

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 22: August 2021



September Pop-Ups!



#SoExtra Mash-Up



Mon 9.6.21 1:15-3pm @PickUp



Pop-Up Outdoor Boot Camp



Tues 9.28.21 6-7pm @ PickUp (out back)



(Keep your eyes peeled for a weekday Pop-Up House Party + Rhino Social @Uncle Bears!) 

CLOSED Tues 9.21.21

HAPPY HOUR FITNESS

221 E Willis Rd. #20



SEPTEMBER

8
am

SATURDAY

SUNDAY

HAPPY HOUR
PickUp
Crystal

HOUSE PARTY
PickUp
Rayn

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:30am

9am

((o))

Rhino Remote
BOOT CAMP

((o))

Rhino Remote
BOOT CAMP

HOUSE PARTY
PickUp
Rayn

HAPPY HOUR
PickUp
Crystal

((o))

Rhino Remote
BOOT CAMP

10am

((o))

Rhino Remote
TRACK
ATTACK

((o))

Rhino Remote
TRACK
ATTACK

((o))
Rhino Remote
TRACK
ATTACK

((o))
Rhino Remote
D.O.C.
+
FLOW

POP UPS!

5:30pm

((o))

Rhino Remote
BOOT CAMP

HOUSE PARTY
PickUp
Rayn

Mon 9.6.21
SoExtra
1:15-3pm @ PickUp

6:30pm

((o))

Rhino Remote
TRACK
ATTACK

Closed
Tues 9.21.21

Tues 9.28.21
Outdoor Happy Hour
Boot Camp
6pm @ PickUp (out back)

RHINO REMOTE
unlimited
\$69/month



30 day class passes:

5 classes \$65

9 classes \$105

12 classes \$125

UNLIMITED EVERYTHING

\$165

(includes RHINO REMOTE!)

Rhino Remote Discounts:

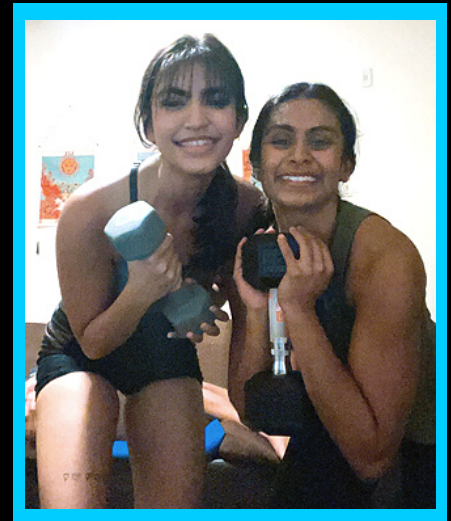
RR pass holders are eligible for a discount on 5-packs for in-person classes. Contact WhitWhit@RaynFit.com.

Cancellation Policy:

If you can't make it to class, we'd love at least 24-hours notice. We know life happens, so simply text us if you encounter an emergency. Otherwise a "no show" will be counted as a used class. Thanks for understanding!

Rhino referrals:

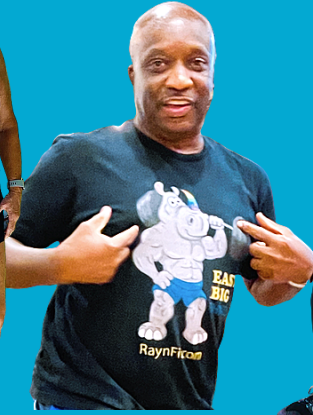
Thank you for bringing friends & family! Did you know you also get a \$5.00 "love bucks" credit for each new Rhino you refer? **Note:** Your buddy must list you as the referral. Questions? Contact WhitWhit@RaynFit.com



RHINO OF THE MONTH



Jo



Name: Jolene Rhino **Nickname:** Jo

How long have you been with Happy Hour Fitness?

When Rayn was in high school she had an odd-ball teacher who had a unique way of quashing rowdy behavior. Instead of saying "hush," she would say "Easy big rhinos!" - Somehow this phrase popped back into Rayn's head when she was teaching fitness. It caught on & the group starting identifying as Rhinos. Rayn had a vision of a super swole, full-of-love, rainbow-horned Rhino mascot. She hired an artist to create her vision of Jo in 2019.

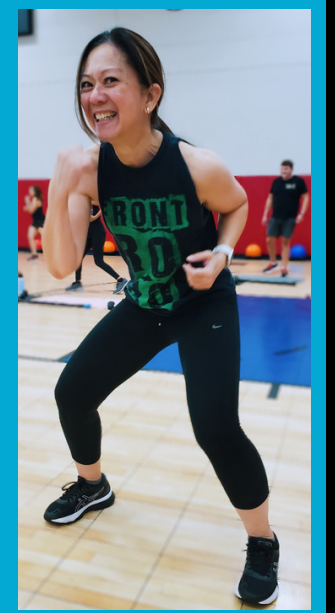
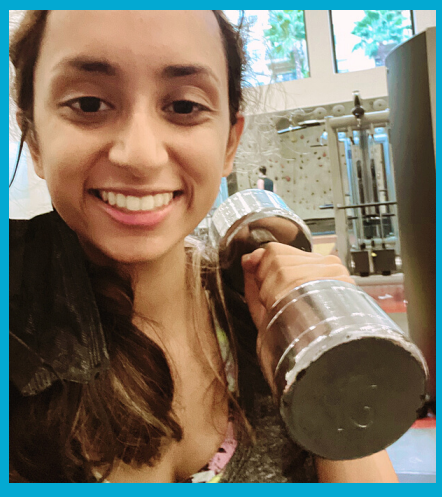
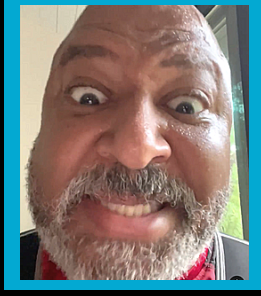
Hometown? Pumpkin Pie, AZ **Fav track?** JOLENE!

Anything else you'd like to add? I love being close to your hearts & I'm so grateful to be a part of your lives. Easy Big Rhinos!





THIS IS OUR HAPPY PLACE



NEW MERCH ALERT!



DRESS HAPPY. BE HAPPY.

**Let It Go
Leggings & bra**



**Rhino FLOW
T & flowy tank**



**I Almost Died, You Guys
T & flowy tank**



**Shut Up & Drive
All-over print tank**



Shop small, make a BIG impact! RaynFit.com - click SHOP tab

Rhinolympics



Summer
2021



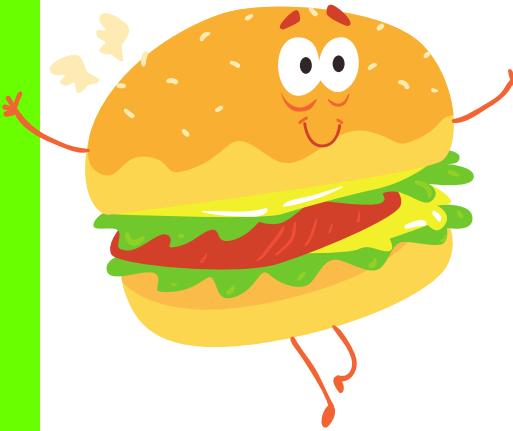
Rhino Social

@ Uncle Bear's



BURGER BOWL

by Bethany



Burger Bowl Ingredients

1 lb of ground turkey, beef or meatless protein
Homemade 1000 Island dressing, Romaine lettuce
Tomatoes, Pickles, Shredded sharp cheddar cheese
Oven roasted potatoes

Dressing Ingredients:

1/2 cup-mayonnaise, 2 tablespoons-ketchup
1 tablespoon-white vinegar, 2 teaspoons-cane sugar
2 teaspoons-sweet pickle relish, 1 teaspoon-finely diced
white onion
Salt and pepper to taste

Directions:

Roast potatoes at 425 degrees for roughly 30 minutes and cook protein completely. Mix dressing ingredients to taste. After cooking potatoes and protein, allow both to cool just a little while prepping salad. Assemble lettuce, tomatoes, cheese, and pickles. Add protein and potatoes and then drizzle, dollop or drench your salad with dressing.