

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 13

November 2020

This month we hosted "Gratitude & Gainzz" to benefit the Chandler CARE Center. Although 2020 has presented major challenges, it has also yielded opportunities to grow. Team RHINO donated a carload full of food and \$350. I am proud to call you my fitness family.

Rayn

SESHIE'S TROLLEY



BOOZY



STUART



JOE



ALLI



IN-PERSON OR ONLINE, WE'VE GOT YOU COVERED!

30 day class passes now available!

5 classes \$60

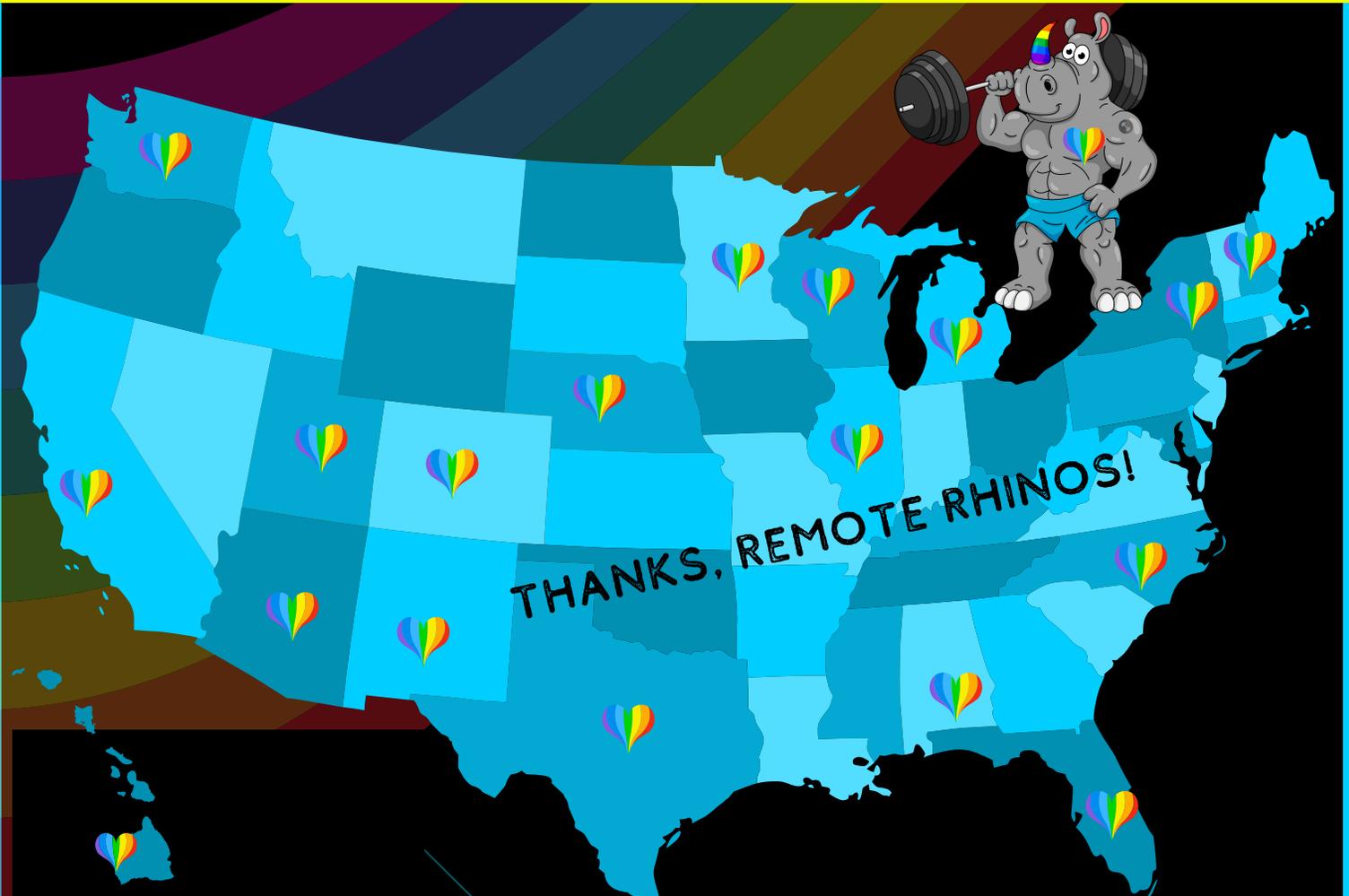
9 classes \$100

12 classes \$120

UNLIMITED (includes RHINO REMOTE!) \$165

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

WHERE IN THE WORLD ARE ALL OUR CRAZY RHINOS?



RAYN



B.A.C.O.N. (B) - Crystal
 Boot Camp, NO choreography

FITZROY

ASPHALT (A) - Rayn
 Group Fitness, ALL choreography

STREET CRED (C) - Rayn
 Boot Camp, minimal choreography

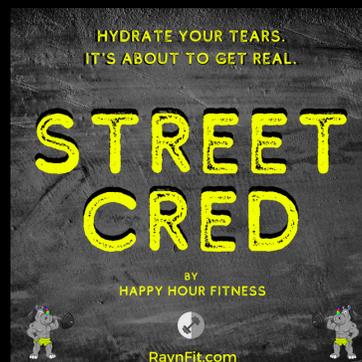
RHINO REMOTE (RR) - Rayn
 Virtual Power Hour: Boot Camp
 Track Attack: ALL choreography



FLANMAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1	2	3	4	5	6
	RR 530pm	B 6am	RR 9am	B 6am RR 9am	A 730am RR 10am	C 730am A 9am
7	8	9	10	11	12	13
B 6am RR 9am	RR 530pm	B 6am	RR 9am	B 6am RR 9am	* RR 10am	C 730am A 9am
14	15	16	17	18	19	20
B 6am RR 9am	RR 530pm	B 6am	RR 9am	B 6am RR 9am	A 730am RR 10am	C 730am A 9am
21	22	23	24	25	26	27
B 6am RR 9am	RR 530pm	B 6am	RR 9am	Christmas Day 		C 730am A 9am
28	29	30	31	New Year's Day	*No Asphalt Dec 12th	
B 6am RR 9am	RR 530pm	B 6am	RR 9am			

RHINO REMOTE by HAPPY HOUR FITNESS



RHINO SANTAS?

We've been asked to make an Amazon Wish-list for Happy Hour Fitness. If you'd like to be a gift-giving Rhino this holiday season, please visit Amazon.com & search "Happy Hour Fitness' wish list"



HAPPY HOLIDAY GIVING!



Do you have some naughty or nice Rhinos (or future Rhinos) on your holiday gift list? Give them the gift of HAPPY with a Happy Hour Fitness gift card!

Contact WhitWhit@RaynFit.com more info



NEW MERCH!



Name: Tom "Flanman" Flanagan

RHINO SPOTLIGHT

Training with Rayn/HHF: 3.5 years

When do you Happy Hour? Many days -

I do B.A.C.O.N., Asphalt, and Street Cred

Hometown: La Crosse, WI

Pets: I have a dog named Jordy.

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

I golf and try to throw in some volunteer work.

FAV Rayn-choreographed track? FREAKS

FAV boot camp exercise? ALL!

Love to hate 'em: ALL!

FAV Rayn-ism: "I ain't your mama"

but there is a very thin line between the 2 :)

Anything else you'd like to share?

I don't recall being a member of any group that is so close with so many amazing people. Over the years I've looked around the class, at each and every person, and thought how great it is that you are all part of my life.



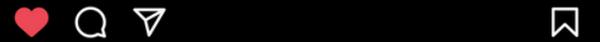
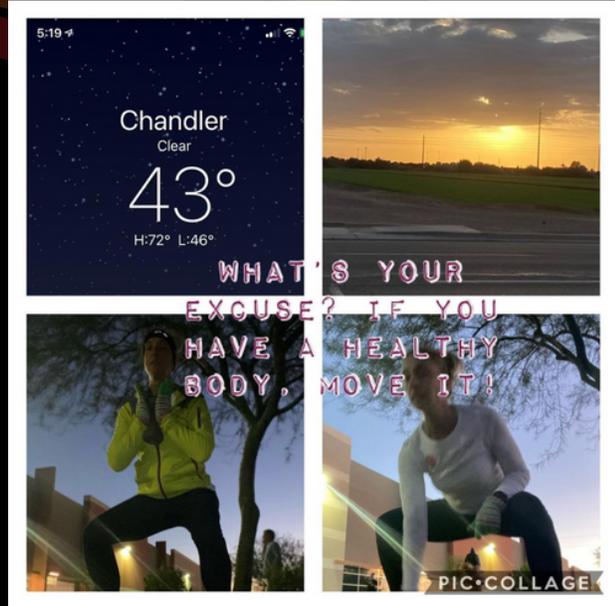
FLANMAN



WE LOVE RHINO SHARES, RECOMMENDATIONS, SHOUT OUTS, AND SUCCESS STORIES! THANK YOU!



Kathie & Painter Johnny



Liked by 101augie98 and 10 others

bulabeachgirl I got it! I hope you get it today, too! Move your body if your blessed enough to be healthy. Thanks you Crystal! @_happyhourfitness

Tara

★★★★★ 51 minutes ago

Positive: Communication, Professionalism, Quality

I absolutely love Rayn and Happy Hour Fitness. I've been Rayn's student for almost 6 years now and she is meant to do this. She pushes you to do better and be better. You won't want to workout anywhere else once you start working out with Rayn and her happy hour team!

Lynette



Dimples



Shahrzad

On November 3rd we celebrated
200 days of RHINO REMOTE!

November served up Halloween workouts, Mandalorian Day,
and lots of silly Happy Hour fun! Thank you, Rhinos!



Halloween
Monica



RHINO REMOTE
200!



Halloween



Rayn, Susan, Baby Yoda, & Matthew on Mandalorian Day!

WHY FEEL LIKE THIS?



ZOE

WHEN YOU CAN FEEL LIKE THIS?



ALAINA

WITH THIS!



RHINO REMOTE



JO

live FB classes

24/7 content

FUN SUPPORTIVE

#soGood

GET YOUR MIND RIGHT

Happy Hour Fitness cultivates an interconnected paradigm of holistic wellness. We empower you to become the strongest and most authentic version of yourself. We know that the power of fitness reaches far beyond calories burned. Our scope encompasses mental health care, spiritual growth, and community-building, with the goal of achieving self-actualization.

If you're able to move your body, you are fortunate.

There are many who cannot. Please don't waste it.

(Not because you should/have to, because you want to/get to.)

But some days get so hectic. And you're drained. And tired.

We all struggle at times... so how will we overcome?

You're human. Some days you don't get it right...and that's okay.

But in order to be on the right trajectory, we need to develop a routine and establish an internal dialog that predicates success.

- Book your classes in advance. (weekly or monthly)
- Prep your workout clothes, food, supplies, & water the night before.
- When your alarm goes off have a prepared dialog ready!
(What are you going to say to yourself EVERY morning?)

EXAMPLE: Rayn's AM self-talk

- Coffee will make it better.
- I **GET TO** go workout.
- I will feel so much better all day if I see Coach Crystal & my friends
- I am an athlete, training for LIFE
- I will succeed because of my determination, drive, and dedication

What's your routine for success? What's your pre-workout pep talk?

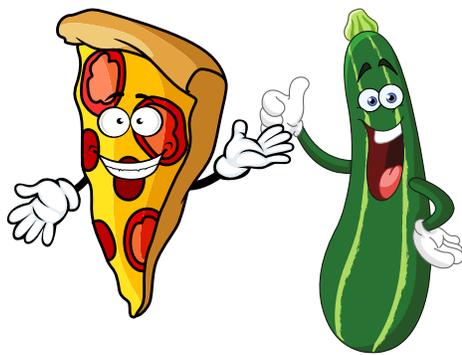
What's your WHY? We'd love to hear your answers. Share with us on our Happy Hour Fitness private FB group page, e-mail us, or share you story in class. We want to hear from you!

MOZIE'S ZOODLE PIZZA CASSEROLE

Ingredients

- 3 10-12 oz zucchinis
- ½ tsp kosher salt
- 2 eggs, lightly beaten
- 2 cups shredded Mozzarella cheese (8 oz)
- ¼ cup grated Parmesan cheese
- ¼ cup all-purpose flour
- 2 Tbsp cornmeal
- 1 8-oz can pizza sauce

Pizza toppings: pepperoni, mushrooms, onions, olives, etc.



MOZIE

Steps

1. Preheat oven to 400. Coat a 3-quart rectangular baking dish with non-stick cooking spray.
2. Using a vegetable spiralizer or julienne cutter (see tip at bottom), cut zucchini into long, thin zoodles. Place zoodles in a colander and sprinkle with salt and toss gently. Let stand 15-20 min and pat dry with paper towels.
3. In a large bowl, combine eggs, ½ cup of Mozzarella cheese, Parmesan cheese, flour and cornmeal. Stir in zoodles. Transfer to baking dish. Bake 10 minutes or until set and no extra liquid remains.
4. Cover zoodle mix with pizza sauce and top with remaining cheese and desired toppings. Bake 15-20 minutes or until cheese is slightly browned.

Tip: If you don't have a spiralizer or julienne cutter, slice zucchini into thin strips and then slice strips into the shape of fat noodles.