

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 14

December 2020

2020 has presented so much loss, turmoil, struggle, and chaos for so many of you. We feel your losses too. You are not alone. Everyone needs a community and we're grateful to be yours. We want to extend our sincere thanks to all of you who have been there for us, and, especially, for each other.

This year has galvanized the leaders of this organization. We find ourselves in a place of deep gratitude, uncomfortable self-reflection, and blatant determination. We are ready to lead Happy Hour Fitness into the future, one damn day at a time.

Thank you for sharing your lives with us.
Wishing you all health and happiness in 2021.

Take care of each other,

Rayn



Tara

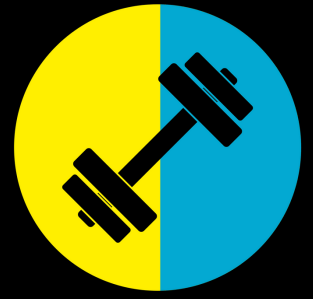
Liza

Sheila

NEW IN JANUARY

Sunday 730am Street Cred is now B.A.C.O.N.

Saturday RHINO REMOTE will be Power Hour PLUS
(One hour of boot camp directly followed by a deck of cards. No live track attack on Saturdays.)



We will be taking 1-2 days off each month. January's days: 1st & 23rd

BATTLE OF THE BUDDIES WIN PRIZES & CAPTURE THE TITLE!!

Pick a buddy by 1.4.2021 & notify WhitWhit.

If you need help finding someone, ask. We'll help you!
(5 bonus points if it's someone you don't know very well.)

Encourage and support each other! (with life and fitness)

EARN POINTS TOGETHER

Name your team = 1pt total

Ass to class (per rhino, in-person or RR) = 1pt each, for each class

Asses to same class! (per rhino) = 2pts each, for each class

Throw down a glowing Google review (one per person) = 5pts

Lend your celebrity endorsement on MindBody = 5pts
(max 15pts/rhino)

Bring a new Rhino to class! = 5pts

If your new Rhino joins the team = 25pointsicles!

Shriek your acclaims from atop a mountain (social media post) = 2pts
Hashtag the crap outta that shiz, you guys

PRIZES!

First place: Title of "Swolest Rhinos in all the land",
free unlimited class pass & swag bag!

Second place: 20% off class pass & swag bag!

Third place: 10% off class pass & swag bag!



IN-PERSON OR ONLINE...IT'S HAPPY HOUR, BABY!!

RAYN



30 day class passes:

5 classes \$60

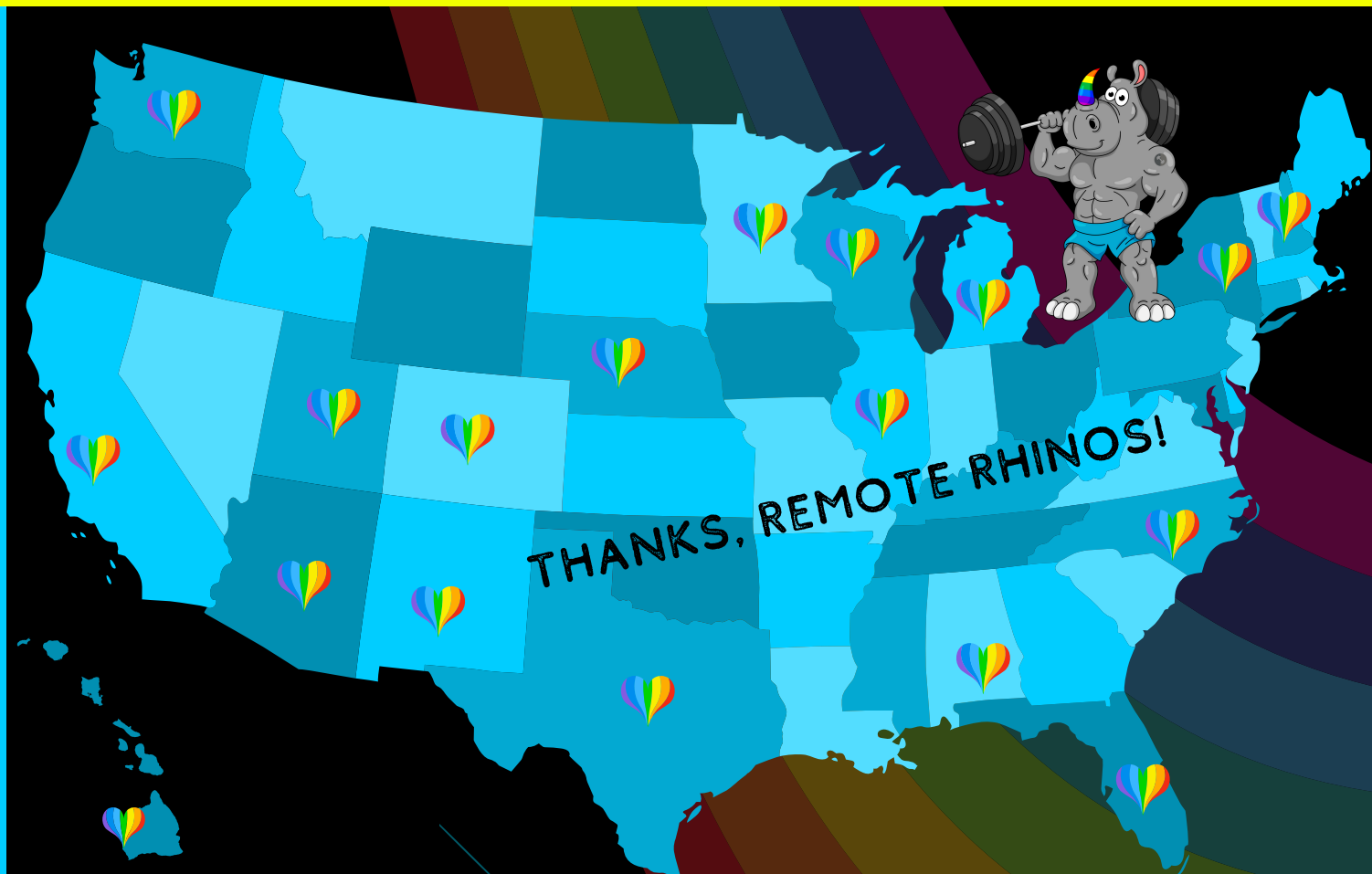
9 classes \$100

12 classes \$120

UNLIMITED \$165
(includes RHINO REMOTE!)

RHINO REMOTE \$69/month
(includes unlimited access to
all RR content for 30days)

WHERE IN THE WORLD ARE ALL OUR CRAZY RHINOS?





Monroe

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

ASPHALT (A) - Rayn
 Group Fitness, ALL choreography



RHINO REMOTE (RR) - Rayn
 RR Power Hour: Boot Camp
 Track Attack: ALL choreography
 (begins 5min after boot camp)

RR SATURDAY:
 RR Power Hour PLUS:
 (Boot Camp + Deck of Cards! No TA)



Maureen

J
A
N
U
A
R
Y
V

Friday	Saturday
1	2
New Year's Day 	A 730am RR 10am
8	9
B 6am RR 9am	A 730am RR 10am
15	16
B 6am RR 9am	A 730am RR 10am
22	23
B 6am RR 9am	
29	30
B 6am RR 9am	A 730am RR 10am

3	4	5	6	7
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am
10	11	12	13	14
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am
17	18	19	20	21
B 730am A 9am	Martin Luther King Day B 6am RR 9am	RR 530pm	B 6am	RR 9am
24	25	26	27	28
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am
31				
B 730am A 9am				

RHINO REMOTE by **HAPPY HOUR** FITNESS



visit RAYNFIT.COM for more info

ASPHALT

B.A.C.O.N.
 BALANCE. AGILITY. CONDITIONING. OUTDOOR. NONSTOP.



Mozie

RHINO SPOTLIGHT



Name: Rhea

Nickname?

No, but I refer to Rayn as my gym momma, so you could say I am her gym daughter.

Training with Rayn/HHF: 5 years!

When do you Happy Hour?

I do Rhino Remote with my mom almost every day. I also attend Asphalt.

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

I love to sing and dance. I have been studying, performing, & teaching Kathak, an Indian classical dance form, for almost 13 years. I am also a pre-med student, attending the U of A, so I study quite a bit.

FAV Rayn-choreographed track?

There are too many! My absolute favorites are Sit Still Look Pretty, Jai Ho, Glowing, & Girlfriend.

FAV boot camp exercise? BURPEES!

Love to hate 'em: Pushups & planks, but I am definitely getting better at them!

FAV Rayn-ism: I love when Rayn tells class to

“lose our heads in space”. This phrase inspires me to

find something deeper within exercise. Yes, we exercise to be physically healthy, but Rayn inspires me to find something more authentic & beautiful within me during each class with those words.



Kavitha & Rhea

THANK YOU, RHINO GIFT-GIVERS!

We are overwhelmed by your generosity!
Thank you for purchasing items from
our Amazon wish list as well as
sanitization supplies for the group.



THANK YOU!

NEW
MERCH
ALERT!



I AM I
CAN
I WILL
CROP
(FRONT)



I AM I
CAN
I WILL
CROP
(BACK)

WE DESIGNED IT.
YOU NAMED IT!

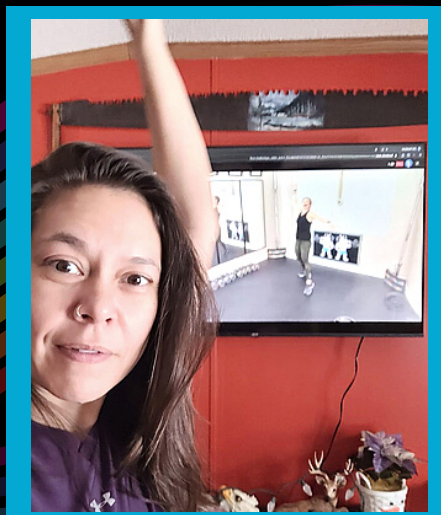
"NEURAL PATHWAY
EXPLOSION"
LEGGINGS & BRA



ASPHALT BRA



THANK YOU FOR SHARING!



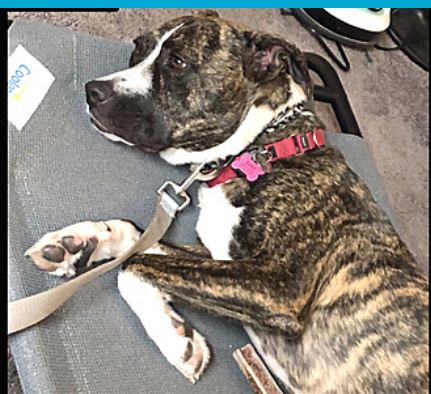
Dimples is #soGood!



Jenn's gonna bench burpee her way into 2021!



New York in the house!
Kathie, Daisy Dukes & "butt in a bucket"!



"@eskers13 : Where's your neck at girl? 😂
@_happyhourfitness"

Tkiya & Alex's pup
#neckGainzz



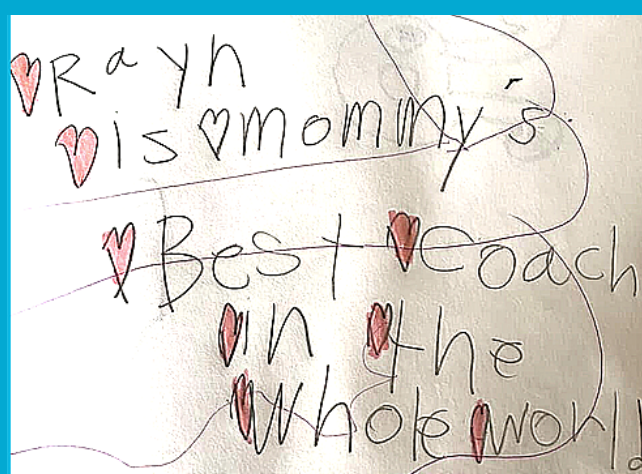
Holiday wishes from Susan & Baby Yoda



Matthew, in need of a tear hydration station



Coochie Coochie Schoo, sucking up to Santa...



Sharmi's daughter, Dyuti, is a junior remote rhino!

EVEN IN 2020, LOVE FINDS A WAY THANK YOU, TEAM RHINO!



Dimples, Maureen, Jenn, Sweet T, Sharmi, & Dyuti working out together! YAY!



JESS



Kathie surprised Rayn, Zoe, & the team! She's in AZ for 6 months!!



Dr Scrappy



Liza's b-day: we honored her by having a surprise "Dress Like Seshie" day. Hats, trolleys, big booties, & braids were all the rage.

HOW DO OUR RHINOS GET THEIR MINDS RIGHT?

Rhea: I show up is because I am worth the effort and investment. I am worth getting out of bed early to move my body with people who love and support me. I am able to move and that is a gift.

Brian "DT" (Double Trouble) "TOWSG" (The One Who Steals Gainzz):

It's not easy for me to get up early, but it's important. I sit at a desk all day. If I don't get moving, my heart and body would simply atrophy! Happy Hour Fitness gets me moving and keeps my ticker ticking!

Tara: Sometimes I say, 'you paid for it, go!' When I'm down I say 'you'll feel better mentally!' When I'm cranky, I say 'go see your tribe, they will make you giggle!'

We're now offering space to showcase your small business.
Check out TheKustomWoodshop.com



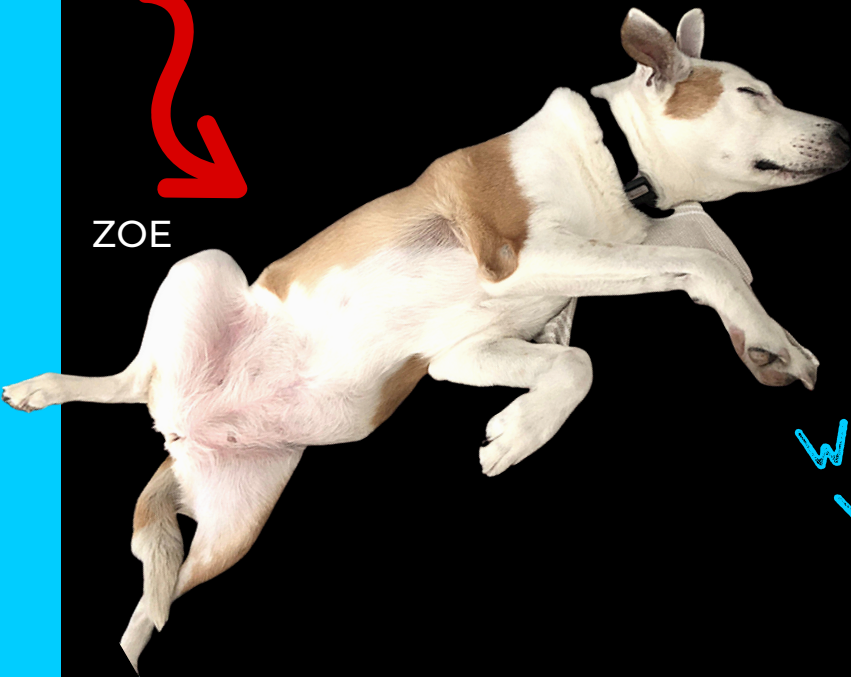
The Kustom Woodshop is owned by Larry Schwisow. Craftsmanship & extra love are curated into each piece. Use code HappyHourRhino to receive 10% off!

To purchase your spot in our monthly newsletter, contact Rayn or Whitney

WHY FEEL LIKE THIS?



ZOE



WHEN YOU CAN FEEL LIKE THIS?



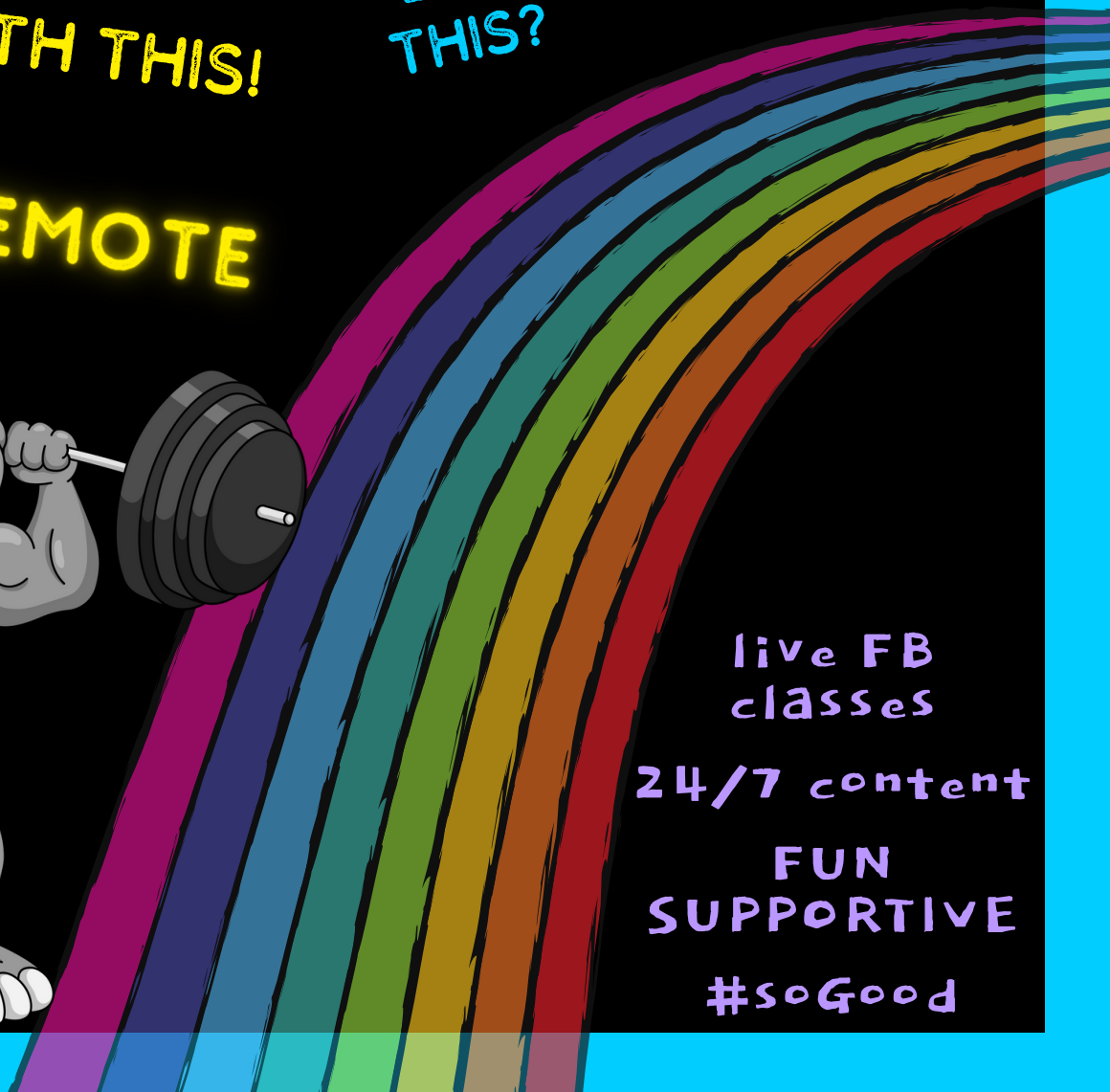
RANDOM STRANGER

WITH THIS!

RHINO REMOTE



JO



live FB classes

24/7 content

FUN SUPPORTIVE

#soGood

SOPHIA'S ROASTED VEGETABLE MEDLEY

This recipe originated from Rhee Drummond, The Pioneer Woman, who I absolutely love. I do many versions of this recipe. Most recently, I added grilled shrimp and turkey sausage - delicious!

I am an excellent cook/baker, and I learned from the very best, my grandmother, who was my favorite cook/baker, and who I absolutely loved. When I was a young girl, I was always in the kitchen by her side, learning, helping or just watching. My grandmother never, ever wrote down any of her recipes, but as I watched her cook and bake year after year, holiday after holiday, I paid attention and started writing most of it down or at least tried to remember.

The 'Vegetable Medley' reminds me of my grandmother and her love of fresh garden vegetables. It's a delicious and easy dish to make, and is perfect anytime of the year. I hope you all enjoy it!



INGREDIENTS:

Fingerling potatoes
Sweet potatoes or yams
Onions (red, yellow or white)
Butternut squash
Brussels sprouts
Carrots
Garlic (fresh or minced)
2 TB Olive oil
2 TB Balsamic vinegar
Salt & pepper



SOPHIA

I've also used zucchini, bell peppers & asparagus.

Cut the vegetables into bite size chunks, they will shrink as they roast. Toss veggies on a flat roasting pan, roast in oven for 40-45 minutes at 400 degrees.