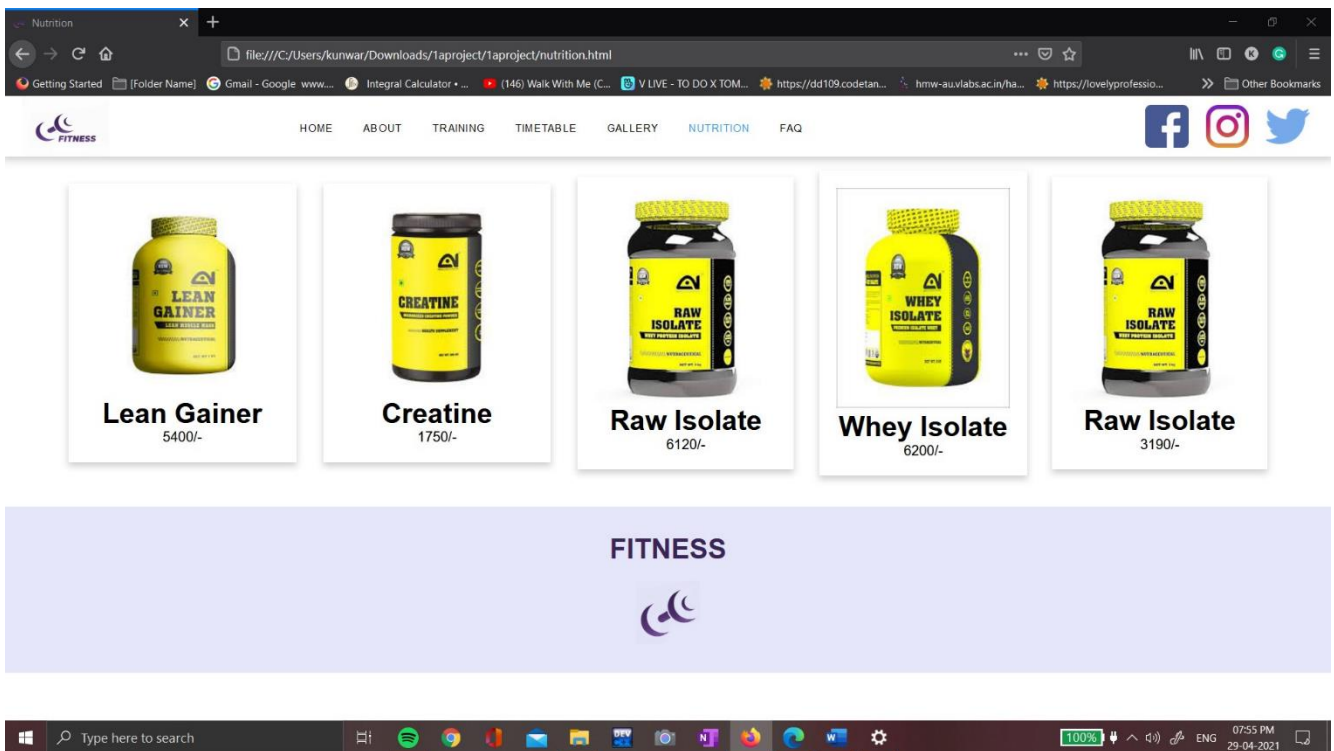
Gym Gallery



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7. Nutrition



8. FAQ

