

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 2: December 2019

## BE THANKFUL



Our 3rd annual Thanksgiving Boot Camp gave us all the feels. We celebrated our families, our friendships, and our health. We laughed, hugged, danced, and got sweaty, all while collecting a generous supply of food for Chandler CARE Center. Thank you to everyone who participated and donated!



Happy Hour Fitness is excited to be partnering with Arizona State University (ASU) this spring to research some of the amazing benefits of bootcamp. Stay tuned for more details!



## REMINDERS

Christmas Eve: NO CLASS  
New Year's eve: YES, 6pm boot camp!  
**\*NEW YEAR'S DAY! Jan 1st @noon!**



# RHINO SPOTLIGHT



Name: Angel Soto

Happy Hour Nickname: Pepe

Training with Rayn: 4.5 years

When do you Happy Hour? Wednesdays, Fridays, Saturdays, and Sundays (I used to do Monday also!)

Hometown: Chandler, but I was born in Nogales

Kids and/or pets? Daughters: Denisse & Nicole, Doggos: Lucas & Bamboo

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

I am an Environmental, Health, & Safety Manager

FAV Rayn-choreographed track?

As painful as it sounds, I love the back tracks!

FAV boot camp exercise?

To be honest, all of them. I enjoy the variety and the science behind the movement.

Love to hate 'em:

All of them, with no doubt

FAV Rayn-ism: YES YOU CAN!

## QUARTHAUS

We loved our pop up boot camp party on December 16th!

Thanks for the sweaty hugs, the extra beers, the laughs, the antics, and the memories!

#soGood



## TEAM STORE

NEW ITEMS!

Check out our online team store, full of badass Rhino-swag for everyone!

RaynFit.com.

WEAR HAPPY.

BE HAPPY!

## COMMUNITY

We're collecting soap, shampoo, deodorant, and feminine hygiene products through January 5th.

Please place items in the bins located in the lobby of the cheer gym.

YES WE CAN!



## VOLUNTEER

RHINO Sean Burke, has organized a new Happy Hour community service project. If you would like to register to join our team in volunteering at FMSC on Saturday March 7th at 1130am, please look for the Private FB page announcement or contact Sean for more information.

Sean.a.burke@cox.net.

Thank you, Sean!

### Ingredients

- 5 roma tomatoes , peeled and sliced
- 10 fresh basil leaves , chopped
- 1/2 cup green onion (or red onion), chopped
- 1 9-inch [pre-baked pie crust](#)
- 1 cup shredded mozzarella cheese
- 1 cup freshly shredded cheddar cheese
- 3/4 cup mayonnaise (or half mayo, half Greek yogurt)
- 2 Tablespoons freshly grated parmesan cheese
- salt and freshly ground black pepper

### Instructions

1. Preheat oven to 350 degrees F.
2. Place the tomatoes in a colander in the sink in a single layer. Sprinkle with salt and allow them to rest for 10 minutes.
3. Use a paper towel to pat-dry the tomatoes and make sure most of the excess juice is out. (You don't want wet (juicy) tomatoes or your pie will turn out soggy).
4. Layer the tomato slices, basil, and onion in pre-baked pie shell (see my note above in the post about how I prepare the pie crust.) Season with salt and pepper.
5. Combine the grated cheeses and mayonnaise or Greek yogurt together.
6. Spread mixture on top of the tomatoes and sprinkle parmesan cheese on top.
7. Bake for 30 minutes or until lightly browned. Allow to rest for at least 15 minutes before cutting and serving.

## RHINO RECIPES

### DIMPLES' TOMATO PIE

