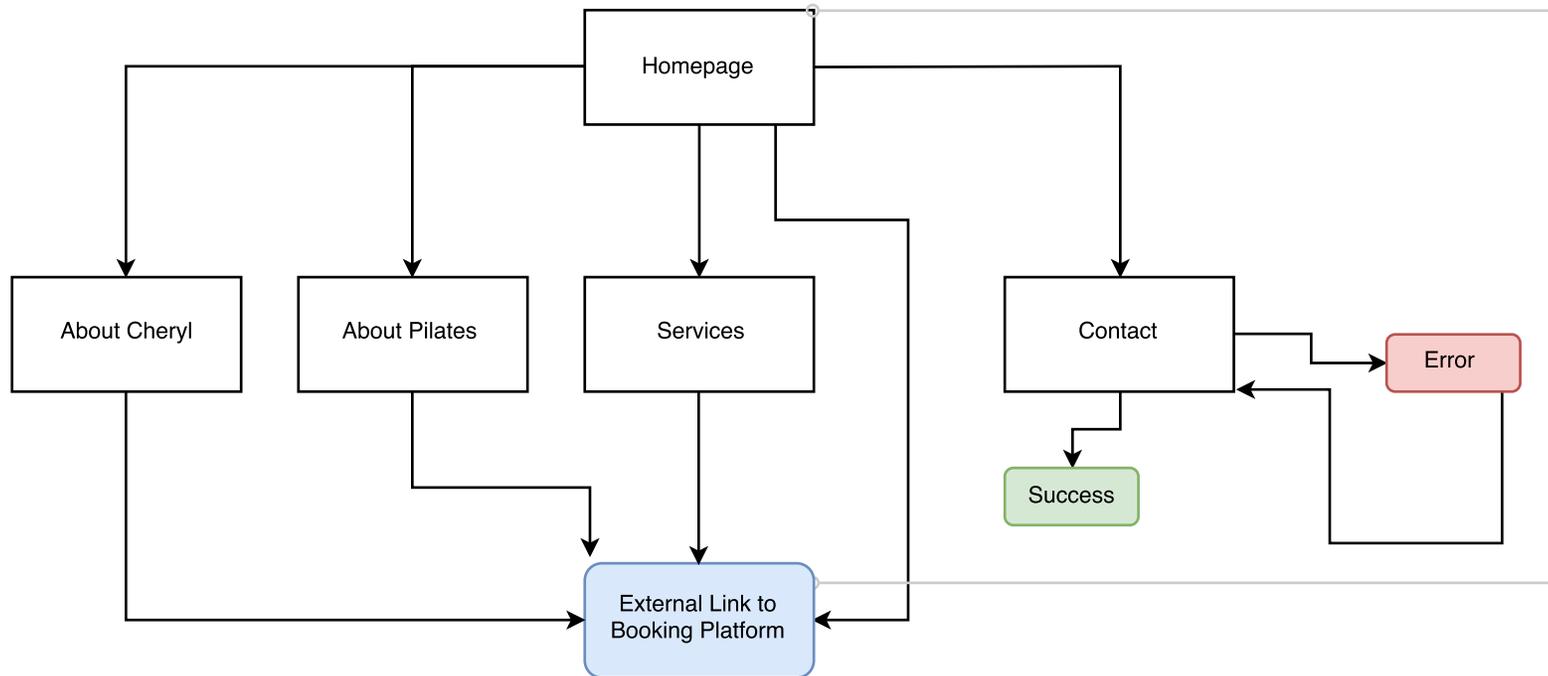


GLE Pilates Website Flowchart





[workout photo]

the good life experience

The Good Life Experience is a holistic approach to fitness and a sincere dedication to the individual experience. Thoughtful, attentive, and detailed, Pilates Instructor and Owner Cheryl D. Smith goes above and beyond to custom tailor each client course to achieve body-changing results. Your personalized experience will ensure that you look and feel your best. [Learn more >](#)

[Book a Session](#)

why pilates

The Pilates exercise method is based on six principles: concentration, control, centering, breathing, flow, and precision. [More >](#)

[workout icon]

Works Small & Large Muscles

Smaller intrinsic muscles or stabilizers that support the bones are initiated first, followed by larger group muscles.

[workout icon]

Eases Pain & Discomfort

Pilates creates body awareness and precise movement to address imbalance, pain and discomfort by lengthening muscles and strengthening weak ones.

[workout icon]

Builds a Stable Core

Pilates builds a stable core and creates space in the body with close attention to the vertebrae in order to make efficient movement, synergy and muscle coordination.

[workout icon]

Low Impact

It is the quality of movements, not that quantity that counts, allowing for continuous movements that are safe for people in varying populations on all levels.

visit the studio

Our spacious, quiet studio is located in Armonk, NY and offers private outdoor workout space.

[photo of outdoor workout]

[map]



[Book a Session](#)



[photo of Cheryl]

about cheryl

Cheryl Denise Smith was born in Mt. Vernon, NY to Charles "Chuck" Smith and Barbara J. Harris. Her father, Chuck Smith, was a political and civil activist who worked for Parks and Recreation in Westchester County and retired as Director of Housing and Development in Harlem. Barbara, a hard working single parent moved Cheryl to St. Petersburg, FL after her company moved to the Gulf Coast in the Sunshine State.

Cheryl had a tough time adjusting from the fast paced environment she was once used to but soon after she discovered her love for the beach, she learned to make the most out of her new surroundings.

One day a close and very pregnant friend of Cheryl's lent her an in-home Pilates DVD. She fell in love with it and the results of her body transformation so much that she introduced it to a friend, and then a neighbor. She enjoyed her new found passion of Pilates and teaching others. She taught sun-rise sessions on the beach, afternoons in parks and evenings in homes.

Cheryl moved back to New York and became certified by Erika Bloom Pilates Plus 500 Hour Comprehensive Pilates Apparatus and Mat Course. She became certified in TRX training and a Certified Level 3 personal trainer for the Personal Training Institute (PTI) in Rye Brook. She utilizes her skills by developing personalized routines for her clients.

This past December 2014, Cheryl manifested her passion, knowledge and good nature into the Good Life Experience (GLE) Pilates Studio in Armonk, N.Y. Her clients get individualized personal care and attention because she is dedicated to their fitness goals and success.

Her approach uses therapeutic and challenging exercises that create a total mind and body transformation. Cheryl encourages good health, good fortune, happiness and well-being in her exclusive studio GLE Pilates.

about the studio

GLE Pilates is located in the quiet nature of Armonk, New York. Our facility includes private outdoor workout areas, great lighting indoors and free parking.

Book a Session >





[workout photo]

about pilates

Pilates is fairly new to the general public. However, Pilates was developed during World War I by a concentration camp detainee Joseph Pilates. While in the camp, he implemented a daily exercise program demonstrated by his fellow detainees. None of them got sick during the influenza epidemic of 1918-1919.

Soon after, he demonstrated his regimen to hospital patients. As to not over exhaust himself manually working out 30 patients daily, he came up with the Cadillac. Now, patients could work out themselves under Joe's supervision. But you ask, what is Pilates?

It is its own unique system of exercises utilizing every part of the body for your every activity. Pilates is performed on a mat or specifically designed equipment including the Reformer, The Cadillac aka Trapeze Table, The Chair, the Magic Circle, and the Ladder Barrel. Pilates exercise method accounts for six basic principles: concentration, control, centering, breathing, flow, and precision.

Pilates is not merely just a core workout. Neither is it the Barre Method, nor yoga. It is similar in that it connects the mind and body affecting movement. Yet, the Pilates Method is more efficient in recruiting muscle patterns, teaching joint stability and mobility properly, and increasing efficient movement.

Smaller intrinsic muscles or stabilizers that support the bones are initiated first, followed by larger group muscles. Not only is Pilates excellent in creating body awareness and precise movement, it also addresses common imbalances and relieves pain and discomfort by lengthening out the musculature and fascia locked short and strengthens functionally weak muscles. This facilitates healthy movements with correct alignment in all planes of motion Pilates emphasizes core stability and creating space in the body with close attention to the vertebrae in order to make efficient movement, synergy and coordination between muscles.

It is the quality of movements, not that quantity that count in this exercise. This practice allows for continuous low impact, modifiable movements that are safe for people in varying populations on all levels.

pilates vs yoga

The origin	An exercise routine started by Joseph Pilates in the 20th century. Pilates has grown to be a very popular training method for dancers.	Yoga started in India over 5,000 years ago as a spiritual practice.
Workout and benefits	Pilates can strengthen the body and give it a long and lean appearance without causing the muscles to appear large and bulky.	Yoga poses give the body more flexibility, increase strength and increase blood flow to the internal organs.
Workout and benefits	Pilates helps you create a "mind/body" connection that can assist you in daily life.	In yoga, all three of the elements; mind, body, and spirit are focused on. This is accomplished with the deep breathing and meditation.

[Book a Session](#)

experience

- home
- about cheryl
- about pilates
- services
- book a session
- contact

engage



visit the studio

71 Chestnut Ridge Road
Armonk, NY 10054
Phone: 914-487-3453

Open: M-F 9am-6pm



[workout photo]

gle's services

Good Life Experience Pilates is different from your average studio because you get a hands-on, personal experience with Cheryl. Each session is personally tailored to meet your individual needs.

[Book a Session](#)

[stock photo of equipment, types of clients, or excercises]

[stock photo of equipment, types of clients, or excercises]

[stock photo of equipment, types of clients, or excercises]

[stock photo of equipment, types of clients, or excercises]

in-studio appointments

Private Session (60 Min.)	\$120
5-Session Package	\$500 (Save \$100)
10-Session Package	\$900 (Save \$300)
25-Session Package	\$2125 (Save \$875)
Private Session (90 Min.)	\$150
5-Session Package	\$700 (Save \$50)
10-Session Package	\$1,350 (Save \$150)
25-Session Package	\$3,000 (Save \$750)
Duet Session (60 Min.)	\$150
5-, 10-, & 25-Session Package	Call for Pricing
Duet Session (Mat Only)	\$120
5-, 10-, & 25-Session Package	Call for Pricing
Private Mat Only	\$65
10-Session Package	\$600 (Save \$50)

off-site appointments

Private in Home/Office	\$200
Duet in Home/Office	\$260
Custom Group Classes (in Home/Office)	\$400

special population

Pre/Postnatal Private Session	\$120
Pilates Consultation with Cheryl	\$250
Manual Release Therapy	\$110
Nutrition Counseling & Systematic Coaching	Available Upon Request
Traveling Trainer	\$1000/Day Plus Expenses

[Book a Session](#)

experience

home
about cheryl
about pilates
services
book a session
contact

engage



visit the studio

71 Chestnut Ridge Road
Armonk, NY 10054
Phone: 914-487-3453

Open: M-F 9am-6pm



[photo of facility (outdoors)]

contact

Questions? Feel free to contact me below or call 914-487-3453 whether to schedule an appointment or learn more about what Good Life Experience Pilates has to offer. I will respond as quickly as possible.

Your Name *

Contact Information *

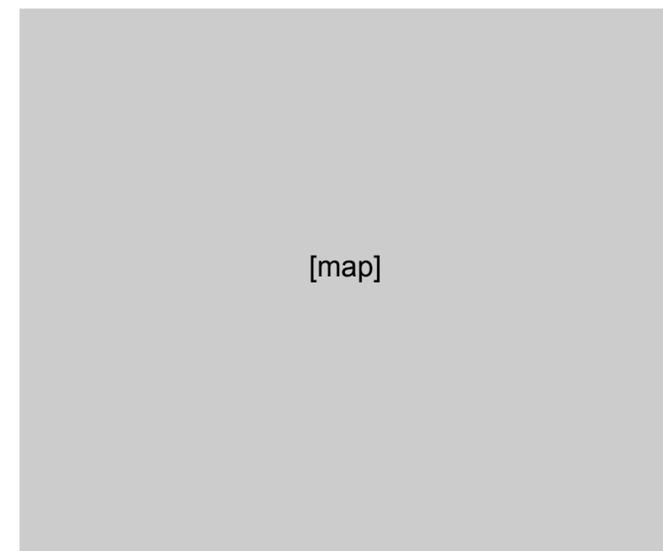
Reason for Contacting *

Message *

Send

location

71 Chestnut Ridge Road, Armonk, NY 10054



hours

By appointment (12 Noon - 2:30pm) Open M-F.

Book a Session

experience

[home](#)
[about cheryl](#)
[about pilates](#)
[services](#)
[book a session](#)
[contact](#)

engage



visit the studio

71 Chestnut Ridge Road
Armonk, NY 10054
Phone: 914-487-3453

Open: M-F 9am-6pm