




**PEMBROKE PINES**  
**HOT YOGA**  
*Official home of*  
**ZUMBA® with ZFRAN**



10426 Taft Street, Pembroke Pines, FL 33026 • (954) 367-6875 • [www.zfran.com](http://www.zfran.com)

**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.

**Yoga Schedule:** 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am	9:30am 6:30pm 8:00pm	10:45am 8:00pm	9:30am 6:30pm 8:00pm	10:45am 8:00pm	9:30am 6:30pm Hippy Happy Hour 7:45pm	10:30am

**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.



**ZUMBA® Class Schedule:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	5:30pm	9:30am 6:30pm	Yoga Only	9:30am 6:30pm	Yoga Only	9:00am

Visit our website, [www.PembrokeYoga.com](http://www.PembrokeYoga.com), for class instructors and details.

Class schedule subject to change

02/07/14