



URBANATHLETE

A Yoga Mind and Boot Camp Workout



Philip Greenberg for The New York Times

Circuit of Change classes, led by Brian Delmonico in a Union Square studio, fuse yoga, martial arts and cardio exercises.

By SHIVANI VORA
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AN ideal exercise routine might involve strength training to build muscle, cardio sessions to get the heart pumping, and yoga classes to improve flexibility and calm the mind.

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Philip Greenberg for The New York Times
A Circuit of Change class led by Mr. Delmonico.

Enter "boot camp" yoga, a breed of classes in New York that combines all these essentials into one intense calorie-burning session.

Bassett's Bootcamp, for example, is a 75-minute class offered as a four-week series at Pure Yoga, which has two Manhattan studios. Created by the yoga teacher Loren Bassett, it is held in a room heated to 100 degrees and blends vinyasa-style stretching with high-intensity cardio intervals of jump squats, jump lunges and mountain climbers.

seconds.

"My yoga students were asking for a workout that would be extra challenging, and I am a

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big advocate of cross-training,” Ms. Bassett said in a telephone interview. “Here you get everything in.”

While yoga alone can help to build strength and increase flexibility, it’s not considered a major calorie burner or a particularly taxing cardiovascular workout, said [Michele Olson](#), an exercise physiologist at Auburn University at Montgomery, in Alabama. “Even power yoga burns only up to seven calories a minute,” she said. “Running a 10-minute mile burns upward of 10 calories a minute, and plyometrics is upward of 12. So if you’re taking yoga classes, which add these moves, you can double your calorie burn.”

If working out in a heated room for more than an hour is too intimidating, [Circuit of Change](#), with a studio in Union Square, is a tamer (though hardly tame) alternative. The program’s founder, Brian Delmonico, labels his 60-minute classes “for the yoga mind and the boot-camp body.”

As a triathlete and a muay thai martial artist, he wanted to create an activity that would blend his various disciplines and be rooted in yoga. A typical session — there are more than a 100 a month — begins with meditation followed by yoga postures and martial arts moves like fast punching and kicks. He also includes cardio intervals of running in place and jumping jacks.

“It’s a hard-core workout and Zen at the same time,” Mr. Delmonico said by phone.

Juan Carlos Diaz, a 32-year-old actor who lives in the Inwood neighborhood of Manhattan, has been taking five to six classes a week at Circuit of Change for several months. He said that he dropped nearly 20 pounds from his 5-foot-8-inch frame and that he finds the grueling workouts spiritual and grounding.

“I used to run every day before discovering this,” he said. “It was O.K., but I never saw the dramatic physical or mental benefits I get here.”

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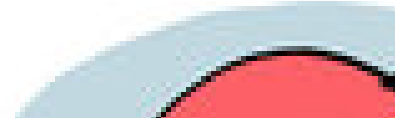
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