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Gym Classes: The Best Group Fitness

The Best New Group Workouts

Flying solo with a pricey personal trainer isn't the only way to drop pounds. Whether it's competition or camaraderie that keeps you motivated, these new offerings in group fitness will fire up your fat-burning engine

By Alyssa Wells

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Courtesy of Pure Yoga

Bassett's Boot Camp

If the word "boot camp" conjures up gritty images of pushups on park benches, you'll be relieved to know this workout gets you out of the elements and into the luxury of Pure Yoga—but the breaks stop there. The boot camp's creator, Loren Bassett, discovered yoga after years of training as a competitive athlete and the class is the embodiment of her experience: The innovative 75-minute session combines the rigor of hot Vinyasa yoga with cardio drills, strength-training, and core work to create a

challenging program that builds both mental and physical strength. (The explosive plyometric drills, calisthenics, and all-over strength-training are also completed in the same sweltering 95° to 100° F temperature as the yoga components.) "My intention is to empower and inspire students to discover their 'edge,' the place where true transformation takes place," says Bassett.

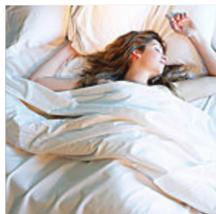
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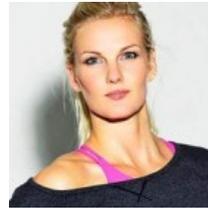
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