

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

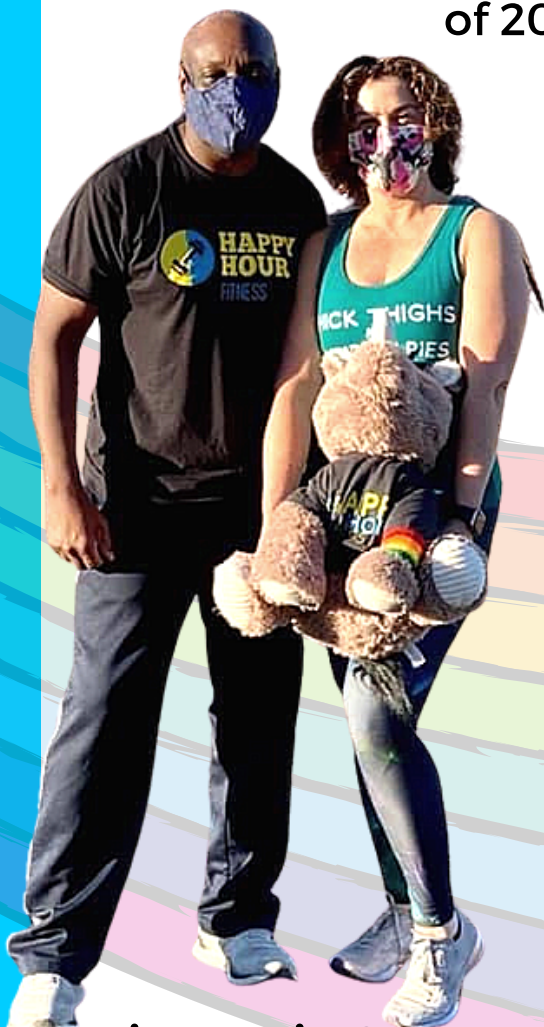
Issue 15

JANUARY 2021

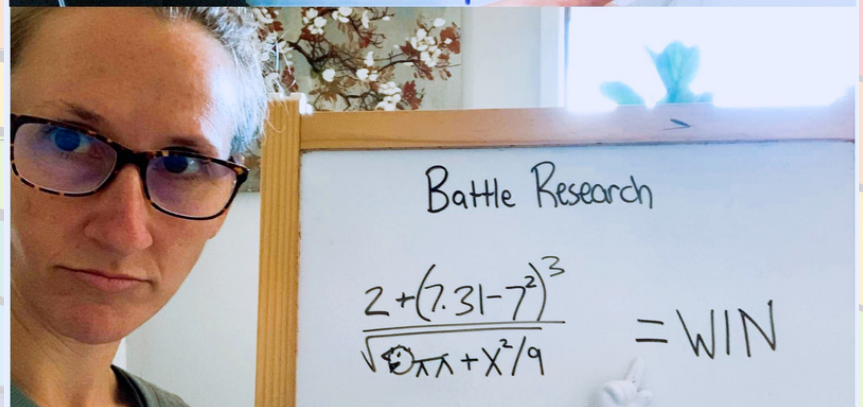
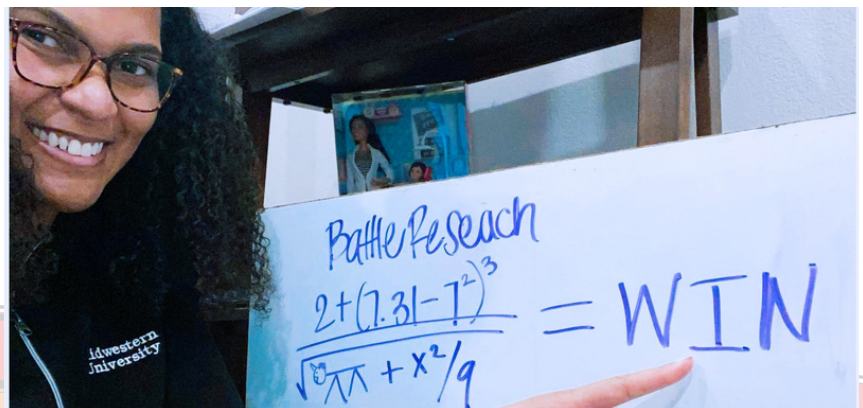
Our team has once again inspired me with their renewed sense of optimism, commitment, & unity in this new year.

Battle of the Buddies inspired our team to forge new friendships and achieve goals together. Whether you're part of a buddy squad or not, I implore you to connect with others. We're stronger, weirder, goofier, more fun, & more badass when we're united. Let's make the most of 2021 together! Yes WE can!

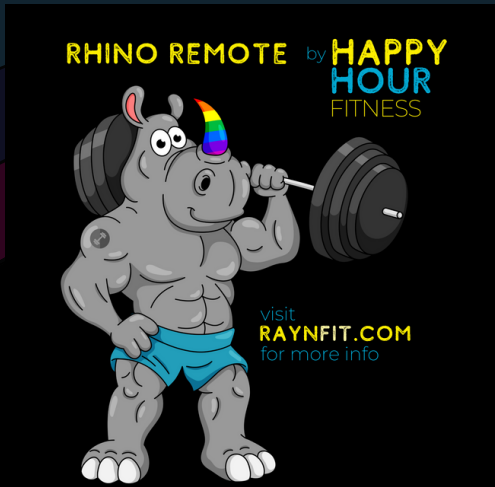
Rayn



**Fitz, Mozie, & Gator
Team Patriots**



**Dr. Athens & Dr. Ali
Team Rayn's Anatomy**



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

RR SATURDAY:

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am	B 6am RR 9am	A 730am RR 10am
7	8	9	10	11	12	13
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am	B 6am RR 9am	A 730am RR 10am
14	15 Presidents' Day	16	17	18	19	20
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am	B 6am RR 9am	
21	22	23	24	25	26	27
B 730am A 9am	B 6am RR 9am	RR 530pm	B 6am	RR 9am	B 6am RR 9am	A 730am RR 10am
28	FEBRUARY HAPPY HOUR SCHEDULE WE'RE CLOSED ON SATURDAY THE 20TH					
B 730am A 9am						



FEBRUARY REMINDERS

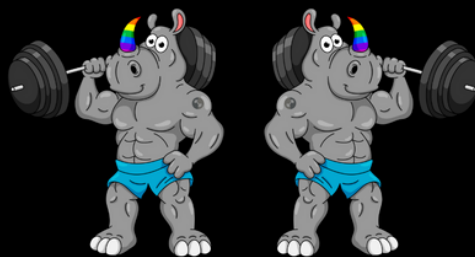
Happy Hour now takes one random day off each month
This month's day off is Saturday the 20th

BATTLE OF THE BUDDIES 2021

Ends January 31st

SPRINT to the finish line!
Earn prizes!

Compete for the coveted title of
SWOLEST RHINOS IN ALL THE LAND!



Athens & Alli
Rayn's Anatomy

Margie & Rachel
Swole Sisters

Tara & Lindsey
Side of Bacon

Schoo & Diana
Grannies Gone Wild

Tammy & Mo
Hustle & Muscle

Flanman & Adam
Swole Dudes

Augie & Brittany
Nacho Average Squad

Kathie & Kathy
K2 Crushers

Rhea & Carroll
Raynbow warriors

Jenn & Sam
Dance Moms

B-day Girl &
Alisanda
va-TJs

Fitz & Mozie
Patriots

Jess & Shahrazd
Jazz cats

Monica & Dimples
**Midwest Frozen
Pie Maniacs**

Sharmi &
Maureen
Super Moms

Punky & Seshie
Dirty Detention Girls

Lydia & DT
2for1 Special

BATTLE OF THE BUDDIES 2021

2for1 Special



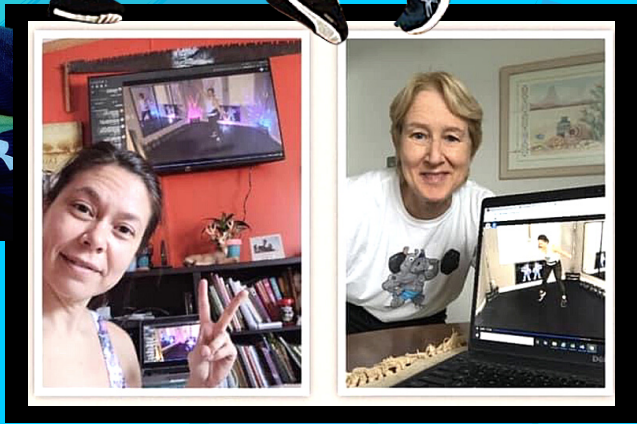
K2 Crushers



VJJs



Susan & her unofficial buddy!



Midwest Frozen Pie Maniacs!

Side of BACON



Dance Moms



Dirty Detention Girls

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



LUX

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)



THANK YOU, RHINOS!
WE ARE HUMBLLED BY YOUR GENEROSITY & SUPPORT!

-  Thank you for your glowing recommendations on FB, Google, Yelp, MindBody, Instagram, & Next Door!
-  Thank you for purchasing items from our wish list!
-  Thank you for donating sanitization supplies!
-  We are so grateful!





RHINO SPOTLIGHT

Name: Jessica Finch

Nickname? Call me Jess. Never Jessie!

Training with Rayn/HHF: a little over 2 years!

When do you Happy Hour?

weekends when I'm not working

Where are you from?

the small town of Grantsburg, Wisconsin

Do you have any pets?

I have 2 cats, Lily & Bella (both calico)

and 1 dog, Daisy

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

I paint, play video games, and watch movies.

Lately have been working on my YouTube channel!

FAV Rayn-choreographed track?

It's hard to choose one,

but I'd say my favorite would have to be "No"

FAV boot camp exercise?

Squats & hip bridges!

Love to hate 'em:

Running

FAV Rayn-ism:

YES YOU CAN!



JESS

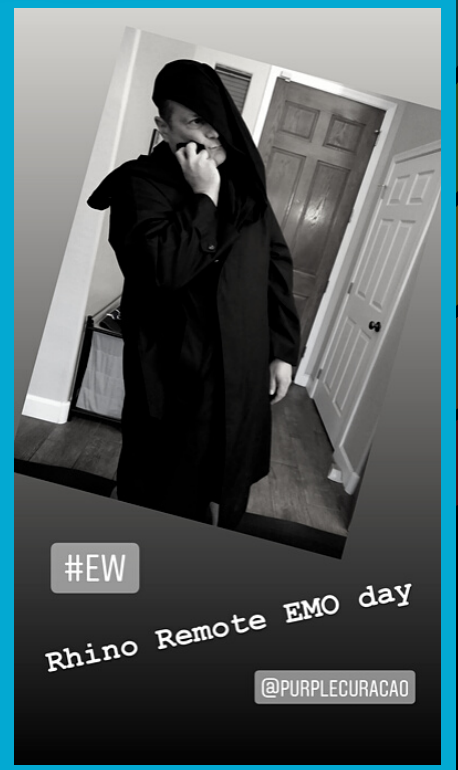


RHINO REMOTE EMO DAY!



Jenn legally changed her name to the Dark Enchantress to join the club. #tooCute

Write about Kathie in your diary but don't expect her to write about you in hers.



#EW

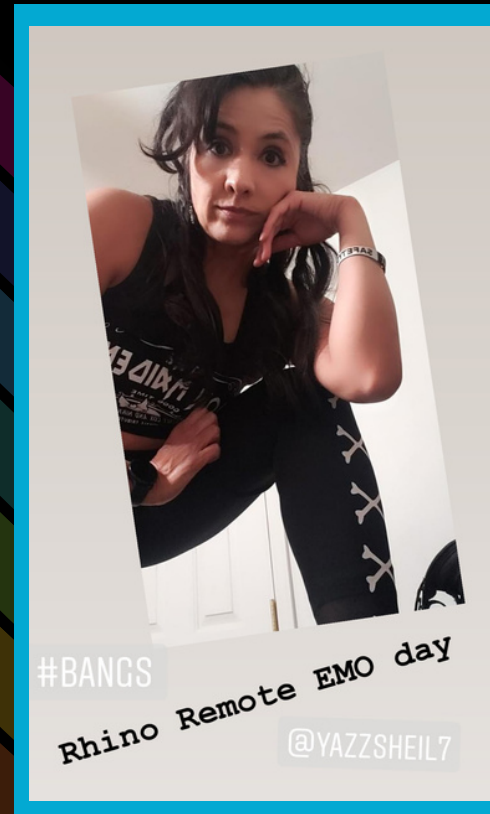
Rhino Remote EMO day

@PURPLECURACAO

DT is too EW to steal anyone's gainzz but his own. #sad



Go ahead & tell your mom about Monica. We'd triple dog dare you if we had the energy. #blackEyeLiner



#BANGS

Rhino Remote EMO day

@YAZSHEIL7

Punky got bangs. Don't ask. #seriouslyDontAsk

Rayn's mom still hasn't replied to the text she sent with this pic and no explanation... #whatever

RHINO REMOTE EMO DAY!



Punky rebounded from the bangs debacle. #moody

Lydia is only here for the diary entry. She's going to bed at 930. Hurry up & do something edgy already. #iWoreMakeup



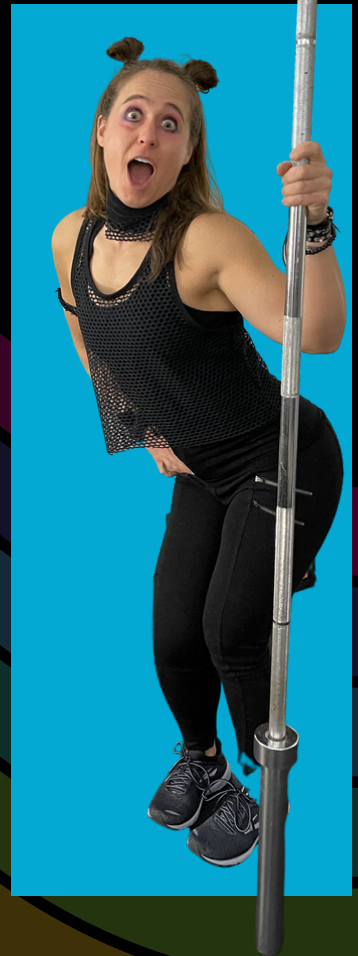
Rhino Remote EMO day

#THISISGOINGINMYDIARY



#SKULLS 🦴

Mozie's giving you 5 seconds to clear the space before she goes Cajun-emo on your ass. #backUp #skulls



January 19, 2021

COACH'S CORNER

BY CRYSTAL & RAYN



Mobility Matters!

Training to achieve optimal range of motion (ROM) throughout your workouts (and your daily life activities) is an important facet of your overall wellness. One way to enhance mobility is to work on flexibility. Stretching strategies have been implemented at the end of each Rhino Remote track attack and the results have been overwhelmingly positive.

Join us & feel the benefits for yourself!

Another method of enhancing mobility is self-myofascial release (SMR). The most ubiquitous form of SMR is surely foam rolling. Many of you have heard of foam rolling & maybe you have some SMR tools at your disposal. But do you use them? Do you know how? We're here to provide some basic tips and tricks.

Contact us to access to our free* SMR basics video!

*This video is free for any Rhino with a current class pass.

We'll go over modalities such as the foam roller, lacrosse ball, roller stick, & percussion devices like the Hypervolt & Hyperice. We also provide a few ways to implement these devices into your daily routine.

Text Rayn for more info. 480.326.6596



What topics would you like to see if upcoming issues of Coach's Corner?
email Crystal@RaynFit.com or Rayn@RaynFit.com

BEER, BY BABS

How to enjoy your favorite beer

A short story by Brenda & Barb

Mask up **1**



Masked beer bandit

2

Sit on the patio
with someone
in your bubble!



BARB
Brenda's sis

3

Tip your server!



4

ENJOY!



BRENDA "Babs"

We're now offering space to showcase your small business.
To purchase ad space, please contact WhitWhit or Rayn