

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!  
Issue 24: October 2021



# LOVE NOTES FROM MOMMA RHINO

**When I reflect on this year & last, I see the collective trauma of so much loss, change, worry, & strife. We've weathered it ourselves & faced it with our friends, family, and coworkers. I don't know about you, but it has changed me. Some days the weight of the world is just too heavy, & I can't hold on anymore. I have nothing left to give & I have to let go.**

**But my Rhino family never makes me feel ashamed of those days. They just love & support me. And they do the same for everyone who walks into our lives. I never feel like I'm in competition with anyone & I'm not scared to fall... because we always catch one another.**

**When my life is over, I hope this spirit of community will be my contribution to future generations. A lot of personal growth needs to occur before I can fully contribute the way I want to, but I'm on the journey & that's a start.**

**My offerings to you, and to this world, are written in the language of human movement. You Rhinos are my sherpas, guiding me & teaching me.**

**Thank you, team RHINO. Thank you for loving & accepting me. And thank you for doing the same for everyone in your sphere of influence!**

**I am grateful to be traversing this life with you.**

 *Rayn*



# Thank YOU!

## 2 hour #soExtra class

### Fri 11/26 430-630pm

CLOSED Thurs 11/25

Please donate to Chandler CARE Center

# Gratitude & GAINZZ

## 2021



### Mondays - 11/1, 11/15, 11/29

### OUTDOOR HOUSE PARTY - 6pm

### @Uncle Bear's, Gilbert - stay to socialize

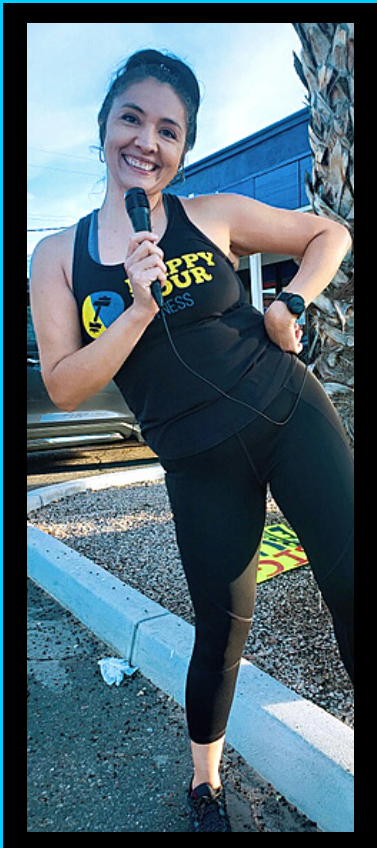
## EVERY TUESDAY IN NOVEMBER!

## HAPPY HOUR IN THE BACK ALLEY - 6pm



	SUN	MON	TUES	WED	THURS	FRI	SAT
8am							Happy Hour PickUp Crystal
830am	House Party PickUp Rayn						
9am		Boot Camp Online Rayn	Boot Camp Online Rayn	House Party PickUp Rayn	Happy Hour PickUp Crystal	Boot Camp Online Rayn	
10am		Track Attack Online Rayn	Track Attack Online Rayn			Track Attack Online Rayn	DoC + FLOW Online Rayn
530pm				Boot Camp Online Rayn		House Party PickUp Rayn	
6pm			Happy Hour PickUp Outside Crystal				
630pm				Track Attack Online Rayn		Happy Hour Fitness RaynFit.com	





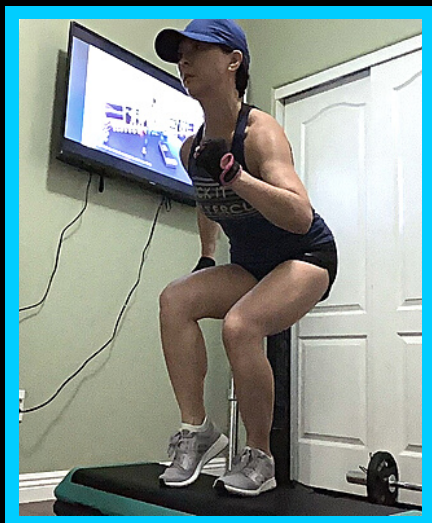
THIS IS OUR HAPPY PLACE







# RHINO OF THE MONTH: **KIM**



**What's your name?** Kimber (Kim La)

**Do you have a nickname?** Birthday Girl

**How long have you been with Happy Hour?** Over 4 years

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

I do Rhino Remote. It's perfect for me because I can workout according my schedule and mood.

**Do you have any kids or pets?**



4 young adult men & 1 Malamute

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

Eat, work, & sleep

**Fav track/exercise?** Africa & Wrecking Ball

**Fav Rhino Remote Boot Camps?** Deck of cards 2.0, Lots of Ciabattas (A Lotta Tabata) & Iron 4.0

**Fav exercise?** LOVE BURPEES!

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

Skaters (🙏 please don't tell your sis, Sophia)

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

Suck it up buttercup!

**Anything else you'd like to add?** I LOVE RAYN!





# "Rhino Remote is LIFE!"



Team Rhino Remote has been doubling down on their LOVE gainzz. Some of us have needed a little extra TLC & this group did not miss a beat!

We've also added a few new Rhinos, AND welcomed back some returning friends as well!

YOU are invited too. Join us online today.







# **My Happy Hour Story**

*by*

**Sophia Graves**

**Rayn is so AWESOME! Her spirit of working hard, having fun, sweating, encouraging us to keep moving, and being out of breath, all with a smile on her face. Rayn is a real person who sweats and gets out of breath just like me. I love the fact that she does every rep with us, all the while encouraging us and even asking us how we're doing, how's the dogs, how's my daughter and husband, while squatting with a 50lb. dumbbell. Rayn does not skip a beat—I just love her and everything she has done for me.**

**In 2020, when gyms were closed and people were isolated, Rayn saved me physically and mentally by creating Rhino Remote. Also during this time, my Dad got really sick (5 hospitalizations, not Covid-related). If I did not have Rhino Remote to keep me grounded, I would have been a messy puddle on the floor. Rayn was also there for me after hours. She would text me to check and see how I was doing as well as my Dad. Rayn goes the extra mile always! She even brought me over a set of 10 lb. plates to help me get better gains! Rayn is genuine and truly cares about all of us.**

**Rhino Remote is affordable, convenient and inspirational! Our team is "Powered by Love!" (Thank you Rhea.) And, when I feel I have no energy, I feel and get the energy from my fellow Rhinos. One of my favorite quotes from Rayn is, "You're not tired, you're alive!" When I'm exhausted from doing Lotta Tabata or Crash and Burn, her words help me to keep it moving!**

**I would truly recommend Rhino Remote to EVERYONE, no matter your age, body size, or physical fitness level. Rayn and all of us will make you feel welcome and an immediate part of the team! This saved me in 2020, and continues to be the highlight of my day!**



# House Party Pop-ups @ Uncle Bear's

Join us Nov 1, 15, & 29 for more pop-up fun!







THIS  
IS  
OUR  
HAPPY  
PLACE





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

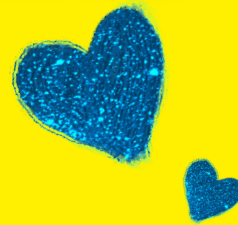


30 day class passes:

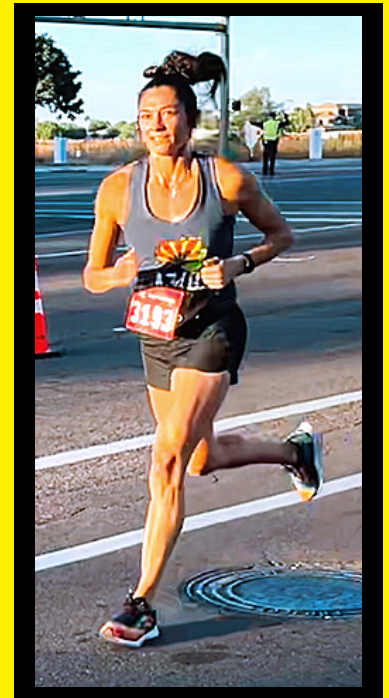
5 classes \$65  
9 classes \$105  
12 classes \$125

**RHINO REMOTE**  
\$69/month

**CONGRATS, RHINO RUNNERS!**



**Thank you,  
FlashMob  
cheerleaders  
& sign-  
makers!**





# **SOUR CREAM APRICOT CAKE**

## **Ingredients**

**1/2 cup dried apricots**  
**1 Tbsp water**  
**1 cups cake flour**  
**1/4 tsp baking soda**  
**1/4 tsp baking powder**  
**1/8 tsp salt**  
**1/2 cup butter, softened**  
**1/2 cup sugar**  
**2 eggs, room temp**  
**1/2 tsp vanilla**  
**1/2 cup sour cream, room temp**

*by Heeyoung*



## **Steps**

**Cut apricots in small pieces. Add 1 Tbs of water.**

**Leave for 15 mins. Preheat oven at 350 F.**

**Line a loaf pan(9X5) with parchment paper.**

**Using an electric mixer, cream butter & sugar until light & fluffy, 5-7 minutes.**

**Add eggs, vanilla, sour cream to creamed mixture.**

**Combine flour, baking soda, baking powder & salt, pour into mixture. Beat on low just until blended.**

**Add apricots. Pour into loaf pan and bake for 35-40 minutes or until a toothpick comes out clean.**

**Cool in pan 5 minutes before removing to a wire rack to cool completely. All done! Enjoy!**