

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!  
Issue 23: September 2021





# HOUSE PARTY OUTDOOR CARDIO EDITION - 6pm

@Uncle Bear's, Gilbert - stay to socialize

Mondays - 10/4 & 10/18

Tuesdays 10/12 & 10/26

# HAPPY HOUR IN THE BACK ALLEY - 6pm

@PickUp USA (out back)

Thursday - 10/14

# GAINZZ & GROUNDS - 9AM

9am class @PickUp - 1030am coffee date @KindBean



## OCTOBER

8  
am

SATURDAY

SUNDAY

**HAPPY HOUR**  
**PickUp**  
**Crystal**

**HOUSE PARTY**  
**PickUp**  
**Rayn**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

830am

9am



**Rhino Remote**  
**BOOT CAMP**



**Rhino Remote**  
**BOOT CAMP**

**HOUSE PARTY**  
**PickUp**  
**Rayn**

**HAPPY HOUR**  
**PickUp**  
**Crystal**



**Rhino Remote**  
**BOOT CAMP**

10am



**Rhino Remote**  
**TRACK ATTACK**



**Rhino Remote**  
**TRACK ATTACK**



**Rhino Remote**  
**TRACK ATTACK**



**Rhino Remote**  
**D.O.C.**  
**+ FLOW**

530pm



**Rhino Remote**  
**BOOT CAMP**

**HOUSE PARTY**  
**PickUp**  
**Rayn**

630pm



**Rhino Remote**  
**TRACK ATTACK**

Closed  
Friday 10/8



RaynFit.com

**UNLIMITED  
EVERYTHING  
\$165  
(includes  
RHINO  
REMOTE!)**



**30 day class passes:**

**5 classes \$65**

**9 classes \$105**

**12 classes \$125**

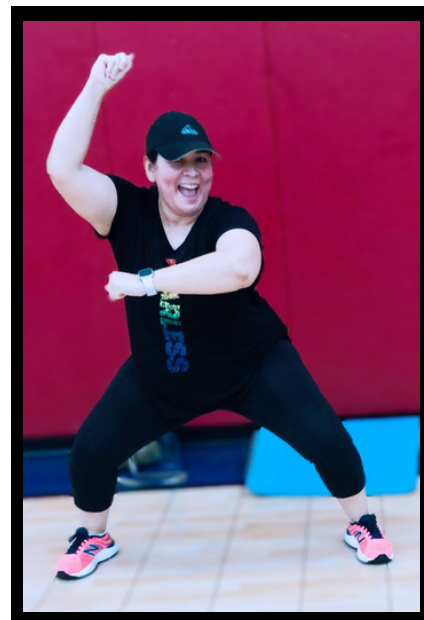
**RHINO REMOTE  
\$69/month**

**Happy 1 year coaching anniversary, Coach Crystal!**



**Thank you for making Happy Hour even happier!**

♥ THIS IS OUR HAPPY PLACE ♥



# RHINO OF THE MONTH

## MONICA



**What's your name?** Monica Haines

**How long have you been with Happy Hour?**

Almost 2 years

**Which days are your Happy Hour days?**

I do Rhino Remote live on Monday, Tuesday, Friday & Saturday. I workout with the morning crew on Thursday & do a replay workout on Sunday.

**Where is your hometown?** Rochester, Michigan

**What do you do when you're not working out?** I love to read, watch movies, play card games, golf, play tennis, ride my bike, walk, take a boxing class, & I recently started playing pickle ball. And I love hanging out with my five year old "grandson", Ari, and I also love watching sports like football & baseball. My favorite teams are the Detroit Lions & the Detroit Tigers!

**Fav track/exercise?** Girlfriend/Renegade rows + hamstring curls

**What exercise do you love to hate?** Bear crawls

**What is your favorite Rayn-ism (Rayn saying)?**

So many, but I'll choose "You're not tired, you're alive!"



NEW MERCH ALERT!



DRESS HAPPY. BE HAPPY.

Pumpkin Spice is Back, Baby!  
Leggings & mug



Attn: Teens & Teachers!

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FALL BREAK SPECIAL

**\$5**

**DROP-IN**

Wed/Thurs 9am only  
ends 10/17

# Rhino Remote September gainzz

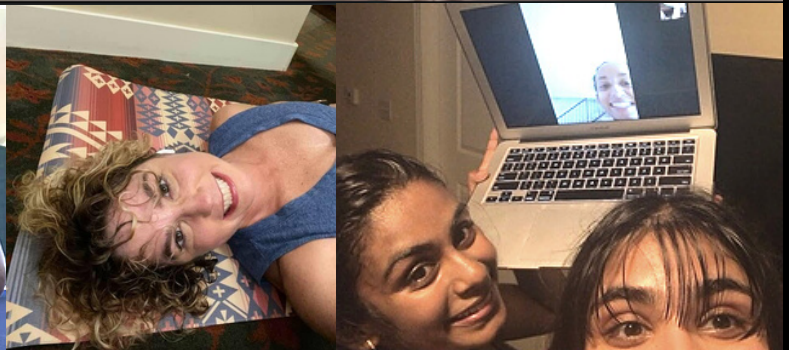
We've been working our pies off, sharing achievements, & creating a safe place for personal growth.

This month our focus has been on empowering each other, heavy lifting (IRON series), mobility (Rhino FLOW), improvisation, risk-taking, & vulnerability.

If you haven't tried RR in a while, you owe it to yourself to join this amazing community of online Rhinos!



This was kind of scary to post 😂😂 my improv. Next time I will do it with my mom



# House Party Pop-up @ Uncle Bear's





# ICED GOLDEN MILK LATTE

by Monica "Mo"



**I love this because it helps with inflammation, sore muscles and it tastes like a delicious cinnamon latte.**

## **Tumeric / Iced Golden Milk Latte** (Vegetarian • Gluten free)

### **Ingredients:**

**1/4 tsp: Ginger, ground**

**3 tbsp: Maple syrup (I sub mine with honey, yum!)**

**1 Pinch: Black pepper, ground**

**1 Pinch: Cardamom, ground**

**1/4 tsp: Cinnamon, ground**

**1 1/2 tsp: Turmeric, ground  
(grocery store spice is okay,  
but I use this brand) --->**

**1/4 tsp: Vanilla extract**

**2 cups: Milk (or other dairy)**

