

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!  
Issue 18: April 2021



YES



YOU



CAN



Hi Rhinos! Thank you for your donations, adaptability, encouragement, & smiles. You inspire me! #SoGood!

This month I want to challenge you to show up, to be kind, & to crush your goals with our May RHINO RUMBLE competition. We have 3 categories & 1 winner for each: online only, hybrid, & in-person only. So get your mind right and show me what ya got.

Rayn

ASS-TO-CLASS. KINDESS COUNTS. COMPETE TO WIN!

READY TO RUMBLE?

THREE WINNERS: IN-PERSON, HYBRID, & ONLINE

WIN \$75 SHOPPING SPREE  
OR 50% OFF NEXT CLASS PASS PURCHASE

Rumble your way to top Rhino in your division

Ass-to-class: 5pts

Rhino Act of Kindness: 2pts\*

*Do something kind for another Rhino*

\*+2 extra pts extra if you don't know them very well

Bring a new Rhino to class: 5pts\*

\*+ 10 extra points if your new Rhino joins the team!

Share your love of Happy Hour Fitness  
on your social media account: 2pts



# MAY SPECIAL EVENTS

CELEBRATE RAYN'S B-DAY WITH POP-UP CLASSES

## Happy Hour Tabata

w/Crystal

MON May 10th @9am

Empire Elite All-Stars (Riggs & Chandler Heights)

Sign up on MindBody

## Cardio House Party

w/Rayn

FRI May 14th @7pm

Uncle Bear's Brewery & Taproom

612 E Germann Rd

Gilbert, AZ 85297

Sign up on MindBody

## Rhinos on the GO!

w/WhitWhit & Crystal

FREE

MON May 17th @645-?

Uncle Bear's Brewery & Taproom

SUN 730am Asphalt classes are moving inside! House Party!

Closed SUN May 30th

# TWO locations AND online!

**Weekends:**

**AZ Element Elite:**

**221 E. Willis Road # 5**

**Weekdays:**

**Empire Elite All-Stars:**

**25410 S. Arizona Ave # 180**

**Friday Pop-up**

**& Rhinos on the GO:**

**Uncle Bear's Brewery**

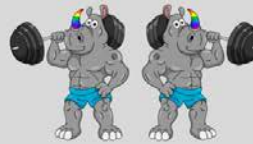
**612 E Germann Rd**



Rayn

Crystal

**HAPPY HOUR FITNESS**  
**MAY SCHEDULE OF CLASSES**



730

SATURDAY SUNDAY

**BACON  
OUTSIDE  
ELEMENT ELITE  
CRYSTAL**

**HOUSE PARTY  
INSIDE  
ELEMENT ELITE  
RAYN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 <b>Rhino Remote BOOT CAMP</b>	 <b>Rhino Remote BOOT CAMP</b>	 <b>HAPPY HOUR HIIT INSIDE NEW GYM EMPIRE CRYSTAL</b>	 <b>HOUSE PARTY INSIDE NEW GYM EMPIRE RAYN</b>	 <b>Rhino Remote TRACK ATTACK</b>	 <b>HOUSE PARTY INSIDE ELEMENT ELITE RAYN</b>	
						 <b>Rhino Remote D.O.C. + RHINO FLOW</b>
1015 <b>Rhino Remote TRACK ATTACK</b>	 <b>Rhino Remote TRACK ATTACK</b>			 <b>Rhino Remote BOOT CAMP</b>		<b>CLOSED SUNDAY MAY 30th</b>
530		 <b>Rhino Remote BOOT CAMP</b>	Small group training (CRASH) & personal training also available. Please contact WhitWhit@RaynFit.com			

<p>645</p> <p> </p> <p><b>Rhinos on the GO! MAY 17th ONLY</b></p>	<p></p> <p><b>HOUSE PARTY INSIDE NEW GYM EMPIRE RAYN</b></p>	<p></p> <p><b>Rhino Remote TRACK ATTACK</b></p>	<p></p> <p><b>EMPIRE ELITE ALL-STARs</b> 25410 S. Arizona Ave #180 Chandler, AZ 85248 SW corner of AZ Ave &amp; Riggs</p> <p></p> <p><b>AZ ELEMENT ELITE CHEER</b> 221 E Willis Rd Suite #5, Chandler, AZ 85286</p>	<p> <b>FREE OFFERING</b></p> <p> <b>RHINO REMOTE ONLINE</b></p> <p> <b>OUTSIDE</b></p> <p><b>RaynFit.com</b></p>
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# RHINOS ON THE GO & RHINO REMOTE

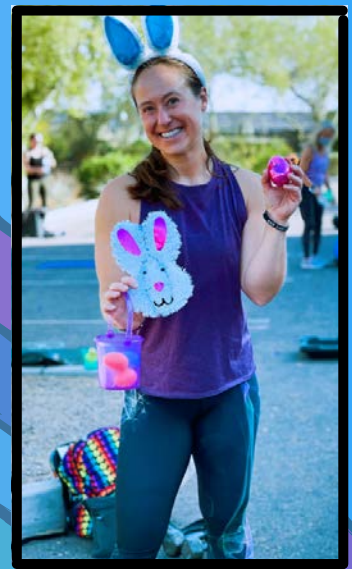


# ASPHALT & HOUSE PARTY





# H.I.I.T. & B.A.C.O.N.



# CRASH



## 30 day class passes:

5 classes \$65

9 classes \$105

12 classes \$125

**UNLIMITED \$165**  
(includes RHINO REMOTE!)

## Did you know?

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

Create your own perfect hybrid program with Happy Hour Fitness!

**RHINO REMOTE \$69/month**

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



Organic Geo Rhino Crop Top



Hot Dish racerback



Sweet but Psycho leggings



Rehydrate Your Tears stainless steel water bottle



SHOP SMALL

**MAY'S HOTTEST  
NEW MERCH!**

# RHINO SPOTLIGHT

**Name:** Brian Thatcher

**Nickname(s):**


DT (Double-Trouble) or TOWSG (The One Who Steals Gainzzz)

**Training with Rayn/HHF:** 4 years

**When do you Happy Hour?** Sat, Sun, & Tues night 

**Hometown?** Inside Momma Rhino's heart... born in NJ but home is Chandler

**Pets or kids?** Lydia & I have 2 dogs. a.k.a our kids that we have had for 14 years!

**What do you do when you're not working out?** I really enjoy fishing for anything from trout in the Arizona high country to tuna fishing out of San Diego. Also, I enjoy bike riding and trying to steal Lydia's gainzzz while she is killing a Rhino Remote workout. 

**FAV Rayn-choreographed track?** #1 - Bumper Sticker (Brings me back to the Caribbean!) #2 - Juice #3 - You Can't Stop Me!

**Fav exercise?** Inversions and trying to live up to my nickname (TOWSG)

**What exercise to you love to hate?** Deck of cards

**Fav Rayn-ism:** "I almost died you guys" & "Don't look at me, I'm hideous"

**Anything else you want to add?**

I like long walks on the beach and schnapps made from peach.

Team Rhino, thank you for letting me be a goofball and laughing with me.





## RHINO RECIPES

# GRANOLA

*by Kathy*

6 Tbsp butter  
1/2 tsp vanilla  
1/3 cup brown sugar  
1/4 cup honey  
4 cups of oats (not quick)  
1/3 cup of wheat germ  
1/2 cup chopped nuts  
Dried fruit

Preheat oven to 300 degrees.  
Line 2 cookie sheets with foil.  
Melt butter in a large bowl  
in the microwave.  
Stir in vanilla, brown sugar  
and honey.  
Then stir in oats & wheat germ.  
Spread mixture out on  
cookie sheets.  
Bake x 10 minutes & stir.  
Bake another 10 min.  
Stir and add nuts.  
Bake a final 10 minutes.  
Store in a sealed container.  
It will last a couple of weeks.  
When you go to eat it add the dried fruit of your choice.



DR. SCRAPPY





# CHEER

Competitive (Both Travel + Non-Traveling Teams)  
Instructional Classes

# TUMBLE PARKOUR

Classes available for students 3 + up.  
All levels, no experience necessary.

Good for one free trial class at Empire  
Elite! For NEW students only.

# FREE TRIAL

**CALL OR EMAIL US TODAY!**

480.895.2045

[billing@empireeliteallstars.com](mailto:billing@empireeliteallstars.com)

25410 S. Arizona Ave. Suite 108 Chandler, AZ 85248 (Riggs + Arizona Ave)

[www.empireeliteallstars.com](http://www.empireeliteallstars.com)

Would you like to feature your business in our next issue?  
Contact [WhitWhit@RaynFit.com](mailto:WhitWhit@RaynFit.com)