

# Silvia Furia

Web 160: Writing for the Web

Assignment 5: Page Titles & Keywords

## Page 1: Main page ([index.html](#))

**Title:** Seattle Pilates Studio | Metropolitan Pilates | University Village – Seattle, WA

**Keywords:** Pilates Seattle, Northwest, U-Village, University Village, Fitness instruction, Pilates studio, Pilates classes, Wellness studio, Physical fitness, Pilates exercises, Resistance training, Exercise balls, Pilates training, Pilates certification, Pilates instructor certification, Pilates teacher certification, Pilates instructor training, Joseph Pilates, Romana Kryzanowska, Dorothee VandeWalle, Privates, Semi-privates, Wall unit, Tower classes, Reformer classes, Equipment classes, Mat class

## Page 2: About page ([about-metropolitan-pilates.html](#))

**Title:** About | Metropolitan Pilates | Seattle, WA

**Keywords:** Pilates Seattle, Northwest, U-Village, University Village, Fitness instruction, Pilates studio, Pilates classes, Wellness studio, Physical fitness, Pilates exercises, Resistance training, Exercise balls, Pilates training, Pilates certification, Pilates instructor certification, Pilates teacher certification, Pilates instructor training, Joseph Pilates, Romana Kryzanowska, Dorothee VandeWalle, Privates, Semi-privates, Wall unit, Tower classes, Reformer classes, Equipment classes, Mat class, Contemporary Pilates

## Page 3: Starting Pilates page ([starting-pilates.html](#))

**Title:** Starting Pilates | Metropolitan Pilates | Seattle, WA

**Keywords:** Pilates Seattle, University Village, Pilates studio, Pilates classes, Beginner classes, Group classes, Mat classes, Reformer classes, Pilates equipment, Pilates clothes, What to wear to Pilates, How to start Pilates, Getting started with Pilates, Starting Pilates, Private sessions, Privates

## Page 4: Pilates sessions page ([pilates-sessions.html](#))

**Title:** Pilates Sessions | Metropolitan Pilates | Seattle, WA

**Keywords:** Pilates Seattle, Fitness, Instruction, Pilates studio, Pilates classes, Physical fitness, Pilates exercises, Resistance training, Privates, Semi-privates, Wall unit, Tower classes, Reformer classes, Equipment classes

## Page 5: Pilates classes page ([pilates-classes.html](#))

**Title:** Pilates Classes | Metropolitan Pilates | Seattle, WA

**Keywords:** Pilates Seattle, Fitness, Instruction, Pilates studio, Pilates classes, Physical fitness, Pilates exercises, Resistance training, Privates, Semi-privates, Wall unit, Tower classes, Reformer classes, Equipment classes

## Page 6: Rates page ([pilates-rates.html](#))

**Title:** Pilates Rates | Metropolitan Pilates | Seattle, WA

**Keywords:** Pilates Seattle, Pilates studio, Pilates classes, Privates, Semi-privates, Wall unit, Tower classes, Reformer classes, Equipment classes, Prices, Cost, Rates