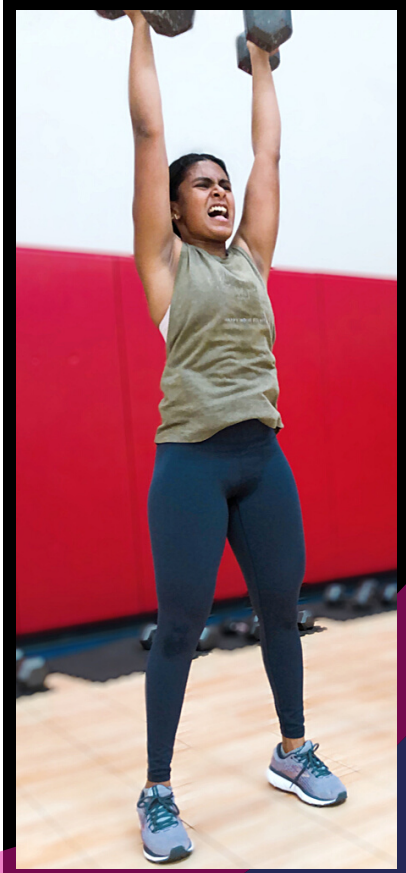


HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 21: July 2021



HAPPY HOUR @THE GROVE IS MOVING TO MONDAYS
530PM IN THE GYM

SPECIAL EVENT: FRI AUG 20

House Party workout at 530pm,
 then head over to Uncle Bears with friends!

AUGUST DAY OFF: MON AUG 30



| HAPPY HOUR FITNESS RaynFit.com | | | | | AUGUST | | SATURDAY | | SUNDAY | |
|--|---|---------------------------------|---------------------------------|---|--------|--|--|--|----------------------------------|-------------------------------|
| | | | | | | | 8am HAPPY HOUR PickUp CRYSTAL | | | |
| 830 am | | | | | | | | | | HOUSE PARTY PickUp RAYN |
| 9am Rhino Remote BOOT CAMP | 9am Rhino Remote BOOT CAMP | HOUSE PARTY PickUp RAYN | HAPPY HOUR PickUp CRYSTAL | 9am Rhino Remote BOOT CAMP | | | | | | |
| 10am Rhino Remote TRACK ATTACK | 10am Rhino Remote TRACK ATTACK | | | 10am Rhino Remote TRACK ATTACK | | | | | | |
| 530pm HAPPY HOUR The Grove CRYSTAL/RAYN | ← NEW DAY | Rhino Remote BOOT CAMP | | | | | | | | |
| 630pm | | Rhino Remote TRACK ATTACK | | | | | | | | |
| | | | | | | | PickUp USA Fitness 221 E Willis Rd. #20 | | The Grove 2777 S. Gilbert Rd. | |
| | | | | | | | CLOSED: Monday August 30th | | | |

Grab a pass & get that sweet ass to class!

30 day class passes:

5 classes \$65

9 classes \$105

12 classes \$125

UNLIMITED EVERYTHING \$165

(includes RHINO REMOTE!)

RHINO REMOTE
unlimited online fun
only \$69/month

Hey Rhinos, did ya know?

Cancellation policy:

If you and your guns can't make it to the show, we'd love at least 24-hours notice. This gives us a fighting chance to fill your spot (which keeps the lights on at HHF). But we're real people too & we know that life happens. Please text us ahead of class, otherwise a "no show" will be counted as a used class. Thanks for understanding!

Rhino referrals:

We LOVE it when you refer new people! Thank you! Did you know you can also get a \$5.00 credit for each new Rhino you refer? Once your friend makes a purchase, a credit of \$5 will be applied to your account. (Note: your buddy must list you as the referral – contact WhitWhit to help.)





No choreography, boot camp-style classes are now simply called **HAPPY HOUR**. Stations, circuits, & tabatas, oh my!



Our signature choreography classes = **HOUSE PARTY!**



RHINO REMOTE is Happy Hour Fitness, online!
Boot Camp:
NO choreography
Track Attack:
ALL choreography

RHINO REMOTE

LIVE CLASSES (AZ time)

- Mon 9 & 10 am
- Tues 9 & 10 am
- Wed 530 & 630 pm
- Fri 9 & 10 am
- Sat 10 am

content available 24/7

WHERE IN THE WORLD ARE ALL OUR CRAZY RHINOS?

RHINO OF THE MONTH

Fitzroy Brown - nickname: Fitz

How long have you been with Rayn/Happy Hour? 4 years

What days do you Happy Hour? Usually Sundays & Tuesdays

Hometown? Montego Bay, Jamaica

Kids? 30 year-old son plus three more by my fiancé

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

Hiking or watching movies

Fav track? Girlfriend.....thanks to DT

Fav boot camp exercise? Squats

What exercise do you love to hate? Burpees!

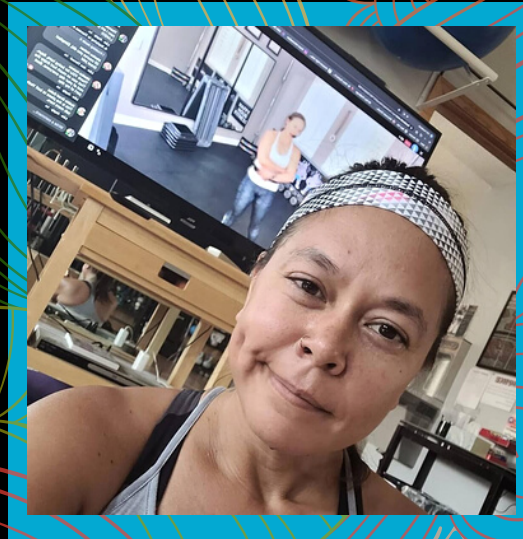
Fav Rayn-ism? You're stronger than you think you are!

I want to take this opportunity to thank Rayn & Crystal for the challenging workouts, which I know require a lot of preparation on their part!

FITZ



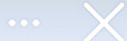
THIS IS OUR HAPPY PLACE



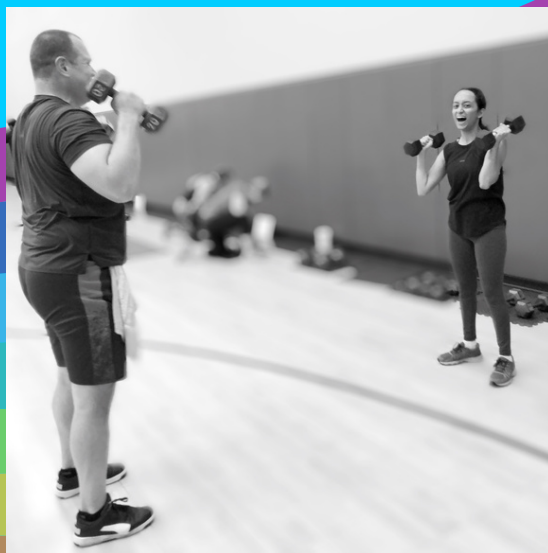
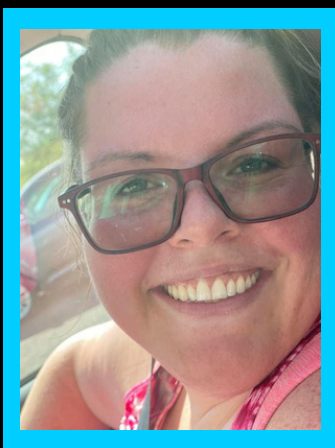
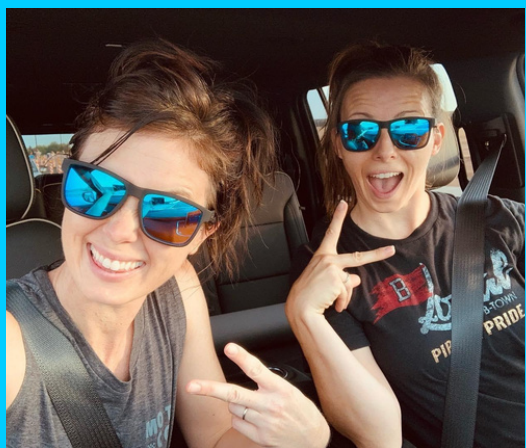
Visitors, new friends, & returning Rhinos made our July #soExtra!



jennberry11 6m



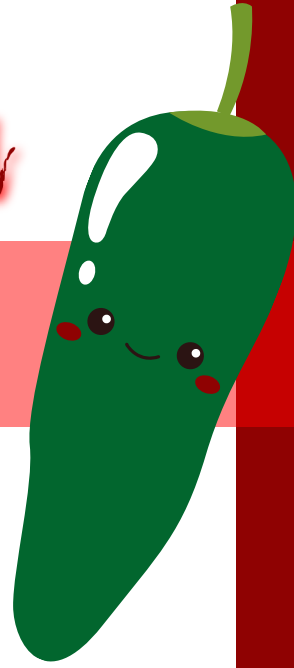
HAD THE BEST TIME WORKING OUT WITH MY TEAM IN PERSON!





DIP DUO

by Jill



**Perfect for summer pool parties,
BBQs, & game day snacks.
Pairs really well with sangria, too!**

Salsa Ingredients:

1 28 oz can diced tomatoes - 1 tsp. salt

1/2 to 1/3 bunch cilantro (chopped)

1/3 bunch green onion (rough chop)

1/2 to 1/3 jalapeño (remove seeds for less spice - rough chop)

3 cloves garlic, minced - Optional: juice of 1 lime

Place ingredients in a food processor & blend until smooth.

Use as much or little cilantro as you prefer but don't skip it, it makes the dish taste so fresh! I also make this without jalapeño sometimes & it's just as yummy.

Guacamole Ingredients:

4 large ripe avocados - 1 lime - 3/4 tsp. Salt

1/2 red onion, chopped fine

3 garlic cloves, minced

2 large Roma tomatoes, chopped fine

Small handful of cilantro, remove from stems & chopped fine

Scoop avocados into a bowl & pour juice of one lime & salt over them.

Use a fork to mash.

Stir in chopped red onion, tomatoes, cilantro, & garlic.

Serve with chips.

