

CGI Holistic Fitness

Thursday, June 10, 2010

NORTHERN VALLEY SUBURBANITE

111 Homans Ave., Closter

201-784-5575

A holistic workout is one that addresses the physical, mental, emotional and spiritual needs of the individual.



STAFF PHOTO BY JOE CAMPOREALE

Wendy Hall, general manager of CGI Holistic Fitness in Closter, emphasizes to clients the importance of addressing all aspects of the mind, body and spirit.

The staff at CGI Holistic Fitness in Closter emphasizes to clients the importance of addressing all aspects of mind, body and spirit.

"We want people to be in touch with who they are and connect them to their 'true' selves," said Wendy Hall, general manager. "People need deeper connections to themselves. It's not about your degrees or bank account."

Cardio exercises and healthier diets are among the more traditional ways that the staff addresses health and fitness.

An emphasis on energy,

however, is what makes the workout complete.

Pain, worries and other negative emotions, said Hall, block energy and creates issues for people. The goal at CGI, she said, is to unblock those issues.

"Understanding alone doesn't do it," said Hall. "You must uncover energy and release it."

Most members of CGI Holistic Fitness partake in everything the facility has to offer. A physical workout might do the trick one day for someone who's angry, while yoga or a massage might be needed for someone who is upset. The staff also holds workshops to help members understand the causes of unhappiness and the methods by which it can be overcome.

The facility boasts a spa made from Mec-Granite, a stone that contains 40 different minerals, a large swimming pool that has filtered water with scarce amounts of chlorine and a Body and Brain Center, which strives to integrate the mind, body and spirit.

CGI Holistic Fitness will hold a "Circus Fitness Camp" for children ages 7-9 from Monday, July 19 through Friday, July 23. The same camp will be offered for children ages 10-12 from Monday, July 26 through Friday, July 30. Fitness and flexibility will be practiced using circus skills like juggling and balancing.

Body and Brain afternoon programs will be held for 4, 6 or 8-week periods from Tuesday, July 6 through Friday, Aug. 27.