

What's Hot? Bassett's Boot Camp

Posted by [luvly](#) on Feb 6, 2012 in [Fitness](#), [Health](#) | [0 comments](#)

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Disclaimer – I did not take this class. I am writing the story, planning on having a healthy breakfast and then working out with my trainer – where we will talk about the bootcamp class, before I watch the Superbowl and eat a not so healthy dinner. But if I were younger (ok – had been consistently working out my entire life and if I were not a chicken) this would be my class!



Bassett's Bootcamp is starting up again on February 12 until March 4. It's a four week program held at Pure Yoga East and West and is designed to get you in to the ultimate shape. The class combines hot power yoga, high-intensity cardio intervals, strength training and intense core work. Designed by Loren Bassett with personal trainer Cole McDonough, the class works to boost your metabolism, burn calories (800 – I heard) and "take you to your edge". There is nothing in the description about whining!

The class is taught in a room heated from 95 to 100 degrees and It is strongly suggested that you hydrate since it lasts 75 minutes and there are no breaks. According to Bassett, "Students

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explore the point where they meet resistance head on, push through it, transcend fear and limited beliefs and emerge a stronger, more confident person radiating from the inside out.”

I read Bassett’s bio on the Pure Yoga website and she says that she loves helping her students build confidence, find their edge and explore their bodies and minds. Maybe I will rethink this and try the class next week. Maybe I really need to confront my fears.

Combine the best of ancient wisdom with the latest cross-training techniques at Bassett’s Boot Camp at Pure Yoga.

For more information and the Bassett’s Boot Camp schedule check out Pureyoga.com



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