

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 20: June 2021



Hi Rhinos! WhitWhit here.

**The past month has been another whirlwind for Happy Hour.
Thankfully, we love our new home at PickUp USA!**

**All of this wouldn't be possible without you Rhinos... you have
been incredible through all the recent changes. You continue to
show up, in-person & online. You pitch in & offer to help.
You recruit & welcome new friends.
And you've done it all with kindness & love.**

**I wanted to take over the letter portion of the newsletter this month
to highlight our Happy Hour coaches. We all know they are kind &
capable of in a coaching setting, but behind the scenes, these two
strong & badass ladies blow me away. They meet weekly to discuss
techniques & develop lesson plans. They collaborate to create
fun, safe, & effective workouts. But what is most incredible:
they take time to consider everyone.**

**They look ahead at the rosters (sign-up early!) & select
exercises/stretches/tracks based on EACH OF YOU. They know who
has a shoulder injury or vertigo or recently sprained a pinky finger.
They know who recently lost a loved one or a pet and may need a
boost. They know who is struggling & who has extra love to share.
They know your bodies. They know you. And they see you.**

**THIS is what makes Happy Hour Fitness so freaking special.
Make yourself a priority & commit to class - you'll get a workout
designed for you. You'll get personal attention. Support. Love.
You get it all.**

Thanks for showing up.

Thanks for making this possible.

Now, sign-up early & get your ass-to-class.



 **WhitWhit**

HAPPY 2 YEAR ANNIVERSARY WHIT WHIT!

IT'S WHITWHIT'S ANNIVERSARY AS HAPPY HOUR
BUSINESS DIRECTOR/RAYN WRANGLER!

WHITWHIT ADDS SO MUCH VALUE TO OUR ORGANIZATION
& WE ARE INFINITELY STRONGER BECAUSE OF HER LEADERSHIP.
THANK YOU, WHITWHIT! WE LOVE YOU!

"She fixes things like a little elf, under cover of night" -Mozie

"She'll drop everything to help anyone, with anything, any time" -Monica

"She's the best because she is incredibly kind" -Jess

"She's so loving and caring, and goes above & beyond for us" -Mo

"WhitWhit is the most approachable and kind person. She stays patient with us and works relentlessly to support our team." -Rhea

"She tasted the Kool Aid, liked what she tasted, and wanted to start making it." -Lydia

"She makes everyone feel valued & loved. She sees good in every situation. She leads us with a heart full of love & dedication." -Crystal

"WhitWhit is an intelligent, hardworking, witty woman who genuinely cares about each & every Rhino." -Barbie

"The best mama, friend, wife, and a total smarty pants that us Rhinos couldn't live without! We call her WhitWhit!" -Boozy

"She adds soul to the group. Her calm, consistent reliability brings comfort during tumultuous times." -McPants

"She has the patience of a Saint & the determination of a tardigrade!" -Mel

"WhitWhit is the best because she supports our gainzz by making sure everything runs smoothly" - Augie

"She never makes me feel like I'm a bother & is so quick to help me" - Schoo

JULY IS COMIN' IN HOT!



Sunday House Party
NEW TIME 830am



July day off:
Tuesday July 27th

 **HAPPY HOUR FITNESS**

 **JULY 2021 SCHEDULE**

JULY



SATURDAY

SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
830 am					8am  HAPPY HOUR PickUp CRYSTAL	 HOUSE PARTY PickUp RAYN ➔ NEW TIME
9 am  Rhino Remote BOOT CAMP	 Rhino Remote BOOT CAMP	 HOUSE PARTY PickUp RAYN	 HAPPY HOUR PickUp CRYSTAL	 Rhino Remote BOOT CAMP		
10 am  Rhino Remote TRACK ATTACK	 Rhino Remote TRACK ATTACK			 Rhino Remote TRACK ATTACK	 Rhino Remote D.O.C. + RHINO FLOW	
530pm  HAPPY HOUR The Grove CRYSTAL/RAYN		 Rhino Remote BOOT CAMP		 HOUSE PARTY PickUp USA RAYN	 PickUp USA Fitness 221 E Willis Rd. #20	 The Grove 2777 S. Gilbert Rd.
630pm		 Rhino Remote TRACK ATTACK			CLOSED: TUES July 27th	

Grab a pass & get that sweet ass to class!

30 day class passes:

5 classes \$65

9 classes \$105

12 classes \$125

**RHINO
REMOTE**
\$69/month



UNLIMITED

\$165

(includes
RHINO
REMOTE!)





No choreography, boot camp-style classes are now simply called **HAPPY HOUR**.

Stations, circuits, & tabatas, oh my!



Rayn's signature in-person choreography classes are called **HOUSE PARTY**.



RHINO REMOTE is Happy Hour Fitness, online!

Boot Camp:
NO choreography
Track Attack:
ALL choreography



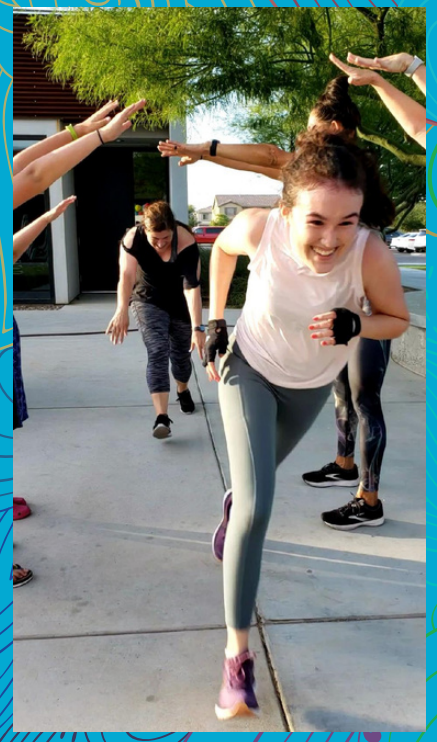
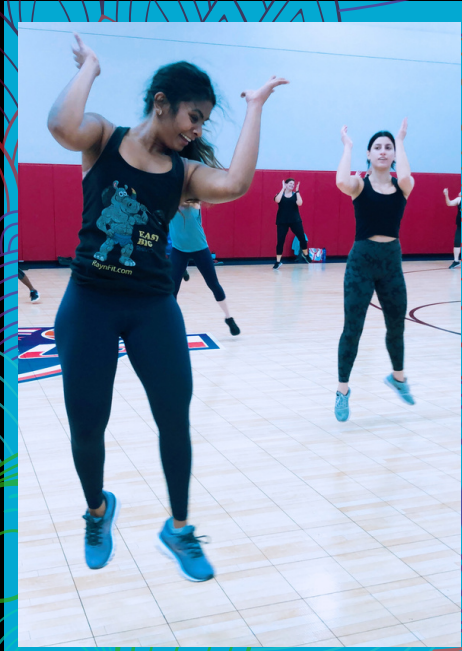
RHINOS ON THE GO, UNCLE BEAR'S POP-UPS, & CRASH ARE HIBERNATING FOR THE SUMMER

JUNE RHINO: LIZA/SESHIE: MARIA LIZA RAMOS DEL MUNDO

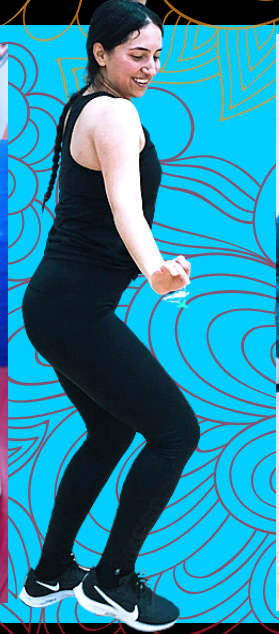
I'm from Manila. As a Filipino, I have a saint's name (Maria); but I go by Liza (pronounced like Lisa). Ramos is my dad's name, del Mundo is my baby daddy's name. My nickname is Seshie. How did my nickname start? Well, Rayn & I used to talk about our "sessions" together: we talked about needing to hit a work out sesh or wanting to grab a coffee talk sesh... so we started saying we were SESH-ion buddies, or Seshies! I've been training with Rayn since 2015 so I've had countless "sessions" with her and all my wonderful Happy Hour friends throughout the years. I love spending time with my awesome 27-year-old son (Luis), dog (Gordon), & personal chef/roommate - T. I also EAT chips, work for the President of ASU (Go Devils!), EAT, clean, EAT Reese cups, yard work, & EAT. My fav tracks are Sing, Dynamite, Don't Start Now, PYT, Break My Heart, UnSweet, Levitating, Naked, Kiss & Make Up, Thnks fr th Mmrs, Heartbeat, Blackout &...RIDE LIKE THE WIND! I stand in the front row (ho) & tell Rayn "I almost died, you know?!" And she also says "What Whipple?", referring to my Whipple surgery in 2018....now I know we're "training for LIFE!"



THIS IS OUR HAPPY PLACE



THIS IS OUR HAPPY PLACE

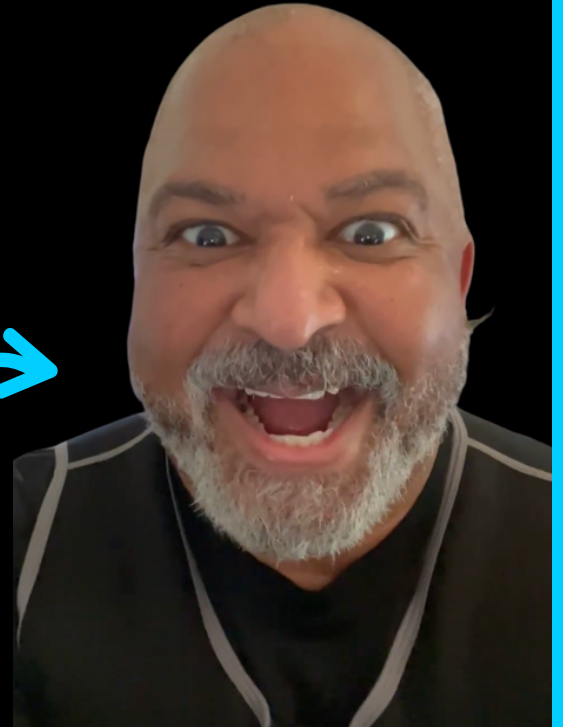


WHY FEEL LIKE THIS?

Shatner



WHEN YOU CAN FEEL LIKE THIS?



MATTHEW

WITH THIS!
RHINO REMOTE



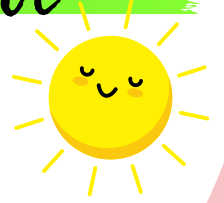
JO

live FB
classes
24/7 content
FUN
SUPPORTIVE
#soGood



LETTUCE WRAPS

by Margie "Mourve"



INGREDIENTS:

- | | |
|-------------------------------|---|
| 3 Tbsp hoisin sauce | 2 cloves garlic (minced) |
| 2 Tbsp low-sodium soy sauce | 1 Tbsp freshly grated ginger |
| 2 Tbsp rice wine vinegar | 1 lb ground chicken or turkey |
| 1 Tbsp Sriracha (optional) | ½ cup water chestnuts
(drained and sliced) |
| 1 tsp sesame oil | 2 green onions, thinly sliced |
| 1 Tbsp extra-virgin olive oil | Lettuce leaves |
| 1 medium onion (diced) | Rice - if desired |

INSTRUCTIONS:

Sauce: whisk together hoisin sauce, soy sauce, rice wine vinegar, Sriracha & sesame oil.

In large skillet, medium-high, heat olive oil.

Add onions & cook until soft, then stir in garlic & ginger. Cook until fragrant (1 min or so).

Add ground chicken/turkey and cook until opaque and mostly cooked through, breaking up large clumps.

Pour in sauce and cook 1-2 min more, until sauce reduces slightly and chicken/turkey is cooked through completely.

Turn off heat and stir in chestnuts and green onions.

Season with salt and pepper.

Spoon rice, if using, and a large scoop of chicken mixture into center of a lettuce leaf. Serve immediately.

