Development of Fitness Management System Application

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Abstract - This project Fat to fit gym management application is an online website which provides a platform for all age groups to learn and excel in most amazing and loved field called Fitness. It has various famous Trainers available to train the candidates.

It also provides a safe and fun environment that allows every individual in developing fitness. Here candidates are given opportunities to take part in various competitions in the Gym.

1. INTRODUCTION

We all know health is a wealth. We do not need a fancy car, big apartment, a doctor degree without a health. Being healthy is a first thing we need to keep in mind. Because most of time our attitude depends on how we feel. Being healthy and fit gives us energy to do anything. Physical fitness is very necessary for a healthy and tension free life. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

Gym management system software provides a better software solution for billing. This dance school management software works on both Mac and Windows. Business Management Software exclusively for dance schools and dance studios - Unlimited Version - unlimited customers.

Gym management system is developed in Java programming language using NetBeans IDE. This is a simple project that will assist the gym manager to handle their customer. This project has a lot of option you can do within. You can create members and perform update method on them. As frontend design, NetBeans IDE is used. The back end of this project is handled by the MySQL database.

All know that the human body is the best picture of the human soul. Physical fitness is a state of well-being with low risk of premature health problems and energy to participate in a variety of physical activities (Howley & Franks, 1997). Fitness is essential for a healthy and tension free life. Being healthy is the first priority despite of the apartment, car, a doctor degree and luxurious lifestyle. Most of the time our attitude depends on how we feel. Being

healthy and fit gives us energy to do anything. Fitness includes the diet, exercise and sleep. These three basic things have their own importance in each individual's life and it is sensible with regard to these for a healthy life. In context of Nepal, people are being attracted to the fitness. Many fitness center are running but they are not systematic. Very few number of fitness center are using the software to store the member information and maintaining their website. The proposed to develop a fitness management system is for those who runs a fitness or gym business. This project is designed to facilitate a fitness center to automate its operations of keeping records and proper database security. The software will store data about members, employees, food supplement, services etc. and all transaction that occur in fitness center. It is made to store a huge registering system without failure as well as different functions depending on the user requirements. It also provides the facility for searching the records effectively and immediately.

1.1 Overview of the Project

Our proposed "Smart Gym Management System" is for those who run a gym business. Before doing anything we did a decent research on major difficulties for gym owners. We examined carefully about how to make a huge registering system without failure as well as different functions for different kind of user depending on their privilege. The Gym Management requires a system that will handle all the necessary and minute details easily and proper database security accordingly to the user. They requires software, which will store data about members, employees, products, payroll, receipts of members & all transactions that occur in Gym.

1.2 Aim

Aim The main aim of the project is to design and develop a user friendly system which facilitate fitness center to automate its operation of storing the details of the members, employees, services and transaction occur in the fitness center.

1.3 Objectives

The objectives of this study are summarized below:

- The main objective of the project is to design and develop a user friendly efficient computerized Gym Management System.

- An accurate system without any data redundancy.

- Secured data storage for Authority end.

- Secure the user ends data by providing each user's own personal credentials.

- A flexible system which can maneuver the customer-staff relationship in an effective manner.

- To provide better graphical user interface.

- Computerization can be helpful as means of saving time & money.

2. LITERATURE SURVEY

A Project Paper on Smart Gym Management System

Any business that does not have a website is missing out on one of the most powerful marketing tools available to them. The main reason that it is important for businesses to have a website is how people are likely to find you. These days most people will go online and research products and companies before they make a purchase. For this reason of dependency on online, we develop a website for a gymnasium in which customer can get all information about the gymnasium and he/she can access or enroll at the gym via online. Usually, the client uses MS Excel or paper, and maintains their records, however it is not possible them to share the data from multiple system in multi user environment, there is lot of duplicate work, and chance of mistake. When the records are changed they need to update each and every excel file. The Smart Gym Management System eliminates most of the limitations of the existing software. Increasing efficiency and effectiveness, automation, accuracy, user-friendly interface, information availability,

communication capacity, maintenance, cost reduction makes our system smarter than the existing system. We integrate some new and prominent features along with all the necessary features. Some of them are user login by face recognition, webcam integration, using Twilio SMS API for phone number verification.

INTRODUCTION OF GYM MANAGEMENT SYSTEM

The purpose or objective of this system is to digitalize and create an automated system. The system will perform the task like adding the new member to the gym, Removing the member or keeping the payments records and other stuff required in managing the gym properly. The present scenario in the gyms is that the records are kept by writing in a file on the paper. Every management task is done manually. This creates a system unreliable and confusing to keep the correct track of the records. The maintenance of the system like this is hardly required until it needs to change any part of the system. The information about the various things contained in the system are like members, trainers, equipment can get by just a few clicks unlike the paper documents required the serious reading for such information. It helps in creating the various batch according to their preference or if they want a particular trainer. It made easy to generate the reports of various operations performed in the gym are like paying the fee it can be stored and later evaluated and get the list of members who did not pay the fee. It also helps the users in reducing the carbon footprint as the amount of paper used in company reduces. This also helps in keeping the standard width of the management system as if there is a case where the administration involves more than one person to manage the gym. This system does not only limit itself to the administration and but also helps the members of the gym. The members can have options like attendance and fee payment change batch request etc. This will improve the transparency between the members which is always a good quality in the system. It will also give the layer of security to the administration and the users that only authorized users can access by their credentials.

There are many gym center using the management system. These two are the popular fitness management system:GymMaster GymMaster is gym software designed to make it easy to maintain detailed records of members and their memberships, book classes and trainers, process and track sales, and communicate in mass with the right members at the right time. The Gym Master software can track member information, helping to identify members needing encouragement with their fitness goals. It is designed to fit clubs of all sizes, this gym software is feature-packed with a full booking system, point of sale, website integration and direct debit integration, a mobile app for trainers and online booking for clients. It focuses on both increasing the efficiency of your daily member management operations, as well as providing the tools to promote business success and growth in the long term.

FitnessForce is Web-Based Gym Management Software which helps to organize, automate and ultimately bring the growth of gym/club business. It is a CRM software which works on the SAAS Model. Since it a web-based software, it is easily accessible and helps you manage all your centers from anywhere and at any time, irrespective of whether you own a single gym or a chain of gyms. The features are sales and marketing, lead management, client management, billing, access control corporate membership, appointment and class management and report.

3. SYSTEM ANALYSIS:

3.1 Existing System

The existing Gym Management System did not have a user-friendly interface. The details regarding gym members were manually written and recorded. There was no system of paying fees online. The

gym members were not notified regarding the fee payment that were outstanding..
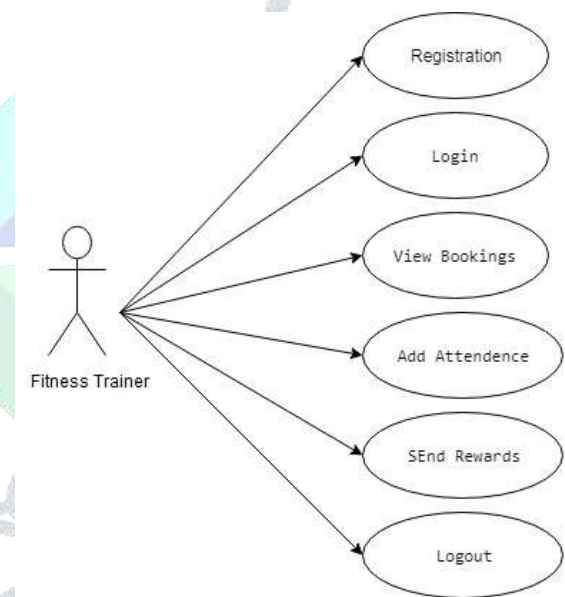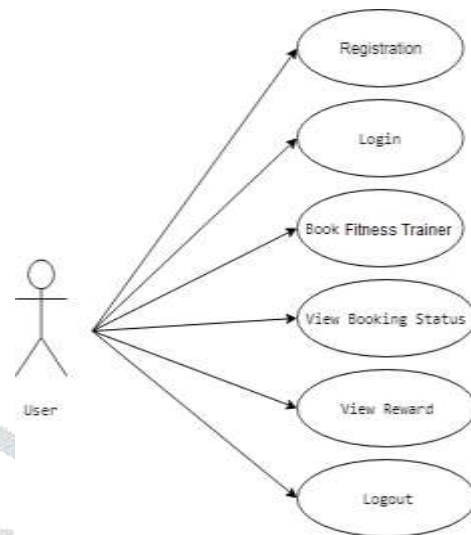
3.2 Proposed System

The online gym management system is user-friendly application. This automated system makes all functionality easier for both owners and customers. It is very simple in design and to implement. The system requirements are very low. System resources and the system will work in almost all configurations
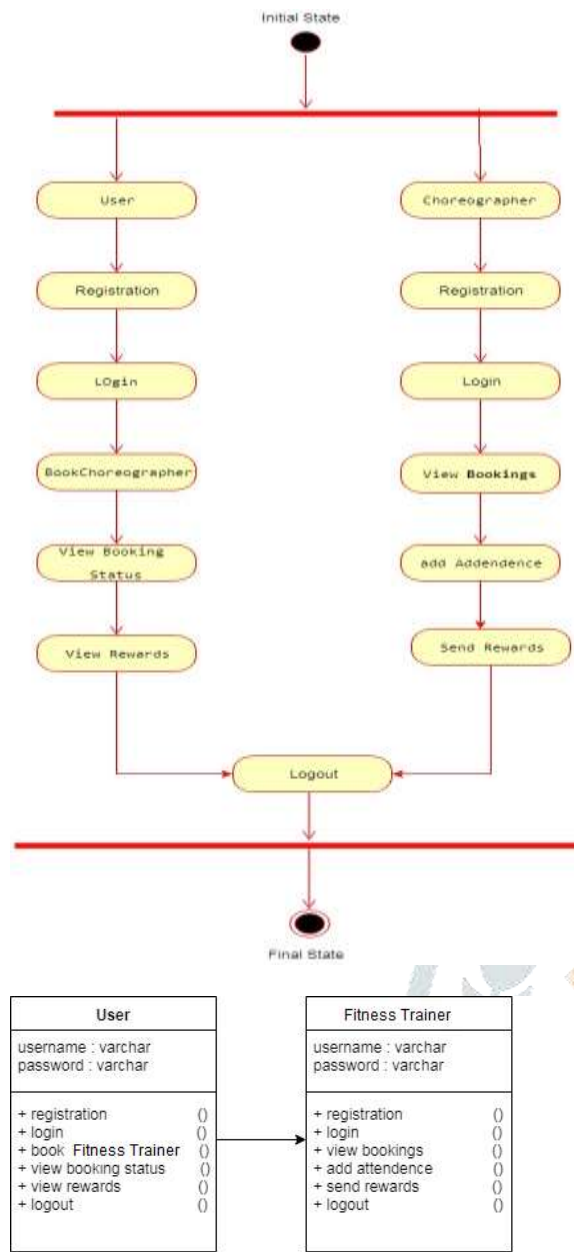
❖ It has some features like

- Candidates can register online for their desired fitness classes.
- It has two types of service which is at Gym and at home.
- There are limited number of registrations are done under each Trainer.
- This Gym Admin also gives rewards and appreciation for all the winners.
- It displays calendar blocked (if two or more candidates register for the same Trainer, at the same time for different locations).
- Candidates who are not attending the regular fitness classes will revive a mail from Gym.
- Hence, valuable suggestions and comments of all candidates are solicited.
- The feedback will certainly help us in further improving the Gym in future.

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MODULES:

- Fitness Trainer
- User

SYSTEM DESIGN:

Fig 4.2: Calculate BMI Page
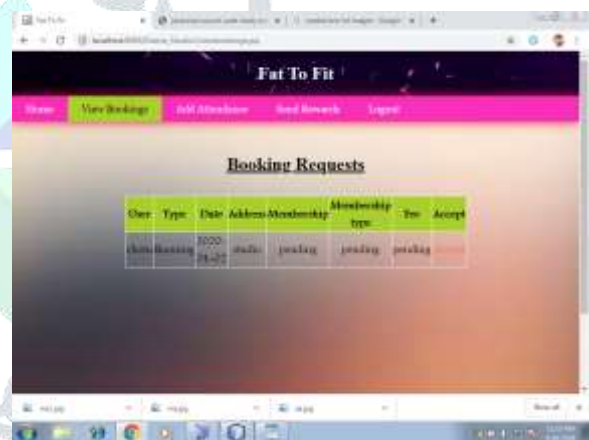

Fig 4.3: All Fitness Types Page

Fig 4.4: Booking Requests Page

4. OUTPUT RESULTS:

Fig 4.1: Home Page

5. CONCLUSION

Fitness Management System developed using JAVA is an excellent solution for gyms with a large/growing number of members, or ones serving elite clientele. This solution helps to identify the user and manage their timely memberships.

In its working, each member is issued a membership card which is valid for a fixed number of gym sessions, or for a particular period of time, or a combination of the two, totally based on the payment policy. Once the time-frame or number of

sessions expires, the machine notifies the member about the payment of renewal.

Hence, the system reduces hassle and any chances of quarrels between the members and the gym management. It can also generate multiple reports like monthly, weekly, daily, session wise

While developing this Fitness Management System project we have learnt a lot about HTML/CSS/JS/JAVA/MySQL and working with database management, we have also learnt how to make the application user-friendly (easy to use and handle) by hiding the complicated parts of it from the users.

During the development process, we studied carefully and understood the criteria for making software more demanding, we also realized the importance of maintaining a minimal margin for errors.

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