

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 25 November 2021



End of November reminders:

CLOSED Thurs 11/25

Gratitude & Gainzz (2 hour class!)

Fri 11/26 430-630pm



Mondays - 11/29, 12/13, 12/27

OUTDOOR HOUSE PARTY - 6pm

@Uncle Bear's, Gilbert - stay to socialize

EVERY TUESDAY IN DECEMBER!

HAPPY HOUR IN THE BACK ALLEY - 6pm



**Happy Hour Fitness will be closed
December 24, 25 & January 1**

	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		Uncle Bear's Pop-ups: 12/13 & 12/27	Happy Hour PickUp Outside Crystal				
630pm				Track Attack Online Rayn		Happy Hour Fitness RaynFit.com	



HOW MUCH EXERCISE DOES IT TAKE TO BURN OFF ALL THOSE HOLIDAY GOODIES?

www.RaynFit.com



NONE - enjoy time with the people you love



ZERO - laugh hard and live your best life



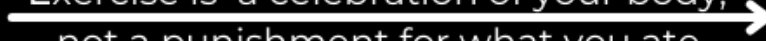
ZILCH - your body is a gift - love it hard



NADA - you do you & live your best life



Exercise is a celebration of your body,
not a punishment for what you ate.



HAPPY
HOUR
FITNESS

GRATITUDE
& GAINZZ

FOOD DRIVE

benefiting the Chandler CARE Center



We're collecting
donations
through the
end of the
month.

RHINO OF THE MONTH: MEET TAMMY WATSON! 🌈

(Tammy-NO-Squats-Watson is my HHF nickname (thx Punky!) 🌈

I've been a Rhino for a year & a half, but Rayn & I have been the best of friends nearing 37 years now! We've done fun & creative things together: choir (show choir, you guys!), college, jobs, travel, starting ASU's first a cappella group, modern dance, & many more shenanigans. When the gyms shut down I turned to HHF online...& it was HARD. Rayn had been inviting me, encouraging me & also accepting me doing my own thing all along, but once I made the decision to stick with it, I didn't want to go back to my old cardio routine. This community has been a game changer for me. It's been the best thing for my mental health, mood, & energy. At 48, I have more muscle than ever - I feel strong & I like it!



Hometown? Born & raised in Albuquerque, NM, the 505!

Kids? 2 older daughters (20 & 18), 1 son (14), & a younger daughter (11) 🌈

When you're not working out? I'm busy being a wife, mom & employee. I love my job & family, & I enjoy spending time with friends, traveling, binging good shows, eating yummy food & being creative (music/art).

Fav track? Right now my favs are Free & Work this Body, Black Cat, Teeth, You Can't Stop the Beat, Blackout, GO, Upside Down, I could go on & on!

Fav exercise? Inversions, halo curtsy balance, airplanes, dead bugs, deadlifts, chest presses & RR IRON workouts. Strength training gives me a similar endorphin rush without bouncing around - it's sneaky, I like it.

Love to hate? It used to be squats, glutes, lunges, burpees, & pushups, but I think I'm down to just pushups & party in the basement squats. You didn't ask which tracks I love to hate: Jai Ho & Jolene!! 🌈

Favorite Rayn-ism? "You don't have to, you GET to!" I like the encouraging & loving community that accepts you where you are right now, & embraces your modifications, sweaty eyeballs, half peace signs, sharp elbows, jazz hands, ouch berry pies, and 7th grade dance moves. 🌈

THIS IS OUR HAPPY (HALLOWEEN) PLACE





My Happy Hour Story

by Kavitha Arvind

I have been working out with Happy Hour Fitness & Rayn for around 6 years & I wanted to share a few words about this amazing team & my journey. When I first started working out, I only knew of the treadmill, strength training was a new concept for me. I remember when I walked past her class in Tumbleweed & I felt the room bursting with energy.

I immediately knew that I wanted to try this class. Here I am now & it was the best decision I ever made.

HHF has made me stronger mentally & physically. This has given me confidence that has transferred to other aspects of my life. Having been out of the workforce for almost 10+ years, I was able to muster up the courage & determination to get certifications & find a job.

I didn't dance growing up, but being surrounded by a supportive & loving community, I am able to step out of my comfort zone & do all of the crazy challenging tracks. Doing HHF workouts has also challenged my brain & improved my mind to muscle connection. I can pick up new tracks faster than before & I feel my memory has improved in general.

FEEDBACK GAINZZZ



If you love getting your gainzzz at Happy Hour Fitness, please take a few minutes to review your Happy Hour experience so others can learn more about us.

Google
NextDoor
MindBody

Facebook
ClassPass
Yelp

Or email testimonial to: WhitWhit@RaynFit.com

**HAPPY
HOUR
FITNESS**

VEGETABLE CHILI

by Samantha

SAM

Ingredients

2 Tbsp olive oil

¾ cup onion (diced)

1 bell pepper - any color (diced)

¾ cup fresh or frozen corn

(if frozen, no need to defrost or cook)

2 cloves garlic (minced)

28-oz can diced tomatoes (w/ juice)

15-oz can kidney beans

(drained and rinsed)

2 bay leaves

2 tsp chili powder

1 tsp ground cumin

1 tsp salt

1/8 tsp cayenne pepper

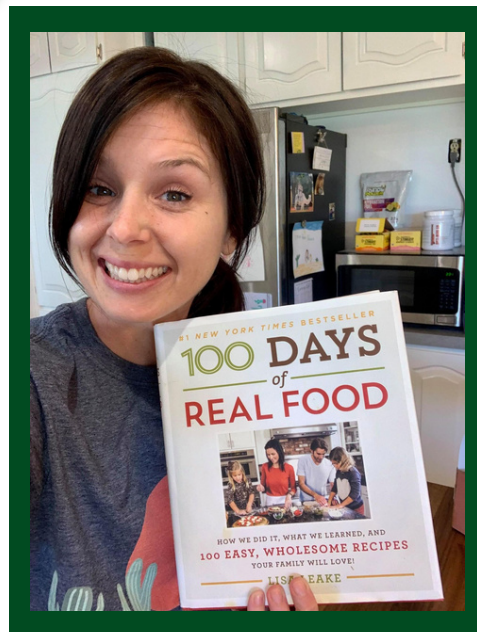
(or more, to taste)

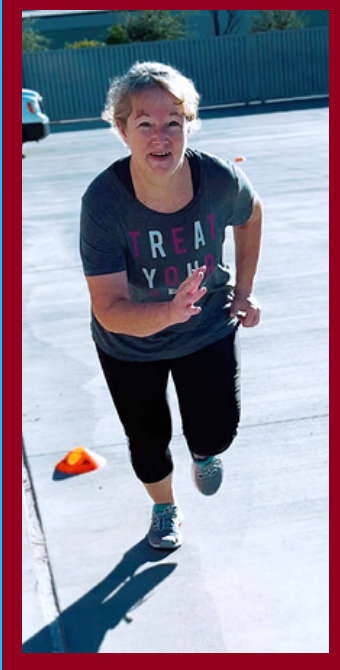
Steps

Heat olive oil in large saucepan over medium heat. Add the onion and bell pepper and cook until they begin to soften (approx. 5 min). Stir in the corn and garlic and sauté for 1-2 min.

Add tomatoes, beans, bay leaves and seasonings and bring to a boil.

Lower heat and simmer uncovered for at least 30 min. The longer it simmers, the better. Remove bay leaves and serve with desired toppings.





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