

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 12

October 2020

Hello team RHINO!

We're excited to offer in-person & online Happy Hour classes. We hope you'll find the right mix to keep you feeling feisty & fabulous!

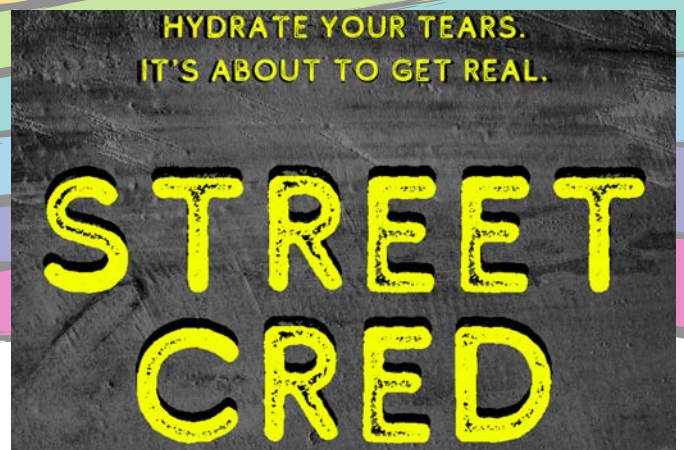
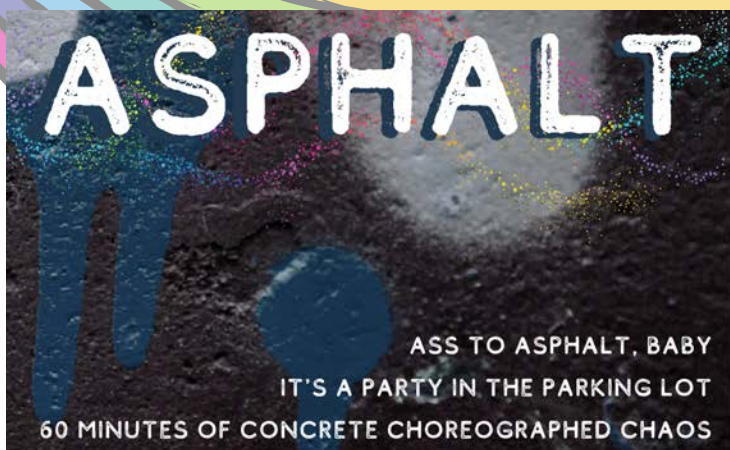
B.A.C.O.N. - Balance, Agility, Conditioning, Outdoor, Nonstop

ASPHALT - an hour of Mama Rhino's signature choreography

STREET CRED - a badass boot camp challenge - yes you can!

RHINO REMOTE - a complete Happy Hour experience, online!

Content available 24/7, via private FB group.



NEW IN 2020



UPDATED WAIVERS NEEDED FOR ALL RHINOS

New 2020 waivers are available on RaynFit.com



NEW IN NOVEMBER

- **30 DAY CLASS PASSES NOW AVAILABLE!**

5 classes \$60

9 classes \$100

12 classes \$120

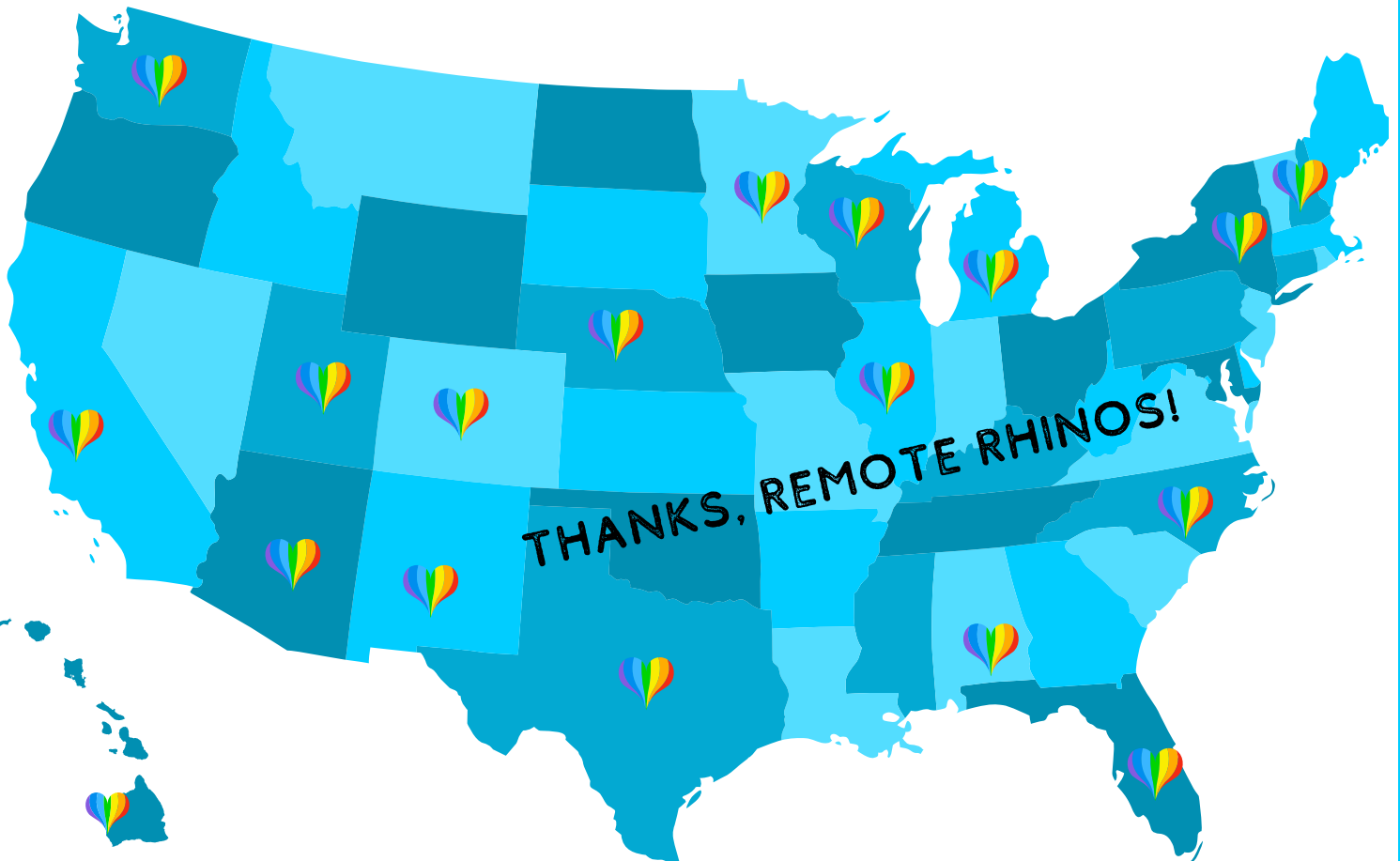
UNLIMITED (includes RHINO REMOTE!) \$165

(RHINO REMOTE only - unlimited - still \$69/month)

- **ADDITIONAL IN-PERSON, OUTDOOR CLASSES**

Additional B.A.C.O.N. & Asphalt. New Street Cred.

(See calendar on the next page for days/times.)



WHERE IN THE WORLD ARE ALL OUR CRAZY RHINOS?

B.A.C.O.N. (B) - group fitness, no choreography (Crystal)

ASPHALT (A) - group fitness, all choreography (Rayn)

STREET CRED (C) - boot camp, minimal choreography (Rayn)

RHINO REMOTE (RR) - virtual power hour - minimal choreography, extra credit "track attack" sessions are 100% choreography (Rayn)

GRATITUDE & GAINZZ (GG) - FREE boot camp for a cause - bring food donations. Sign-up on MindBody. (Rayn & Crystal)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 C 730am A 9am	2 B 6am RR 9am	3 RR 530pm	4 B 6am RR 530pm	5 RR 9am	6 B 6am RR 9am	7 A 730am RR 10am
8 C 730am A 9am	9 B 6am RR 9am	10 RR 530pm	11 B 6am RR 530pm	12 RR 9am	13 B 6am RR 9am	14 A 730am RR 10am
15 C 730am A 9am	16 B 6am RR 9am	17 RR 530pm	18 B 6am RR 530pm	19 RR 9am	20 B 6am RR 9am	21 A 730am RR 10am
22 C 730am A 9am	23 B 6am RR 9am	24 RR 530pm	25 B 6am RR 530pm	26 GG 9am RR 9am	27 B 6am RR 9am	28 A 730am RR 10am
29 C 730am A 9am	30 B 6am RR 9am					

**NOVEMBER
2020**

DRESS HAPPY. BE HAPPY!



Rayn

RaynFit.com



Crystal "Coach"

Emily "Mozie"



Tara



Rayn

RHINO SPOTLIGHT

Name: Tkiya & Alex

Training with Rayn/Happy Hour Fitness:

We started doing Rhino Remote in March. Thanks or the recommendation, Dr. Scrappy!

When do you Happy Hour? Tues & Sat

Hometown: We live in Ahwatukee. Alex is from Chandler & Tkiya is from Gilbert.

Pets: We have a newly adopted dog, Eska!

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

Tkiya: I enjoy playing & listening to music, going to concerts & movies (pre-pandemic), video games, napping, and spending time outdoors. Recently, most of my free time has gone to studying for the Pharmacy School entrance exam.

Alex: I enjoy video games working on my RC cars, hiking, and bird photography

FAV Rayn-choreographed track?

We both enjoy "You Can't Stop Me" right before class ends

FAV boot camp exercise? Tkiya: Anything with lifting weights & the Harry Potter themed workout. Alex: I liked "So Basic"

Love to hate 'em: BURPEES!

FAV Rayn-ism: We both like to repeat "Where's your neck at girl?!" to our dog. (She has a large neck, hard to miss)

Anything else you'd like to share?

Thank you Rayn for being so welcoming and running such an awesome online program.



TKIYA & ALEX



ESKA



THANK YOU FOR SHARING AND ENGAGING!



HAPPY HOUR FITNESS



@_HAPPYHOURFITNESS



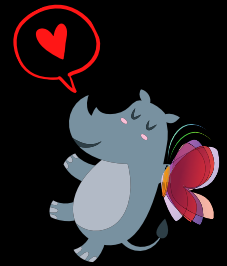
Matthew



Theresa
"Dimples"



Alaina



"Michigan"
Monica



Tara



Lydia



Kim "Birthday Girl"

WHY FEEL LIKE THIS?



WHEN YOU CAN FEEL LIKE THIS?



WITH THIS!



RHINO REMOTE



live FB
classes

24/7 content

FUN
SUPPORTIVE

#soGood

COACH'S CORNER

BY CRYSTAL & RAYN



STAY IN YOUR OWN LANE, MUSCLES!

Muscles work in groups or pairs. Just like us Rhinos, they need each other. The targeted muscle being worked during an exercise is the agonist, also known as the prime mover.

It's opposing muscle, the antagonist, performs the opposite action around the targeted joint. The antagonist relaxes to allow the prime mover to contract. (Kinda like when our Rhinos stop telling dirty jokes so Mama Rhino can focus on the workout).

The prime movers need assistance too...
that's where the synergists come into play.

(A lot like a Rhino telling another Rhino, "yes you can!")

And at the foundation of it all, like LOVE between Rhinos, are the stabilizing muscles, supporting the body, so the prime mover and synergist can perform together.

Sometimes synergistic muscles can take over the function of the prime mover. This is not #soGood. The result is a compensatory movement pattern and erroneous neuromuscular/mind-body patterning. In other words, when the helper muscles try to take over for the prime movers, they increase your risk for injury AND steal your gainzz. Rude. That's why it's important to activate the correct muscles.

At Happy Hour Fitness, your coaches strive to help you learn these principles so you can maximize your gains, prevent injuries, & have more fun in the process!

What topics would you like to see in future editions of Coach's Corner?

Rayn@RaynFit.com

Crystal@RaynFit.com



CRAZY JEN'S PUMPKIN SOUP

Created by sister Nancy
Updated by sister Deb

INGREDIENTS

- * 1 tbs Olive Oil
- * 1 onion coarsely chopped
- * 2 cloves garlic grated
- * 3 lbs butternut pumpkin, peeled & chopped
- * 1 lemongrass stalk finely chopped or grated
- * 1 tbs fresh ginger grated
- * 1 bunch coriander (cilantro)
- * 4 cups vegetable stock
- * 13.5 oz coconut milk



BY "PARTY GIRL" NANCY

INSTRUCTIONS

- * Remove the roots and stalky ends from the coriander. Wash the leaves and dry in a salad spinner or paper towel before roughly chopping. Wash the roots and stalks well to remove any dirt clinging to the roots. Shake off any water and finely chop.
- * Heat the oil in a large saucepan over medium-high heat before adding the onion and garlic. Cook until onion becomes translucent.
- * Add the ginger, lemongrass and coriander roots and stalks. Cook until the stalks become soft before adding the pumpkin.
- * Toss the pumpkin in the oil and cook for 5 minutes. Add the vegetable stock and bring to a boil before reducing the heat to lower. Cook for 30 minutes or until the pumpkin is tender. Remove from heat and allow to cool slightly.
- * Blend pumpkin until smooth. Add most of the chopped coriander (cilantro) leaves reserving some to garnish the soup. Blend until the soup is speckled with flecks of green.
- * Return to a clean saucepan and add the coconut milk. I like to only add half the milk, reserving the rest for garnish.
- * Serve with shaved coconut, the remaining coriander (cilantro) leaves and chill

