

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!  
Issue 29 March 2022





## In-person Class Reminders:

- In-person classes (with the exception of Uncle Bear's pop-ups) are held @ Extra Innings, Chandler.
- House Party classes @ Extra Innings are 75min
- Tues 6pm: Outdoor Boot Camp is back
- Wed 9am: Crystal & Rayn are alternating
- Fri 6pm: House Party, outside
- Sun 6pm: House Party
- Mon 11th/25th = House Party @ Uncle Bear's



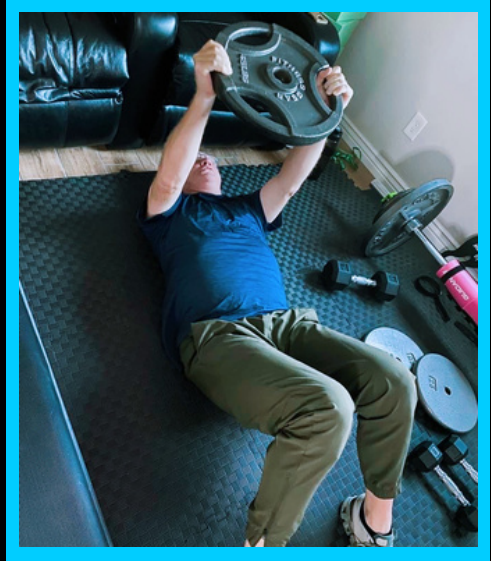
# A P R I L

	SUN	MON	TUES	WED	THURS	FRI	SAT
8am	 <b>Happy Hour Fitness is now at Extra Innings!</b> 2440 E Germann Rd Unit 9 Chandler 85286 					<b>Boot Camp Extra Innings</b>	
9am		<b>Boot Camp Online</b>	<b>Boot Camp Online</b>	<b>Boot Camp 4/13,27</b> <b>House Party 4/6,20</b>		<b>Boot Camp Online</b>	
10am		<b>Track Attack Online</b>	<b>Rhino FLOW Online</b>			<b>Track Attack Online</b>	<b>Deck of Cards 10-1045 Online</b>
530pm							
6pm	<b>House Party Extra Innings</b>	<b>House Party Uncle Bear's 4/11 &amp; 25</b>	<b>Boot Camp Extra Innings</b>	<b>IRON Boot Camp Online</b>		<b>House Party Extra Innings</b>	
630pm	RaynFit.com			<b>Track Attack Online</b>		 <b>Extra Innings</b>  <b>Uncle Bear's</b>	





OUR  
REMOTE  
RHINOS  
ARE  
MAKING  
IT  
WORK  
IN  
MAGICAL  
WAYS!





# March was Madness!

Uncle Bear's Mondays

Mardi Gras Boot Campers

Gainzz & Grounds @KindBean

Rhino Remote 2nd Anniversary





# ♥♥ RHINO OF THE MONTH. MEET JENN!

**What's your name/Nickname?**

Jennifer Nance "Jenn"

**When did you join Happy Hour?**

December 2020. But Rayn was my dance teacher in the late 90's!

**What days do you Happy Hour?**

I do Rhino Remote Track Attack any time I can!

**Hometown?** Alpine, UT

**Kids or pets?**

Twin Girls- Paisley & Lacey

Twin Pups- Goldie & Bear

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

I love LOVE being a mom. I'm a Teacher's Aide (in my girls' 3rd grade class) and a tap dancer. I love party planning, holiday decorating, & walking my dogs. I also spend way too much time chauffeuring my girls & being a dance mom... but I love it!

**Which track do you love the most?**

I love ALL the dancey ones. Plus Hazy Shade, Levitating, Black Cat, Waterloo, to name a few!

**Favorite boot camp exercise?**

Hip Bridges

**Exercise do you love to hate?**

Push ups

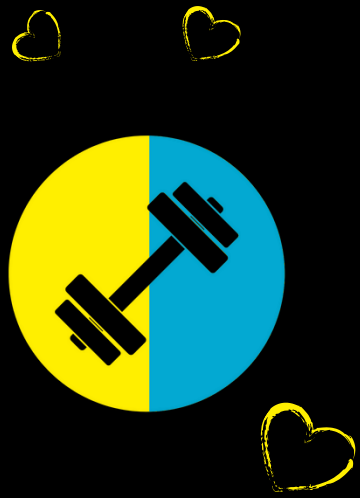
**What is your favorite Rayn-ism?**

"You GET to workout"

I love that everyone in this group is all about kindness. I leave every Rhino Remote class feeling loved & energized for the day!







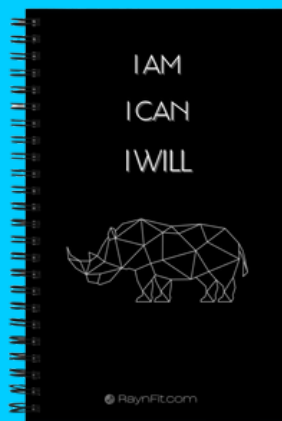
THIS IS OUR HAPPY PLACE





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TAB



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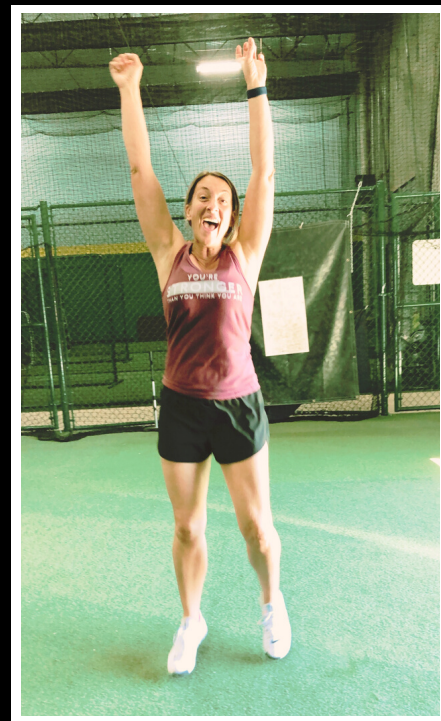
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THIS IS  
OUR  
HAPPY  
PLACE





4/11  
&  
4/25



4/13



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# GAINZZZ AND GROUNDS

**BOOT CAMP @ 9AM -EXTRA INNINGS-**



55-MINUTE WORKOUT  
-AND-  
OPTIONAL CASUAL COFFEE DATE

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COFFEE DATE @ 1030 AM  -THE KIND BEAN-

**WEDNESDAY APRIL 13**

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---

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