

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 1: November 2019



BE THANKFUL

Our 3rd annual Thanksgiving Boot Camp is on Nov 28 @9am. Everyone is welcome! Let's make this our most generous year of giving so far! Bring your canned food items and don't forget to reserve your free spot on MindBody.

LIGHT THE NIGHT

On Nov 16th, team RHINO became team Mountain Movers, as we joined our fellow rhino, Rachel Espericueta, in the Light the Night walk in support of those affected by Leukemia and Lymphoma.



TEAM STORE

We now have our own online store, full of badass Rhino-sweg for everyone! Show your team spirit or give the gift of wearable silliness or inspiration. Order soon for holiday delivery.

Visit RaynFit.com.

Click on the shop tab.

WEAR HAPPY. BE HAPPY!



GIFT CARDS!

Give the gift of "HAPPY" this holiday season!

Gift cards may be purchased through the MindBody app, RaynFit.com, or by contacting WhitWhit@RaynFit.com.

RHINO RECIPES

STUEY MCPANTS' THICK THIGHS & PUMPKIN PIES!

INGREDIENTS

1 Wholly Gluten Free Pie Crust (from Sprouts)

1 15 ounce can organic pumpkin puree

1/2 cup full fat coconut milk

Sweeteners:

*McPants tip: Rayn doesn't like her pie too sweet. If you like a sweeter pie, add a bit more sugar.

1/4 cup (or less) coconut sugar

1/8 cup (or less) Maple syrup

1/4 cup (or less) Powdered or granulated Monk Fruit Sweetener

1/2 tsp pure vanilla extract

1 tsp ground cinnamon

1/2 tsp finely ground sea salt

1/2 tsp ground ginger

1/4 tsp ground cloves

pinch ground cardamom

2 large eggs beaten

INSTRUCTIONS

Preheat oven to 350F.

Combine pumpkin, coconut milk, sugars, vanilla, cinnamon, sea salt, ginger, cloves and cardamom in mixing bowl. Whisk until well combined. Roll eyes at Rayn when she asks if it's done yet. In a separate bowl, beat eggs with a whisk then whisk into pumpkin mixture until well combined. No, Rayn. It's not done. Ugh.

Pour pie filling into crust. Place pie on a baking sheet and place into oven on the center rack. Bake for 55 to 60 minutes (4 billion years in "Rayn-time"). Remove and allow to cool for about an hour and then transfer to the refrigerator until ready to eat. Hire armed guards to ensure Rayn doesn't eat it all in one sitting.



RHINO SPOTLIGHT



DR ATHENS

Name: Athens, soon to be Dr. Athens Graves DDS

Happy Hour Nickname: Dr. Athens

Training with Rayn: 1.5 years

When do you Happy Hour? Saturdays

I used to do Sun/Tues/Fri/Sat until I went back to school

Hometown: Chandler

Kids and/or pets? One perfect dog, Pancakes

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

Wish I was working out

FAV Rayn-choreographed track?

Take It Off, HandClap, The Anthem

FAV boot camp exercise?

I know I am crazy, but BURPEES!

Love to hate 'em:

LOATHE renegade rows with all the passion in this universe

FAV Rayn-ism: You're Stronger Than You Think You Are!

THE CASUAL PINT

Rowdy rhinos charged the parking lot of The Casual Pint on October 28th, for our free pop-up boot camp party and happy hour drink specials. Thanks to everyone who came out to enjoy great weather, friends, a challenging workout, and some yummy pints of beer!



HOLIDAY REMINDERS

Ass-to-class over the busy holiday season, team! Maintaining your mental & physical health is the best gift you can give your loved ones. WE ARE GRATEFUL FOR YOU! Thank you!

T-Day: free boot camp @9am

Black Friday: 9am & 530pm camp

Christmas Eve: NO CLASS

New Year's eve: YES, 6pm boot camp!

*NEW YEAR'S DAY! Jan 1st @noon!

