

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 16

FEBRUARY 2021

The new year is commonly synonymous with making fitness resolutions, usually based on weight and inches lost. At Happy Hour Fitness, that's not how we roll. We wanted to celebrate the new year by focusing on building relationships & getting stronger together - true GAINZZZ - that's how Battle of the Buddies was born!

We loved watching new friendships blossom & existing relationships strengthen. The team provided so much support & encouragement to one another, regardless of participation level or point status.

Although we officially declared 3 victorious teams, Team Rhino was the ultimate winner. Any fitness program can help you elevate your heart rate & lift weights...but Battle of the Buddies zeroed in on what we think makes Happy Hour Fitness so very special: community.

Thanks to you, Happy Hour Fitness provides more than just physical fitness to our tribe. Encouragement, accountability & badass gainzzz are offered freely to anyone who wants to belong.

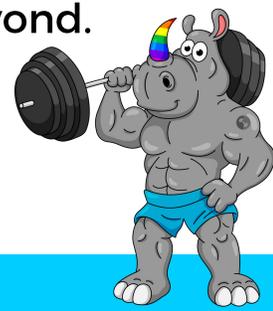
If you're still looking to make a Rhino-resolution for 2021, it's not too late!

- Reach out to someone you don't know
- Encourage someone during class (a lil "woo-hoo" can go a long way)
- Introduce a family member or buddy to our community
- Be a soft place to fall for our friends in need

We know our Happy Hour Fitness community will continue to shine throughout 2021 and beyond.

We believe in you.
Thank you for believing in us.

 WhitWhit





ASPHALT

RHINO REMOTE by **HAPPY HOUR FITNESS**



Monica "Mo"

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	1	2	3	4	5	6
	B 6am RR 9am	RR 530pm	B 6am	RR 9am	RR 9am	B 730am A 9am
7	8	9	10	11	12	13
A 730am RR 10am	B 6am RR 9am	RR 530pm	B 6am	RR 9am	RR 9am	B 730am A 9am
14	15	16	17	18	19	20
A 730am RR 10am	MERCH MONDAY B 6am RR 9am	RR 1 YEAR! RR 530pm	B 6am	RR 9am	RR 9am	B 730am A 9am
21	22	23	24	25	26	27
CLOSED 	B 6am RR 9am	RR 530pm	B 6am	RR 9am	RR 9am	INSIDE OUT B 730am A 9am
28	29	30	31	MARCH SCHEDULE CLOSED SUN THE 21ST		
INSIDE OUT A 730am RR 10am	B 6am RR 9am	RR 530pm	B 6am			

MARCH MAYHEM: RHINO EVENTS & ANNOUNCEMENTS

- 🏋️ **Saturday & Sunday schedules are swapping!**
 - Saturday is now B.A.C.O.N. at 730am & Asphalt at 9am
 - Sunday is now Asphalt at 730am & Rhino Remote at 10am
- 🏋️ **Crystal is offering personal training!**
 - LIMITED availability - contact WhitWhit@RaynFit.com for info
- 🏋️ **B.A.C.O.N. is now M/W 6am & Sat at 730am only**
 - Thank you for bringing friends! Please help them sign-up before class.
- 🏋️ **Happy Hour now takes one random day off each month.**
 - This month's day off is Sunday the 21st
- 🏋️ **March 27 & 28 will be Inside Out Days!**
 - (More info on the next page.)
- 🏋️ **March 16th marks 1 year of RHINO REMOTE!**
 - Join Rayn & the whole gang online for a workout party that'll knock you right on your pies!
- 🏋️ **Looking back, looking forward:**
 - This year has served up gainzz like no other. We've surprised ourselves with our ability to be mentally & physically agile...to wake up early, to navigate the asphalt, to create a thriving online platform, & to have fun doing it!
 - Our leadership team is working hard to serve you & give you the best experience possible. We continue to evaluate our options & explore spaces in hopes that we may be able to provide additional days/times for in-person classes. If you have leads on a space, please let us know. Thank you for your kindness, patience, adaptability, & love.



HAPPY ANNIVERSARY, RHINO REMOTE!

RHINO REMOTE has been our rainbow in the storm, our silver lining, our favorite 'lil plot twist.

We're celebrating our 1 year RR anniversary on Tuesday March 16th & we couldn't be more proud! Ass to (online) class, party people!



MARCH COMMUNITY GAINZZ INSIDE OUT WEEKEND!!

Happy Hour Fitness has a mission of uplifting our community through acts of love, kindness, and generosity.

This month we're collecting new & lightly used bras for women escaping domestic violence, trafficking, & other trauma.

Saturday March 27th & Sunday March 28th:

To highlight this month's effort, wear your clothes inside out when you attend class.
(extra credit for bras on the outside!)

Donations accepted all month, final haul will be donated to "The Bra Recyclers" on March 29th.

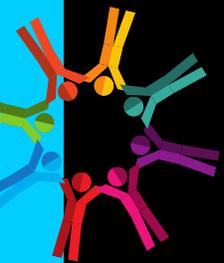
Questions? WhitWhit@RaynFit.com



RHINO WISH LIST

Thank you for your generous Rhino contributions!

If you're still looking to help bolster the team, we're in need of more pre-weighted bars, 15lb+





RHINO BOWL!



SIGN UP. WAKE UP. LIGHT IT UP.

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 30 days)



Kathie



Tara

MARCH MERCH ALERT!
SHOP SMALL. MAKE A BIG IMPACT!
EVERY 3RD MONDAY IS NEW MERCH MONDAY!





RHINO SPOTLIGHT



Name: Matthew Ray Reynolds

Training with Rayn/HHF: Almost 6 months now. I danced with Rayn back in the late 90's, while living in Seattle.

When do you Happy Hour? It varies due to my living situation (I'm waiting for my new home to be finished).

Usually Mon, Tues, Thurs, Fri Rhino Remote.

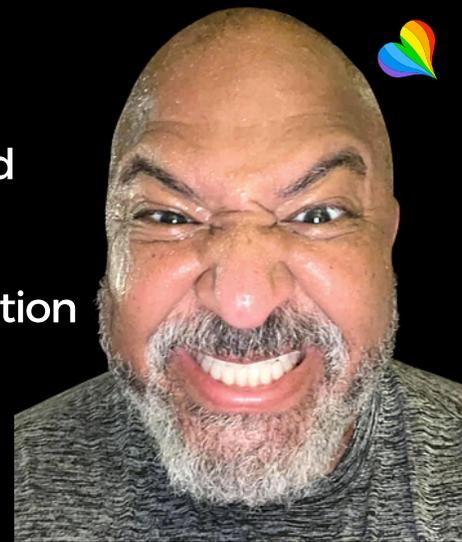
Where do you live? Volcano village - big island of Hawaii

What do you do when you're not working out? I am shifting the consciousness of humanity by helping people craft their own personal Equity Lens. Crafting an equity lens is a tool, when used, that grows into being a person's "truth vision." It has integrity, accountability, authenticity, vulnerability, self worth, & unconditional love at its core. It IS building belonging. It is a call to action. As people continue to heed the call to action, begin building belonging, justice will lead us into the new normal. A world that has our own ideas of belonging in it, helping each other to grow, experience joy, celebrate each other's humanity, & allows each person to know for themselves what living their biggest, fullest, and brightest means. This is the world I am creating and I welcome you to be a part of this process moving forward. mrrconsulting.org

FAV Rayn-choreographed track & fav exercises? "GO!"

BOOTY SHUFFLE, BOOTY CLAP, COOCHIE COOCHIE SCHOO!

Final thoughts: I found my community. I feel seen, heard, uplifted & supported. I laugh & cry, while rehydrating my tears with all you wonderful people. It seems odd that I have never been in the same physical space with any of you, (except Rayn) and yet I feel so close to you. LOVE THIS RHINO COMMUNITY!!



MATTHEW



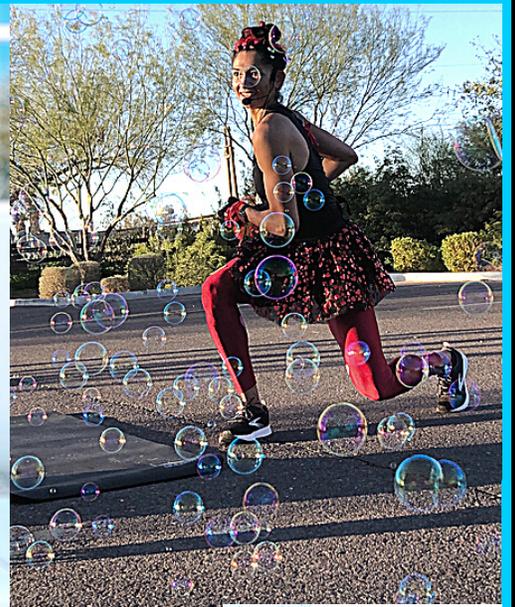
Matt/Devon/Rayn
Seattle 1996



Matt Flower Girl
Rayn & McPants
wedding 1997



WEIGHTS BEFORE DATES 2.14.21



Mon-Fri 6am-2pm
Saturday 8am-2pm
Closed Sunday



1020 E. Pecos Rd. #7
Chandler, AZ 85225



**HAPPY HOUR FITNESS...
PAIRS NICELY WITH
THE KIND BEAN!**

**kind
bean**
coffees • eats • sweets

WhitWhit & I like to have our business meetings at the Kind Bean.
We think their values align perfectly with ours.

If you're looking for delicious food, treats, coffee, or just a
little kindness to brighten your day, please give them a try!

Tell Clay & Jen that Rayn & WhitWhit sent you!

COACH'S CORNER

BY CRYSTAL & RAYN

Mobility Still Matters!

Flexibility is the ability to move a joint through a complete range of motion. Suboptimal flexibility can lead to postural imbalances, that can, in turn, lead to compensatory patterns. These patterns can cause synergist (helper) muscles to erroneously take the lead, therefore inhibiting prime movers from fulfilling their intended role.

The outcome can be pain, injury, & stolen gainzzz...
which is a damn shame if you ask any Rhino.

At Happy Hour Fitness, we integrate several methods of stretching into our classes. We also strongly encourage our Rhinos to participate in a regimen of stretching & SMR (self-myofascial release) at home, as a key facet of their preparatory and/or recovery process.

Static Stretching is taking a muscle to a point of tension and holding the stretch for 30 seconds. We usually integrate these after workouts.

Active Stretching takes joints through a full range of motion with a 1-2 second hold. We weave these into our warm-ups.

Dynamic Stretching requires force-production, momentum, & quicker tempos, performed without a hold. We utilize these in our warm-ups & during the introductory work phases of each class.

If you would like to be guided through a series of static stretches or a series of SMR exercises, please contact Rayn for access to your FREE videos!

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

Rayn 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



80s
DAY

Chocolate Eclair

by Linda

Ingredients: small box instant vanilla pudding, cool whip, graham crackers, chocolate icing

1. Make instant pudding per directions on box - let sit for 5 minutes then add container of cool whip, stir and set aside.
2. In a 9x9 pan, put a layer of graham crackers on bottom of pan (do not crush/crumble).
3. Add half the pudding mixture on top of graham crackers.
4. Add another layer of graham crackers.
5. Add remaining pudding mixture.
6. Add final layer of graham crackers.
7. Put container of chocolate icing in microwave to soften (about a minute). Stir. Pour on top of the graham cracker layer (don't need whole container unless you want to).
8. Refrigerate for about 6 hours or so (or overnight).

Tips & tricks:

Sugar free pudding and light/fat free cool whip work as substitutions. Or spice it up and change pudding or frosting flavor or add ingredients (i.e. bananas, nuts)
Have fun with it!



Linda

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