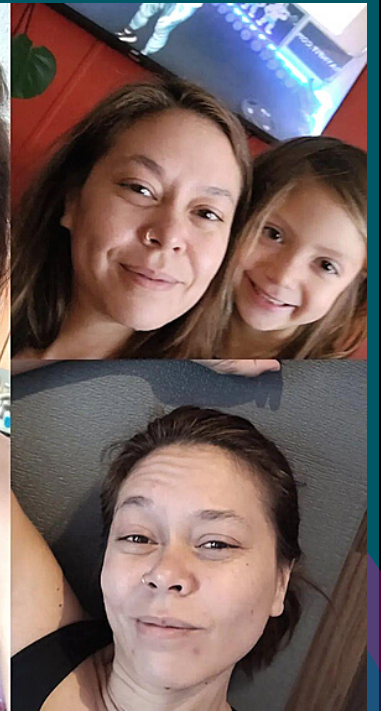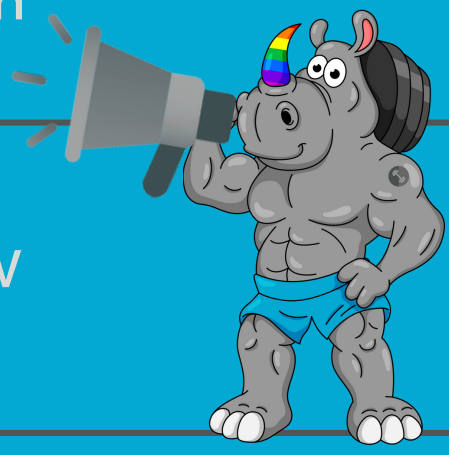# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!
Issue 27 January 2022

In-person Class Reminders:

- NO Tues 6pm or Thurs 9am in February

- Crystal & Rayn are alternating every Wed at 9am

- Mondays + Uncle Bear's = Fun!
  Crystal & Rayn are alternating EVERY Mon at 6pm @Uncle Bear's!

Rhino Remote Reminders:

- Tuesday Track Attack is now Rhino FLOW

- Saturday is now Deck of Cards only

FEBRUARY

	SUN	MON	TUES	WED	THURS	FRI	SAT
8am							Happy Hour PickUp
830am	House Party PickUp						
9am		Boot Camp Online	Boot Camp Online	House Party (2nd, 16th) Boot Camp (9th, 23rd)		Boot Camp Online	
10am		Track Attack Online	Rhino FLOW Online			Track Attack Online	Deck of Cards 10-1045 Online
530pm				Boot Camp Online		House Party PickUp	
6pm		House Party (7th, 21st) Boot Camp (14th, 28th)					
630pm	Uncle Bear's			Track Attack Online			= in-person

RHINO BOWL

SUPER BOWL THEMED WORKOUT!

HAPPY HOUR FITNESS BOOT CAMP

WITH CRYSTAL & RAYN

SATURDAY FEBRUARY 12TH @8AM

WEAR YOUR FAVORITE TEAM JERSEY!

RaynFit.com

80s DAY!

Monday February 21st

RaynFit.com

HAPPY HOUR FITNESS

House Party

@Uncle Bear's @ 6pm

RHINO REMOTE
Live @ 9 & 10am

FEBRUARY

Happy Hour Fitness was proud to encourage the athletes participating in the ShePower 5k & 1/2 Marathon.

Uplifting others...
it's what we do best!

Community Gainzz: ShePower 2022

RHINO OF THE MONTH
MEET AMELIA!

When did you join Happy Hour?
October 2019

What days do you Happy Hour?
Monday, Tuesday, Wednesday,
Friday, Saturday

Hometown? Chandler, AZ

Pets? Mercy, the cutest dog
in the world!

What do you do when you're not working out?
I work as a graphic designer.

Which track do you love the most?
She's Out of Her Mind, Feel Invincible,
Stars, Turn Down For What,
What a Man Gotta Do,
Don't Call Me Up, Toxic

Favorite boot camp exercise?
Biceps, Triceps, and
Shoulder exercises in general

Exercise do you love to hate?
Squats, Hip Bridge, Burpees

What is your favorite Rayn-ism?
"You get to workout"
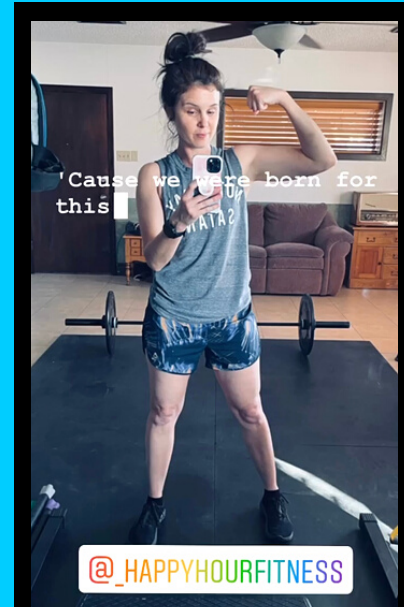I sometimes tell my dog
"You get to walk" when she's being stubborn

THIS IS OUR HAPPY PLACE

THIS IS
OUR
HAPPY
PLACE

@_HAPPYHOURFITNESS

HAPPY HOUR FITNESS