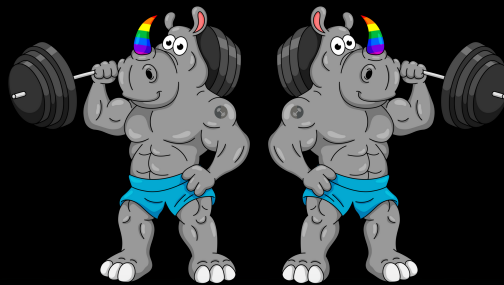
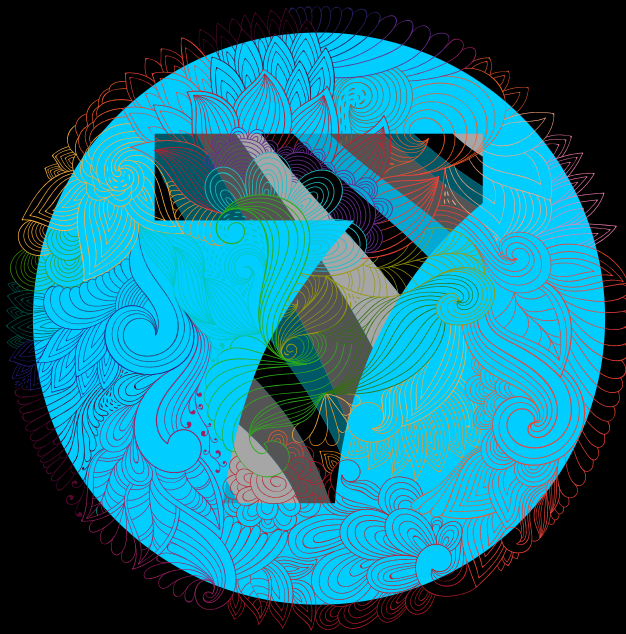


HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 17: March 2021



HAPPY HOUR FITNESS TURNS 7!



Happy Hour Fitness

**ALL DAY
EVERY DAY**

RaynFit.com





Words that means something

by Momma Rhino Rayn

Hello dear Rhinos,

March marked the 1 year anniversary of Rhino Remote and I couldn't be more grateful. When the world turned upside-down I did not miss a single day of providing service to our team. It's been an extraordinarily challenging year, though, and I am heavy with the weight of it all. But I am also reenergized by the power of team Rhino! Thank you to everyone who has reached out to support one another. Your kindness does not go unnoticed.

April holds another monumental milestone. It marks the 7th anniversary of Happy Hour Fitness! Seven years ago, I offered a little boot camp on Friday nights at Let's Grow Studio. Friday nights are not popular workout times and I was unsure of my ability to forge ahead. But the hard-working, rowdy Friday night Rhinos were ready to play! I am grateful to everyone who has been part of this journey and I hope we can continue forward together, supporting one another and living as our boldest, strongest, happiest, and most authentic selves.

As I propel our team forward I will do my best to create an even better future. WhitWhit and I are actively responding to your feedback, suggestions, & requests. Thank you for communicating with us! We're excited to provide several new offerings starting in April. We value you and we're working hard to serve you. Thank you for allowing us the opportunity to do so.

So Good,

Rayn

NEW indoor TUES 645pm Happy Hour House Party @NEW location

NEW indoor WED 9am Happy Hour H.I.I.T. @NEW location

NEW indoor THURS 9am Happy Hour House Party @NEW location

SAT 9am Asphalt moves inside @AZ Element Cheer - House Party!

NEW ADDITIONAL LOCATION!

Empire Elite All-Stars: 25410 S. Arizona Ave Suite 180 Chandler, AZ 85248

FREE Happy Hour Monday meet-ups: Rhinos on the GO!

Meet your buddies for a quick warm-up & hello.

Then hit a run on your own or walk-and-talk with friends!

RHINO REMOTE: New schedule & new Sunday FLOW class!

Happy Hour April day off: Sunday the 18th

APRIL SCHEDULE OF CLASSES					SATURDAY		SUNDAY
HAPPY HOUR FITNESS					730		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
9 RR BOOT CAMP RAYN	RR BOOT CAMP RAYN	HAPPY HOUR HIIT INSIDE NEW GYM EMPIRE CRYSTAL	HOUSE PARTY INSIDE NEW GYM EMPIRE RAYN	RR TRACK ATTACK RAYN	BACON OUTSIDE ELEMENT ELITE CRYSTAL		ASPHALT OUTSIDE ELEMENT ELITE RAYN
10							RR D.O.C. + FLOW RAYN
1015 RR TRACK ATTACK RAYN	RR TRACK ATTACK RAYN			RR BOOT CAMP RAYN			
530		RR BOOT CAMP RAYN					RaynFit.com
645 RHINOS ON THE GO RUN/WALK/TALK Chandler CRYSTAL & WHITWHIT	HOUSE PARTY INSIDE NEW GYM EMPIRE RAYN	RR TRACK ATTACK RAYN	EMPIRE ELITE ALL-STARS 25410 S. Arizona Ave #180 Chandler, AZ 85248 SW corner of AZ Ave & Riggs AZ ELEMENT ELITE CHEER 221 E Willis Rd Suite #5, Chandler, AZ 85286	OUTSIDE NEW OFFERING FREE OFFERING RHINO REMOTE ONLINE CLASS TIME SWAPPED			

COMMUNITY GAINZZ INSIDE OUT DAYS

Happy Hour has a mission of bolstering our community through acts of kindness and love. This month we collected bras for women who are escaping violence, trafficking, & trauma.

To highlight our efforts, we wore our clothes inside out... some of us even sported our bras on the outside! (Rayn's mom, Stephanie too!)

Our final haul surpassed our wildest expectations. We feel the power of your love & kindness. Thank you!

Do you have an idea for our next Community Gainzz Initiative? Contact Whitney Hayes: WhitWhit@RaynFit.com



30 day class passes:

5 classes \$65

9 classes \$105

12 classes \$125

UNLIMITED \$165
(includes RHINO REMOTE!)

RHINO REMOTE \$69/month

(includes unlimited access to
all RR content for 30 days)

Did you know?

RHINO REMOTE pass holders are eligible for a 40% discount on 5-pack class passes & drop-ins?

Create your own perfect hybrid fitness program with Happy Hour Fitness!

**SHOP SMALL.
MAKE A BIG IMPACT!**

Invincible



Neon Geo Rhino
available in muscle, tank, & racerback

Baby Pi, Pi, Pie



RHINO SPOTLIGHT

Name: Maureen Spataro

Training with Rayn/HHF:

3 awesome years! 🌈

When do you Happy Hour?

I try to do Track Attack on Rhino Remote 3-4 days a week and Asphalt every other Saturday and Sunday (the weekends I don't work)

What's your hometown?

Waukesha, Wisconsin

Pets or kids? 🌈

I have 3 kiddos. They're 10, 8 and almost 5

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

I'm mostly trying to raise decent humans but I also work part time as a speech pathologist at Chandler Hospital. I love to read and spend time with friends.

FAV Rayn-choreographed track?

I love any dance tracks! 🌈

I also love every single other track!!

What exercise to you love to hate?

The last one of each workout...I'm bummed to be finished.

What's your favorite Rayn-ism:

Don't waste it! (This one day, one life, one body, one workout...don't waste it.) 🌈



MAUREEN



80s day!



COACH'S CORNER

BY CRYSTAL & RAYN



Boost Your Brainsicles!

We all know exercise improves physical health, but at Happy Hour Fitness we also highlight its ability to improve brain health. Exercise bolsters brain function, allowing us to live fuller lives.

When you attend Happy Hour Fitness classes, you improve your brain's blood flow and vascular function. Working out can even facilitate the growth of new neurons, stimulate growth factors, predicate the release of neurotransmitters, and more.

Exercise is a powerful agent in the realm of mental health care as well. Many people who struggle with anxiety and/or depression find that getting their pies kicked at the gym is an integral part of their comprehensive mental health care plan.

Learning new patterns is especially beneficial to the brain. (Hellooo, choreography! Insert jazz hands here!) Tackling new pathways, rhythms, shapes, and movement qualities may even stave off or slow the progression of neurodegenerative diseases!

Exercise has also been shown to assist with learning and memory.

If you're preparing to study or just want to stay sharp, exercise should be a foundational component of your curriculum.

At Happy Hour Fitness, we nurture you from the inside out and we're always considering your health in a holistic manner. We provide cardiovascular challenges paired with choreography, we consciously program varied patterns and planes of motion into each workout, and we authentically care. At Happy Hour Fitness, we're dedicated to helping you live your best life.

Contact us: Crystal@RaynFit.com Rayn@RaynFit.com

WHIT WHIT'S BDAY BASH



WhitWhit

Liza

Monica

Mozie

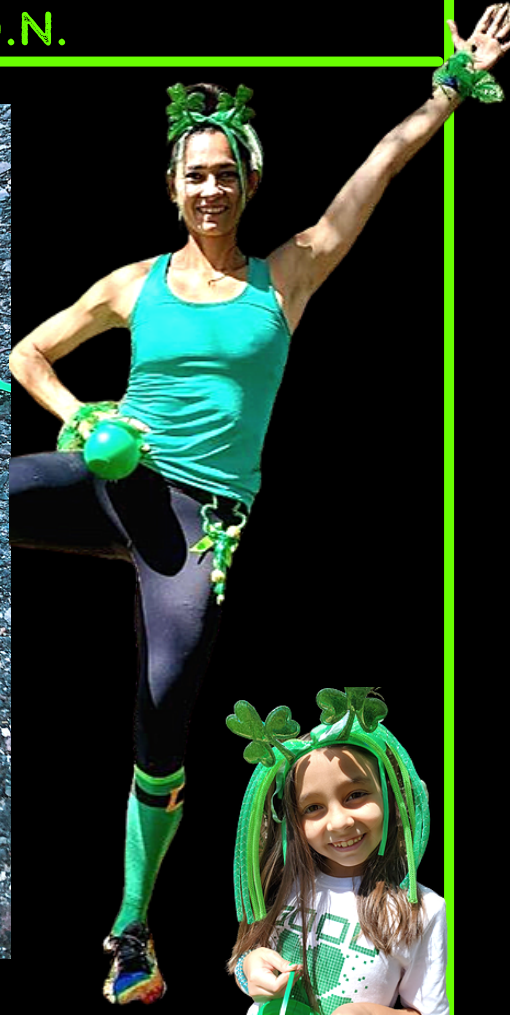
Rayn

Crystal

ST. PATRICK'S DAY B.A.C.O.N.



Monica
"Mo"



Alaina



RHINO RECIPES



HOT DISH



SOUR CREAM ENCHILADAS

by Flanman

Ingredients:

- 2 whole chicken breasts
- 1 (10.5 oz) can cream of chicken soup
- 1 pint sour cream
- 1 (4 oz) can of chopped green chile
- 1 dozen flour tortillas
- 3/4 cup chopped onion
- 3 cups grated cheese of choice
- black olives



Directions:

Boil chicken breasts and then cut into cubes.
Mix chicken, soup, sour cream, and chile.
Spread a thin layer of creamed mixture over the bottom of a 9x12 pan.
Spread an equal amount down the center of each tortilla (reserve some for the top).
Place seam side down on the cream mixture.
Pour the remaining mixture over the top, making sure all tortillas are covered.
Sprinkle with cheese.
Bake at 350 for 25-30 minutes.
Garnish with black olives.

T-FRESH



We're now offering space to showcase your business.
Contact WhitWhit@RaynFit.com for information