

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 26 December 2021



Holiday Reminders:

CLOSED Saturday 12/25 & 1/1

Friday House Party MOVES to 2pm 12/24 & 12/31



Mondays - 1/10 & 1/24

OUTDOOR HOUSE PARTY - 6pm

@Uncle Bear's, Gilbert - stay to socialize

EVERY TUESDAY IN JANUARY!

HAPPY HOUR IN THE BACK ALLEY - 6pm



JANUARY

	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: 1/10 & 1/24	Happy Hour PickUp Outside Crystal				
630pm				Track Attack Online Rayn		Happy Hour Fitness RaynFit.com	

RHINO OF THE MONTH: JONI



How long have you been training with Happy Hour? October 2019

What days do you Happy Hour? As many as possible!

Where is your hometown? I graduated high school in South Dakota but my family moved to Colorado while I was in college.

Kids and /or pets? 2 dogs, Mr. Bean (Springer) & Jasper (the Puppy), and additional foster dogs too. I have a son and daughter-in-law in West Virginia 🌈

What do you do when you're not working out? I bake, garden, train the dogs, prep fossils at the Museum, look for dead things (dinosaurs, mammoths), and teach Japanese online.

Which track do you love the most? That's a toughie. I think "I play this song when i work out" is funny, though. (Werk Out)

Fav boot camp exercise? Burpees, because when I started working out, I didn't think I'd ever do one! 🌈

Exercise do you love to hate? Running

What is your favorite thing about Happy Hour Fitness? The people.

Anything else you'd like to add? My family members had serious mobility issues as they aged, and while I might not be able to avoid those issues, I will be moving as much as possible as long as possible. I know that as long as I can get to class, I'll be welcome to work at any level I can manage. 🌈



My Rhino Remote Story

by Kathie "Barbie" Coles

RHINO REMOTE keeps me in the game...the GAME OF LIFE!

This is where you're going to find me every day because I WANT to be here in this loving, crazy-a\$\$, booty shaking environment.

Rhino remoting with y'all has become such a SIGNIFICANT part of my life that I miss it when I can't be here live.

But replays....REPLAYS still keep me ALIVE!

This is where I come when I need to get my MIND right. When I need to CRUSH those negative thoughts and generate positive ones. A place to LIFT MY SPIRITS on gloomy days.

I come here to RESET, READJUST, RESTART, and REFOCUS as many times as I need to because I'm allowed to do that in this safe place. No one is placing judgment on me for being me. The SUPPORT and LOVE this family gives is like none other.

This is where I come to shed some blood, sweat, and tears. To become STRONGER and more FLEXIBLE...and to give me more ENERGY to lift all that heavy furniture and moving boxes from state to state!

RHINO REMOTE IS LIFE!





THIS IS OUR
HAPPY PLACE

