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FITNESS
By Bari Lieberman

Would You Try A Yoga Fight Club?

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Think *yoga* is about relaxing and stretching? Not in these classes!

The physical practice of yoga is a body-sculpting one (Hello, toned triceps thanks to lots of Chaturangas!). But when combined with the cardio circuits of *boot camp*, you'll be torching major calories.



Photo by George Holz

Over the past few months there has been a proliferation of boot camp-infused yoga classes... perhaps the ultimate yin and yang? Yoga can be extremely beneficial to the body (from great sex to better sleep, check out these *7 mind-body benefits to striking a pose*), but unfortunately, it doesn't rank as a top *heart-protecting workout*. The solution: combining the mindful, elongating postures of yoga with the kick-butt, heart-strengthening benefits of boot camp. (Think of it as a pumped-up, athletic sun salutation series.)

Here's how you can jump in on the trend:

Loren Bassett's Bassett Bootcamp at Pure Yoga NYC

Incorporating body weight exercises like jump squats and push-ups with strength-building poses like Warrior III and plank makes for one kick-butt yoga practice. When I tried the class, we practiced in a heated room and ended class with a wall squat face-off... I was sore for days afterwards!

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