



Flor Farina

May 13, 1970 - August 31, 2014

Fit and Fabulous Flor Farina (F4 to those who truly knew her), passed away on Sunday (August 31, 2014) at the Methodist Sugarland Hospital after a courageous battle against stomach cancer. Our beloved Peruvian tornado came into this world on May 13, 1970 in Piura, Peru. She attended Tennyson High School and Herald Business College in Hayward, California and was later honorably discharged from the U.S. Navy. After several years working in hotels in Los Angeles, CA and Miami, FL, Flor found her true calling as a Group X Fitness and Zumba instructor. Those who attended her classes found themselves inevitably drawn to her. To them she was a teacher, a mentor and, more importantly, a friend for life. She met and married her husband Steve in 2004 and relocated to Houston, TX where, together with their son Adrian, they built their home. In true F4 fashion, she continued to lead us by example and found the energy to teach her last Zumba class during late June, 2014. We all strongly suspect that the rains we have experienced this last few days are the direct result of the arrival of our Flor in heaven (she is truly making those Angels sweat!).

Flor is survived by her husband Steve Farina of New Orleans, LA, son Adrian Farina (9), stepdaughters Megan Farina (16) and Rachel Farina (10), sisters Rocio Larriega and Malena Gonzalez Larriega, brother Enrique Larriega and her parents Diego and Irma Larriega.

The Farina family will be present to receive friends Thursday, September 4, 2014 from 6:00 PM until 9:00 PM with a Holy Rosary being recited at 7:00 PM at Dettling Funeral Home, 14094 Memorial Drive, Houston, TX 77079. The Funeral Mass will commence Friday, September 5, 2014 at 10:30 AM at St. John Vianney Catholic Church, 625 Nottingham Oaks Trail, Houston, TX 77079. Graveside services will follow mass via motorized cortege at Forest Park Westheimer Cemetery.

Cemetery Details

Forest Park Westheimer Cemetery

12800 Westheimer Road
Houston, TX 77077

Previous Events

Visitation

SEP 4. 6:00 PM - 9:00 PM (CT)

Dettling Funeral Home
14094 Memorial Drive
Houston, TX 77079
(281) 497-2121
david@dettlingfuneral.com

Rosary

SEP 4. 7:00 PM (CT)

Dettling Funeral Home
14094 Memorial Drive
Houston, TX 77079
(281) 497-2121
david@dettlingfuneral.com

Funeral Mass

SEP 5. 10:30 AM (CT)

St. John Vianney Catholic Church
625 Nottingham Oaks Trail
Houston, TX 77079

Tribute Wall



“ Flor Farina

October 08, 2023 at 10:52 AM



“ Flor Farina

October 06, 2023 at 01:12 AM



“ Flor Farina

October 05, 2023 at 09:45 AM



“ Flor Farina

October 05, 2023 at 01:54 AM

 Tania Shaikh

“ *You don't even know Flor you've touched me soooo deeply, I miss you and pray for your forgiveness and pray that you are on the seventh heaven right now...May God accept all your goodness and forgive any wrongdoings....Lord will see how you've made a positive impact on people's well being, how you pushed me and so many others and made me your fan, you were a killer instructor and I loved following you around in the gyms and classes You're unforgettable indeed!*



Tania Shaikh - September 05, 2014 at 12:43 PM



“ *Peaceful White Lilies Basket was purchased for the family of Flor Farina.*



September 04, 2014 at 05:23 PM



“ *ZUMBA sister, Shirley DaPonte purchased the Enchanted Cottage for the family of Flor Farina.*



ZUMBA sister, Shirley DaPonte - September 04, 2014 at 03:42 PM



“ *Earl & Maggie Depass and Family purchased the Our Deepest Sympathy Gourmet Gift Basket for the family of Flor Farina.*



Earl & Maggie Depass and Family - September 04, 2014 at 03:39 PM



“ *Vanessa Solorio lit a candle in memory of Flor Farina*



Vanessa Solorio - September 04, 2014 at 02:09 PM

VS

“ Unfortunately I will not be able to attend the funeral and say goodbye to a wonderful person. My sincere condolences to the Farina family. Flor will be missed by those who knew her and by those like me who travelled from gym to gym in order to take her highly energetic Zumba classes. Flor, every time I listen to latin music, I always think of how much fun you made each songs by strutting our stuff on the gym floor. The Halloween dress-ups and all those zumbathons, how fun were those. Girl, keep on dancing and keep on smiling!!!!



Vanessa Solorio - September 04, 2014 at 02:09 PM

GV

“ Gabriel Villafrade purchased the Peaceful White Lilies Basket for the family of Flor Farina.



Gabriel Villafrade - September 04, 2014 at 02:02 PM

RL

“ Raul Leal purchased the Strength & Solace Spray for the family of Flor Farina.



Raul Leal - September 04, 2014 at 01:32 PM

MB

“ 1 file added to the tribute wall



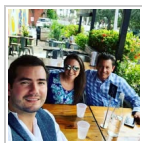
Mr. B - September 04, 2014 at 11:31 AM

RF

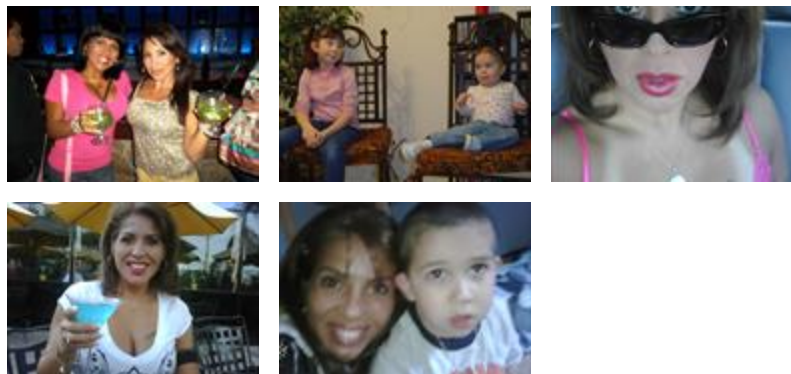
“ Roberto Artola and Family purchased the Sentiments of Serenity Spray for the family of Flor Farina.



Roberto Artola and Family - September 04, 2014 at 10:24 AM



“ 72 files added to the album New Album Name



Steve Farina - September 04, 2014 at 09:17 AM

ZF

“ Zevallos' Family purchased the Sentiments of Serenity Spray for the family of Flor Farina.



Zevallos' Family - September 04, 2014 at 07:54 AM


KenyattaV
Collins-
Kelly

“ I am Flor first Zumba instructor. ..from there its history. ...I mentored her and encouraged her always aand I am so proud of her. Sisterrrr is our name for each other....sisterrrr I'll keep the dream alive. I love you and cancer didn't win Heaven is healing. Glory to God F4 is HEALED!
#BOOP
#WINNING

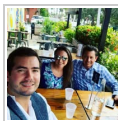


KenyattaWhodat Collins-Kelly - September 04, 2014 at 07:54 AM


Rocio
Leon

Amen! Thank you & God bless you

Rocio Leon - September 04, 2014 at 08:55 AM



#WhoDat

Steve Farina - September 06, 2014 at 08:01 AM

CB

“ *My favorite memory of Flor is during Zumba... doing what she loved best! That electrifying spirit, contagious smile, and big heart. She worked us hard during class but made it sooo much fun! She inspired us and made us all feel beautiful! She gave me hope during my husband's battle with cancer. She gave me courage and taught me to never give up. Her spirit lives on through the hearts of many. I love you Flor! ~Candy*

Candy Beverly - September 04, 2014 at 07:09 AM

MB

“ *1 file added to the tribute wall*

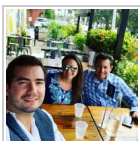


Mr. B - September 03, 2014 at 05:20 PM

RP

Flor always got a party started!!!! She was such a faabulous leader who made you want to join in the fun!!!! X? HUGS

Randi Patel - September 04, 2014 at 12:05 AM



“ *1 file added to the album New Album Name*



Steve Farina - September 03, 2014 at 03:40 PM

RP

Flor is dancing with the angels now. You were the BEST!! LOVE LOVE LOVE X?

Randi Patel - September 04, 2014 at 12:07 AM

GC

“ *Gabriela Casas purchased the Strength & Solace Spray for the family of Flor Farina.*



Gabriela Casas - September 03, 2014 at 03:37 PM



Rosanne Reyes

“ *My heart is heavy knowing that we lost a beautiful spirit like Flor Farina. When I first met her I thought wow, what kind of vitamins does she take because she does not stop. She was always smiling during our Zumba workouts and she always had the time to talk to me. After the first Zumba class I took with her I knew that she was an amazing person. She gave me strength when I needed it and she gave me advice when I asked it but most of all she always smiled and was very welcoming to all that she met. I will always have Flor in my heart. I will miss you dearly!*



Rosanne Reyes - September 03, 2014 at 01:26 PM



“ *Arrive in Style was purchased for the family of Flor Farina.*



September 03, 2014 at 01:04 PM

EO

“ Eneida Orama purchased the Peaceful White Lilies Basket for the family of Flor Farina.



Eneida Orama - September 03, 2014 at 12:51 PM



“ Enchanted Cottage was purchased for the family of Flor Farina.



September 03, 2014 at 08:51 AM



“ I met Flor in the early nineties in Miami. We were both young (born the same year), in the hotel industry and both Veterans. Many a hot Miami night, we would dance the night away at a venue. Flor taught me to not be afraid of anything or anyone. She also taught me to continue to smile, even if you are going through times of struggle. "One day the sun will shine again Charmaine," she'd say to me. I looked at the last message I got from Flor in my Facebook inbox and it simply ended with the words: "Love You!!!" Yes....my sweet Angel, I love you too. My heart is heavy tonight as I write these words, but I walk now with renewed strength knowing that you are watching over us. Life is so fragile and in the blink of an eye the Father can call us home. Love you for a lifetime my friend, can't wait to dance with you again, in heaven's clouds.....Your Friend, Charmaine



Charmaine Jennings - September 03, 2014 at 12:29 AM



Great memories !

Teresa O'Brien - September 03, 2014 at 10:29 PM



Great memories, Indeed !!!

Beymar Rozo - October 29, 2020 at 01:59 PM



“ *The first time I ever Flor was outside of an HEB in Katy they were having some sort of fitness program and she was leading the Zumba class. I remember thinking she had so much energy I wanted to find out where she taught so that I could take one of her classes, so I called HEB and hunted her down, I told she worked for 24 Hour Fitness dairy Ashford I remember the first time we spoke she had so much energy excitement and enthusiasm. She told me she was on Facebook so sure enough I found her and followed her I joined the gym and went to get classes. I loved it because I didn't feel intimidated like other instructors have done, and then I really got to get to know her on Facebook. she always commented on my post and I on hers we messaged each other and it never felt she was always inspiring and motivating. She will truly be missed I cannot imagine what her family is going through, if she touched my heart and I didn't see her on a regular basis I can only imagine how she touch theirs. My prayers thoughts my heart is with you.*

Monica

Monica King - September 02, 2014 at 11:17 PM



“ *My beautiful princess warrior prima! I will forever keep you dear in my heart. RIP love you*

Patricia Larriega - September 02, 2014 at 05:19 PM

Fabi Estrada

“ Flor... So many memories to pick from... U added light to our lives bc urs shined so bright... U were a great friend, and great host to all the amazing parties u invited me to... And u definitely made sure I had fun and worked hard on your zumba class.. I keep in my heart all those memories,especially the one from the last time I visited u with my little girl.. The way u interacted with her was precious And special at the same time... I'm going to miss u terribly... Love u amiga.

Fabi Estrada - September 02, 2014 at 04:38 PM

MR

“ Steve, I am so shocked and saddened to hear the news about Flor. My first husband died of a massive heart attack at the age of 38, when our children were very young, so I understand what you are going through. My faith in God and the love & support of family and friends got me through that most difficult time and I pray the same for you. Healing takes a long time, but it will come. I will keep you, your son, and family in my prayers. With love and condolences...Michelle Mauro Rowland and family.



michelle rowland - September 02, 2014 at 03:29 PM



“ Divine Peace Bouquet was purchased for the family of Flor Farina.



September 02, 2014 at 03:09 PM



“ *Ocean Breeze Spray was purchased for the family of Flor Farina.*



September 02, 2014 at 02:57 PM



“ *I am happy to have had the privilege to meet someone as positive and as beautiful as Flor. I can't imagine what it feels like to lose such an amazing person. Melena, you and your family have my sincerest condolences. I'm sure that Flor is smiling down on you from heaven right now. Truly yours, Nelly Londoño.*



Nelly Londoño - September 02, 2014 at 02:30 PM



“ *1 file added to the tribute wall*



Mr. B - September 02, 2014 at 02:28 PM

MB

“ 1 file added to the tribute wall



Mr. B - September 02, 2014 at 02:24 PM

MB

“ 1 file added to the album New Album Name



Mr. B - September 02, 2014 at 01:40 PM




Beautiful

Teresa O'Brien - September 02, 2014 at 02:11 PM

FL

Estarás siempre en mi mente querida primita Florcita, me dejaste una gran enseñanza hay que luchar hasta el final, te quiero mucho.

fiorella roman larriega - September 02, 2014 at 02:46 PM

 Rocio Leon

“ *My Sishy, My hero my warrior I know God couldn't wait to take another beautiful Angel with him . ..you thought us so much even though you were younger than me I learned a lot from you...to be strong and never take crap from nobody. You took part of my heart with you but I know you'll give it back when I'll see you again my love. Miss you & Love you so much my shishy. Just hold a spot for us up there we'll see you sgain one day 🙏*

Rocio Leon - September 02, 2014 at 01:37 PM

MA

I want front row ok. 😊💕🙏💜💔

malena - September 02, 2014 at 01:48 PM

 Rocio Leon

Lol...she'll be like: Ok Carajo no peléen k las dos cáben!😂😭🙏💪💜

Rocio Leon - September 02, 2014 at 01:50 PM



Si ese frase es de ella, pa' carajo! Mis her " : , (

Veneranda Ordoñez - September 02, 2014 at 02:08 PM



That's exactly what she would say Rocio 😭😭💕💕💕

Teresa O'Brien - September 02, 2014 at 02:11 PM

 Rocio Leon

Yes teresita that was my shishy!😭😭💪💜👉

Rocio Leon - September 03, 2014 at 08:02 PM

MA

“ So many memories. It will to long to put on here. She was and still is my hero. She taught me so much. One of the things she taught me was to always be strong and never be afraid. Shishy you will always be a part of me. Your body may not be here with us but your spirit is. I know no matter what you will be watching over us. I love you with all my heart. My sister my hero!!



malena - September 02, 2014 at 01:20 PM

 Rocio Leon

Can't wait to see you my shishy 🙏💔

Rocio Leon - September 02, 2014 at 01:55 PM



Teresa O'Brien - September 02, 2014 at 02:10 PM



“ Flor is my dear one of a kind friend . I always called her Florzaa (it's a combination of her name and the word fuerza in Spanish that means strength).. She truly is the meaning of a strong woman.. And "Manotas"(squiddly diddly) the cartoon octopus because she seemed she had many hands to do it all.. We would crack up for 20 minutes about her nickname "Manotas " ..For her 5:30 am boot camp she would always text me and made sure I was up and ready to

Work out she would stop at Starbucks and get me espresso so I would be awake for the class. My favorite days were the days we took our kids swimming we danced Zumba in front of all the neighbors at the Grand Mission pool everyone knew her and she always smiled at everyone there ..Or Sundays at their house , Steve would cook a delicious dinner and we would talk for hours while the boys played . There are so many memories .. So many cherished moments I can only say I am a very lucky person to have met her and be around her she always had words of encouragement and positivism . The happiness she shared no matter what .. And her morning text messages saying to always move forward . I will always remember you and will miss you so much my Florecita.. We will laugh and dance again . Te quiero mucho manotas..

Teresa O'Brien - September 02, 2014 at 10:40 AM



Thank you Teresa. ...those are beautiful words 🙏

Rocio Leon - September 02, 2014 at 01:42 PM