



# HAPPY HOUR NEWS



All the latest RHINO-tastic happenings!

Issue 19: May 2021



#soGood



Team RHINO,

As most of you know, the past year has presented Happy Hour Fitness with no shortage of unexpected obstacles.

Two weeks ago we learned that our long-time home (Element) is closing their business at the end of the May. Two days later, we learned that our shoes were causing damage to the floor at our daytime location (Empire). As you can imagine, this news was shocking and devastating.

But we sincerely believe in our mission, and we believe in YOU. Team Rhino has shown us what it means to dig deep, stay focused, and lead with love. We are not done building this community and we are not giving up.

We were fortunate to find two new locations for June. We see the potential and are feeling optimistic.

So, beginning in June...All our classes (except Tuesday night) will be held at PickUp USA Fitness. 221 E Willis Rd #20.

Tuesday night class will move to 5:30pm at the gym at The Grove Church and will be boot camp format.  
2777 S Gilbert Rd.

We also added a Friday 530pm choreo class at PickUp.

Without you all, this wouldn't be possible so THANK YOU to all those who have stuck with us and supported us.

Rhino Remote is #soGood & will only see a few slight changes. If you're looking for a convenient, fun, creative workout that you can do anytime, please give Rhino Remote a try.

Thank you for going on this WILD RIDE with us.

Buckle up, Rhinos! Here we GOOOOOO!!!



*Rayn, WhitWhit, & Crystal*

# We're moving!

AZ Element Elite gym is closing at the end of May. All classes (except TUES 530pm) will be held @PickUp USA Fitness.

# Rhinos hybernate in the summer

Rhinos on the GO, Uncle Bear's Pop-ups, & CRASH are in temporary hybernation.



## Closed:

TUES June 1st  
& SUN June 20th

## FULL JUNE SCHEDULE

| <b>HAPPY HOUR FITNESS</b><br><b>JUNE SCHEDULE OF CLASSES</b>          |  |  |  |  | SATURDAY  | SUNDAY   |
|---|--|--|--|--|---|--|
|   |  |  |  |  | <br><b>HAPPY HOUR</b><br><b>PickUp</b><br><b>CRYSTAL</b>  |  |
| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |   |  |
| <b>9</b><br><br><b>Rhino Remote</b><br><b>BOOT CAMP</b>               | <br><b>Rhino Remote</b><br><b>BOOT CAMP</b>                                      | <br><b>HOUSE PARTY</b><br><b>PickUp</b><br><b>RAYN</b>   | <br><b>HAPPY HOUR</b><br><b>PickUp</b><br><b>CRYSTAL</b>             | <br><b>Rhino Remote</b><br><b>BOOT CAMP</b>                |   | <br><b>HOUSE PARTY</b><br><b>PickUp</b><br><b>RAYN</b> |
| <b>10</b><br><br><b>Rhino Remote</b><br><b>TRACK</b><br><b>ATTACK</b> | <br><b>Rhino Remote</b><br><b>TRACK</b><br><b>ATTACK</b>                         |  |  | <br><b>Rhino Remote</b><br><b>TRACK</b><br><b>ATTACK</b>   | <br><b>Rhino Remote</b><br><b>D.O.C.</b><br><b>+ RHINO FLOW</b>   |  |
| <b>530</b>  | <br><b>HAPPY HOUR</b><br><b>The Grove</b><br><b>RAYN</b><br><b>&amp; CRYSTAL</b> | <br><b>Rhino Remote</b><br><b>BOOT CAMP</b>              |  | <br><b>HOUSE PARTY</b><br><b>PickUp USA</b><br><b>RAYN</b> | <b>NEW LOCATION!</b><br><br><br><b>PickUp USA Fitness</b><br><b>221 E Willis Rd. #20</b><br><b>Chandler, AZ 85286</b> |  |
| <b>630</b>  |  | <br><b>Rhino Remote</b><br><b>TRACK</b><br><b>ATTACK</b> | <b>CLOSED:</b><br><b>TUES June 1st</b><br><b>&amp; SUN June 20th</b> |  | <br><b>The Grove</b><br><b>2777 S. Gilbert Rd.</b><br><b>Chandler, AZ 85286</b>                                       |  |



**HAPPY HOUR FITNESS**  
**SCHEDULE OF CLASSES**  
**IN-PERSON ONLY**



**JUNE**

SATURDAY      SUNDAY

| MONDAY | TUESDAY  | WEDNESDAY                          | THURSDAY                             | FRIDAY                             | SATURDAY   | SUNDAY |
|--------|--|------------------------------------|--------------------------------------|------------------------------------|--|--------|
| 9      |  | <br><b>HOUSE PARTY PickUp RAYN</b> | <br><b>HAPPY HOUR PickUp CRYSTAL</b> |                                    | <b>8</b><br><br><b>HAPPY HOUR PickUp CRYSTAL</b> |        |
| 10     |  |                                    |                                      |                                    |  |        |
| 530    | <br><b>HAPPY HOUR The Grove RAYN &amp; CRYSTAL</b> |                                    |                                      | <br><b>HOUSE PARTY PickUp RAYN</b> | <b>NEW LOCATIONS!</b><br>                        |        |

**CLOSED:**  
**TUES June 1st**  
**& SUN June 20th**



**The Grove**  
**2777 S. Gilbert Rd.**  
**Chandler, AZ 85286**

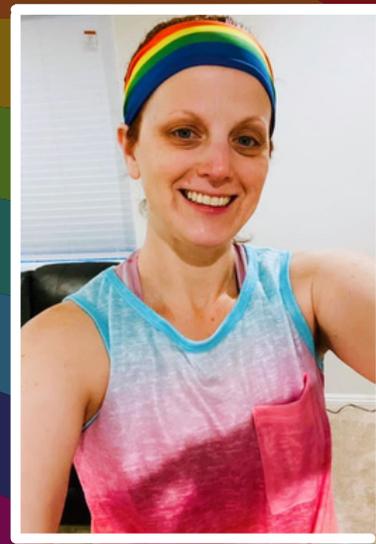
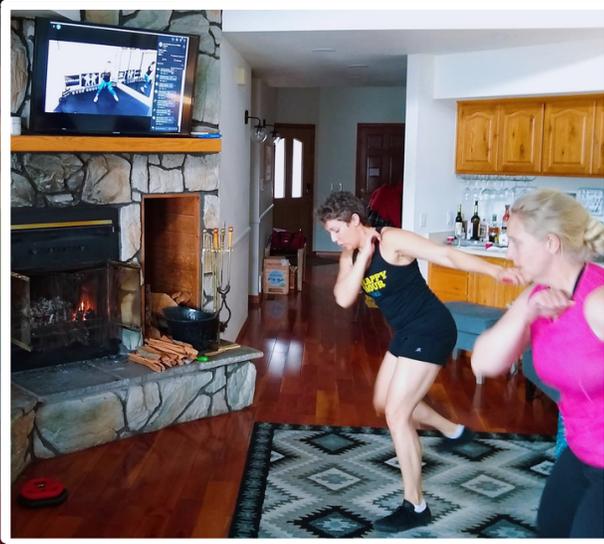


**PickUp USA Fitness**  
**221 E Willis Rd. #20**  
**Chandler, AZ 85286**



**in-person only**





**HAPPY HOUR FITNESS**  
**JUNE SCHEDULE OF CLASSES**  
**RHINO REMOTE ONLY**



**CLOSED:**  
**TUES June 1st**  
**& SUN June 20th**

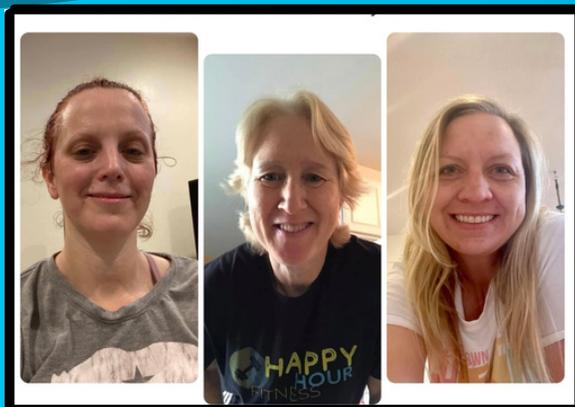
| MONDAY   | TUESDAY                                   | WEDNESDAY                                 | THURSDAY   | FRIDAY                                    | SATURDAY  | SUNDAY |
|--|---|---|--|---|---|--------|
| <b>9</b><br>((:))<br><b>Rhino Remote BOOT CAMP</b>     | ((:))<br><b>Rhino Remote BOOT CAMP</b>    |   |  | ((:))<br><b>Rhino Remote BOOT CAMP</b>    |   |        |
| <b>10</b><br>((:))<br><b>Rhino Remote TRACK ATTACK</b> | ((:))<br><b>Rhino Remote TRACK ATTACK</b> |   |  | ((:))<br><b>Rhino Remote TRACK ATTACK</b> | ((:)) <b>NEW</b><br><b>Rhino Remote D.O.C. + RHINO FLOW</b><br><b>*NEW DAY*</b> |        |
| <b>530</b>   |   | ((:))<br><b>Rhino Remote BOOT CAMP</b>    | <p><b>🕒 BOOT CAMP &amp; TRACK ATTACK are now 50 minutes in length.</b></p> <p><b>🕒 Deck of Cards + Rhino FLOW remains 90 minutes in length and will move to Saturdays.</b></p> |   |   |        |
| <b>630</b>   |   | ((:))<br><b>Rhino Remote TRACK ATTACK</b> |  |   |   |        |



**Rhino Remote only**



# GO TEAM RHINO!



## 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?

Create your own perfect hybrid program with Happy Hour Fitness!

NEW ITEM



GO! - racerback tank

NEW ITEM



GO! - leggings

NEW ITEM

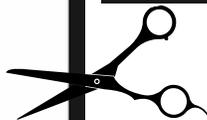


SHUTUP AND DRIVE - leggings

NEW ITEM



I FLEXED (DIY sleeve cut) - Unisex T-Shirt



**NEW  
MERCH!**

# RHINO SPOTLIGHT 🌈

**Name:** Shahrzad Mazoury 🌈

**Training with Rayn/HHF:** I started fitness with Rayn in 2018. 🌈

We met when I took her modern dance class at CGCC.

**When do you Happy Hour?** When I am not working!

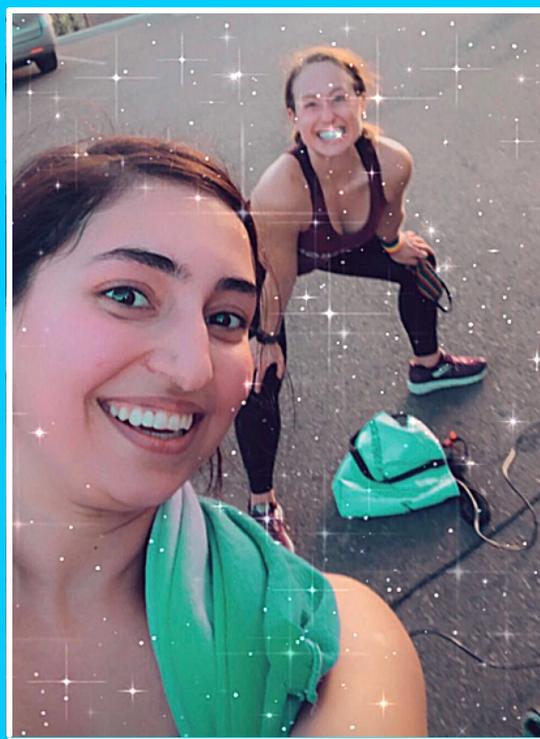
**Hometown?** I am originally from Tehran, Iran

**What do you do when you're not working out?** When I am not working out, I work in a hospital laboratory as clinical chemistry coordinator. When I am not working, I'm studying for my master degree in Molecular Diagnostics. I have to manage my time to get my school work done every week. I also enjoy dancing greatly, I have been getting dance training since 2013. The majority of my dance experiences are in Persian classical dances. 🌈

**FAV Rayn-choreographed track?** Insomnia 🌈

**Fav exercise?** Crunches **What exercise to you love to hate?** Push ups

**Fav Rayn-ism:** Soooo good and Yes You Can! 🌈



## RHINO RECIPES

# CROCK POT CHICKEN

by Cassy

- 6 chicken breasts
- 1 small bottle of Italian salad dressing
- 1 can chicken broth
- 1 onion (chopped)
- 3 garlic cloves (minced)
- 2 tsp curry powder
- 1 tsp chili powder
- 1 tsp paprika



CASSY



Place chicken breasts in crockpot, add chicken broth, salad dressing, chopped onion, garlic & seasonings. Slow cook on high for 4-5 hrs (or until chicken is soft enough to shred) Shred with fork and let simmer on low for 1 hr. Add shredded cheese & favorite Mexican sauce and serve as burritos or tacos. Or serve alone with rice.