

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 32 June 2022



YES YOU CAN



July Announcements & Reminders:

- We are **CLOSED** Saturday July 2nd
- Uncle Bear's House Party is **NOW ON THURSDAYS** (7/7 & 21) at 6pm - **INSIDE!**
- Friday House Party is now inside **@Z ROOM MESA & starts at 530pm**
Z Room: 1337 S. Gilbert Rd, 116 Mesa, AZ 85204



J U L Y



	■ Extra Innings ■ Uncle Bear's ■ Z Room Mesa						SAT
	SUN	MON	TUES	WED	THURS	FRI	Boot Camp 8am Extra Innings
8am							
9am		Online Boot Camp	Online Boot Camp	Boot Camp 7/6, 20 House Party 7/13, 27		Online Boot Camp	
10am		Online House Party	Online Rhino FLOW			Online House Party	Online Boot Camp
530pm				Online IRON Boot Camp		House Party Z Room Mesa	
6pm	House Party Extra Innings		Boot Camp Extra Innings		House Party Uncle Bear's 7/7 & 21		
630pm				Online House Party 630pm			

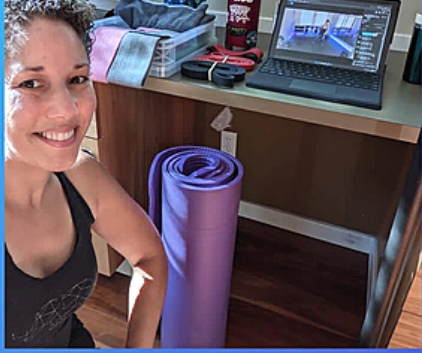
CALIFORNIA



OREGON



IDAHO



UTAH



Rayn Hookala was live in RHINO REMOTE.

1 hr · 📺



Monica Haines · 27:25

I think Rayn is about to unleash her flare on Stuart. 😬 1



Sheila Yazzie · 27:29

Access denied



Stuart Chandler · 27:31

I need more cards



Crystal Hernandez · 27:34

WTW! Who shuffled? 😬 1



Mozelle Boudreaux · 27:48

I love his shuffling

San Diego



Cabo Michigan

RHINO REMOTE



Rhino Rayn was live in RHINO REMOTE.

6 hrs · 📺





BORN TO MOVE

HAPPY HOUR FITNESS

MORE THAN JUST A WORKOUT

RaynFit.com



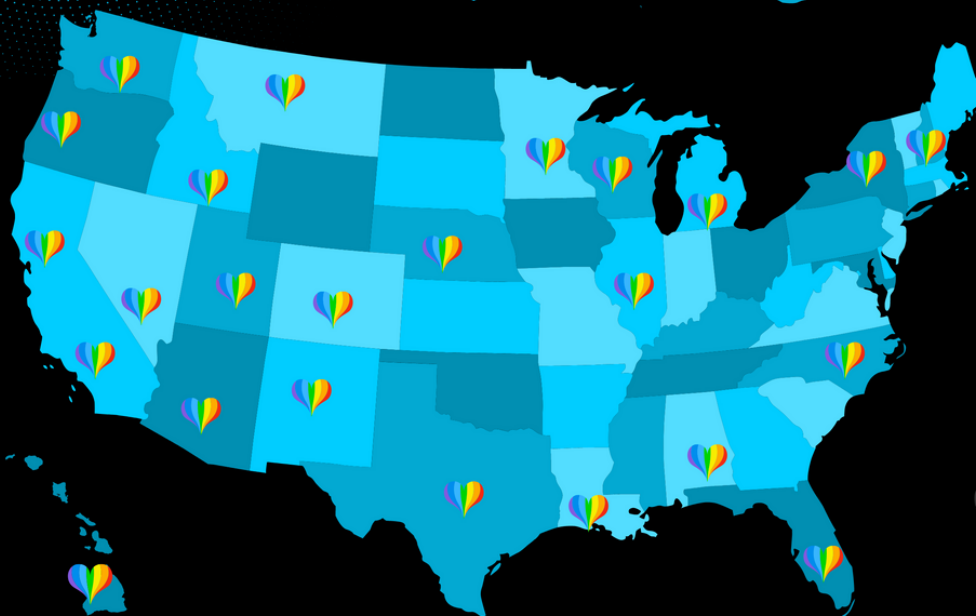
OUR UNLIMITED ALLTHETHINGS PASS

(INCLUDES VIRTUAL FITNESS)

FIRST MONTH ONLY \$19

24/7
Rhino Remote

**REMOTE RHINO
CHECK-INS FROM
AROUND THE
WORLD!**





COME AS YOU ARE
YOU ARE WELCOME HERE



RHINO OF THE MONTH: MEET EMILY "MOZIE"



When did you join HHF? My diary says "Ryan Hookala" 9/2019 at TRC.

When do you Happy Hour? All day ery day! Rest/modify Tues or Thurs.

Hometown? St. Martinville, LA. My backyard was the longest Bayou in Louisiana, The Bayou Teche. I had a tiny little alligator saddle and a collection of duct tape to ride the gators.

Pets? Two goldens named Bruce and Scout. They like Rhino Remote

What do you do when you're not working out?

Swimming, golfing, walking my dogs, working as a Nurse Practitioner, napping, wine tasting, going to concerts with Punky, Fitz & Augie, spending time with my husband of 28 years, meal prepping with my touchstone Jodee, going to Ace, drinking green tea/coffee, & joyriding in my Subi.

Which track do you love the most?

I love them all. If I am forced to pick one it would be Radioactive.

Then again I have an affinity for Zombie, Teeth, and Black Cat.

Favorite exercise? Push ups, burpees, squats, clean & press, hip thrusts, curls, lunges, chest press, planks, jabs, star fish, renegade rows, side raises.

Exercise you love to hate? Drag curls & "You Can't Stop the Beat". However, I give it my all & instead of jazz hands I occasionally use a half a peace sign.

Anything else you want to share?

I always remember one class when everyone was tired & stopping any movement - Rayn said "I'll do this by myself if I have to" & everyone just started moving again. She never gives up on us & I will never give up on her. I'm so grateful for HHF. I love & respect everyone on this team. Everyone has different gifts & talents that make this community magical. We are led by a loving human that makes us better physically, mentally, & spiritually.



IT'S
HAPPY HOUR,
BABY!





Happy Hour
Lightweight
Zipped Hoodie
aka The Coach
Crystal Hoodie



I Am Machine
Sports Bra



Shut Up & Drive
Sports Bra

NEW
MERCH
ALERT!



Sexy Time
Lights
Sports Bra

SUPPORT LOCAL SMALL BUSINESSES



**THURSDAYS
6PM
7/7 & 7/21
INSIDE**

**TUESDAYS 6PM
WEDNESDAYS 9AM
SATURDAYS 8AM
SUNDAYS 6PM
INSIDE**



**FRIDAYS 530PM
Z ROOM: 1337 S. GILBERT RD #116
MESA, AZ 85204
INSIDE**

