To create an effective SEO strategy for this page, we need to focus on making it more visible to search engines like Google while attracting a larger audience. Here's are some of the ways it can be done & some methods that I've used in this project:

1. Keyword Research and Optimization:

- Target Keywords: Identify important terms that people may search for, such as "gym membership costs," "fitness programs," "personal training services," "top gym reviews," and other related keywords for your page's content.
- Make sure to include the target keywords smoothly within the content, like in descriptions of plans, benefits, and customer reviews. Don't overuse the keywords, as repeating them too much can hurt your SEO.

2. Improve Meta Tags and Descriptions.:

- **Title Tag:** The title is crucial for both search engines and users. It should be straightforward, brief, and include relevant keywords.
 - Example: <title>Budget-Friendly Gym Membership Plans Monthly & Annual Options</title>
- **Meta Description:** This is the brief text shown under the title in search results. It should encourage people to click on the page.
 - Example: <meta name="description" content="Check out our flexible gym pricing plans monthly and annual options. Find the best plan for your fitness goals. Join today for a healthier you!">

3. User Engagement and Reviews:

- **Testimonials:** Adding customer reviews and testimonials builds trust in your site and offers fresh content, which can help improve SEO.
- Calls to Action (CTA): Motivate users to take steps, such as signing up for a plan or reading more reviews. The more users interact with your page, the better it may rank on Google.

4. Track and Analyze (Tools I would use):

- **Google Analytics:** Set up Google Analytics to track visitor behavior on your site, see which pages are most popular, and find out where your traffic is coming from.
- Google Search Console: Use Google Search Console to keep an eye on your site's search performance, track any errors, and check how your pages rank for specific keywords.