



PEMBROKE PINES
HOT YOGA
Official home of
ZUMBA® with ZFRAN



10426 Taft Street • Pembroke Pines, FL • 33026 • (954) 367-6875 • www.zfran.com

	Mon	Tu	We	Th	Fri	Sat	Sun
6:30am	YOGA Stephanie		YOGA Stephanie		YOGA Stephanie		
8am	YOGA Express Dani	YOGA Alex	YOGA Express Dani	YOGA Alex	YOGA Tito	ZUMBA® Fran	YOGA Stephanie
9:15am	ZUMBA® Fran	ZUMBA® Fran	ZUMBA® Fran	ZUMBA® Fran	YOGA Dani	Mixed Martial YOGA Alex	ZUMBA® Fran
10:30am	YOGA Dani	YOGA Stephanie	YOGA Dani	YOGA Stephanie	YOGA Dani	YOGA Jessica	YOGA Megan
4:30pm	YOGA Dani	YOGA Alex	YOGA Dani	YOGA Alex	YOGA River	YOGA Stephanie	YOGA Stephanie
6:30pm	YOGA Alex	YOGA Jessica	YOGA Alex	YOGA Jessica	YOGA River	YOGA Tito	YOGA Tito
8pm	YOGA Alex	YOGA Stephanie	YOGA Alex	YOGA Stephanie			

Fred Busch's Hot Power Yoga sequence is an intelligent and scientific vinyasa series based on working hard, sensitively. Each class is suited for all levels and consists of a scientifically designed series of postures, which systematically stimulate the organs, glands, and nervous system and move freshly oxygenated blood to 100% of the body. The postures build stamina, flexibility, strength and balance and work the entire body – from the inside out. You will test and grow skills of concentration, patience, determination and self-control to increase mental clarity and reduce stress. In one class you will sweat, smile, de-stress and do more for your overall health, spirit and self image than you could imagine. Fred Busch's Hot Power Yoga includes spiritual components of yoga and meditation, ending with a proper final relaxation time, Shavasana.

ZUMBA® Classes with ZFRAN are high-impact, high energy, Latin-dance aerobic workouts. Each one hour session incorporates interval and resistance training combined with choreographed dance routines styled after samba, salsa, merengue, mambo and hip-hop.

You will burn an average of 700 calories, dance 6,000 steps, and move 2.5miles! All of the classes are performed on a state of the art spring floor designed for maximum shock absorption. Routines can be modified for participants of all ages and fitness levels.