



Website Analysis: plymouthcreekathleticclub.com

Generated on April 10 2026 14:23 PM





The score is 44/100







SEO Content

| | Title | <p>Plymouth Creek Athletic Club</p> <p>Length : 28</p> <p>Perfect, your title contains between 10 and 70 characters.</p> | | | | | | | | | | | | |
|----|---------------------------|---|----|----|----|----|----|----|---|---|---|---|---|---|
| | Description | <p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p> | | | | | | | | | | | | |
| | Keywords | <p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p> | | | | | | | | | | | | |
| | Og Meta Properties | <p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p> | | | | | | | | | | | | |
| | Headings | <table border="1" data-bbox="542 1366 1484 1444"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>2</td> <td>7</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="606 1467 1500 2016" style="list-style-type: none"> • [H1] Fitness. Support. Empowerment. • [H1] For every body. • [H2] View Class Schedule & Class Descriptions • [H2] - We ACCEPT SILVER SNEAKERS, One Pass, & Renew Active! • [H2] -Call Kathy to Sign up for Swim lessons & check availability: • [H2] (763) 478-6428 • [H2] -Schedule a massage treatment with one of our highly experienced & licensed therapists: • [H2] - Schedule a complimentary personal training session to build a fitness & nutrition plan: • [H2] Call: (763)559-6286 Text: (612)208-6686 E-mail: (steven.frolov@plymouthcreekathleticclub.com) to get started! • [H3] -Click the view class schedule link above for all Group Fitness and Aqua Aerobics classes. | H1 | H2 | H3 | H4 | H5 | H6 | 2 | 7 | 1 | 0 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 2 | 7 | 1 | 0 | 0 | 0 | | | | | | | | | |
| | Images | <p>We found 10 images on this web page.</p> | | | | | | | | | | | | |

SEO Content

| | | |
|--|-----------------|--|
|  | | 8 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images. |
|  | Text/HTML Ratio | Ratio : 6% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content. |
|  | Flash | Perfect, no Flash content has been detected on this page. |
|  | Iframe | Great, there are no Iframes detected on this page. |

SEO Links

| | | |
|--|-------------------------|--|
|  | URL Rewrite | Good. Your links looks friendly! |
|  | Underscores in the URLs | Perfect! No underscores detected in your URLs. |
|  | In-page links | We found a total of 7 links including 0 link(s) to files |
|  | Statistics | External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100% |


In-page links

| Anchor | Type | Juice |
|------------------------------------|----------|---------------|
| Home | Internal | Passing Juice |
| About Us | Internal | Passing Juice |
| Health And Fitness | Internal | Passing Juice |
| Facilities | Internal | Passing Juice |
| Memberships | Internal | Passing Juice |
| | | |

In-page links

| | | |
|----------------------------|----------|---------------|
| Happenings | Internal | Passing Juice |
| Contact | Internal | Passing Juice |






SEO Keywords

| | |
|---|---|
|  Keywords Cloud | plymouth hours campus sunday saturday happenings am10 operating monday-friday drive |
|---|---|

Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|-----------|---------|-------|----------|-------------|----------|
| am10 | 2 | ✘ | ✘ | ✘ | ✘ |
| plymouth | 2 | ✔ | ✘ | ✘ | ✔ |
| operating | 1 | ✘ | ✘ | ✘ | ✘ |
| drive | 1 | ✘ | ✘ | ✘ | ✘ |
| campus | 1 | ✘ | ✘ | ✘ | ✘ |





Usability

| | |
|---|---|
|  Url | Domain : plymouthcreekathleticclub.com Length : 29 |
|  Favicon | Great, your website has a favicon. |
|  Printability | We could not find a Print-Friendly CSS. |
|  Language | Good. Your declared language is en. |
|  Dublin Core | This page does not take advantage of Dublin Core. |



Document

| | | |
|--|-----------------|--|
|  | Doctype | XHTML 1.0 Transitional |
|  | Encoding | Perfect. Your declared charset is UTF-8. |
|  | W3C Validity | Errors : 0 Warnings : 0 |
|  | Email Privacy | Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers. |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML. |
|  | Speed Tips | <ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Perfect, your website has few JavaScript files. Too bad, your website does not take advantage of gzip. |

Mobile

| | | |
|--|---------------------|--|
|  | Mobile Optimization | <ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content |
|--|---------------------|--|

Optimization

| | | |
|--|-------------|--|
|  | XML Sitemap | Great, your website has an XML sitemap. <code>http://plymouthcreekathleticclub.com/sitemap.xml</code> |
|  | Robots.txt | <code>http://plymouthcreekathleticclub.com/robots.txt</code> Great, your website has a robots.txt file. |
| | Analytics | Missing |

Optimization



We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.