

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 3: January 2020

## HAPPY 2020 BOOT CAMP!



Our HAPPY 2020 New Year's Day boot camp was full of smiles, hugs, and lots of sweat. What a perfect way to start the new year...TOGETHER!

## TEAM BUILDING

Attention non-Saturday boot campers! Let's share our HAPPY with the runners at the Donut Judge Me 5K. We're looking for rhino-volunteers to represent Happy Hour Fitness by congratulating runners at the finish line! Saturday March 28th at 7am. For more info, contact [WhitWhit@RaynFit.com](mailto:WhitWhit@RaynFit.com)



## COACH KUKI

Thank you, Sarah "Kuki" Kukes, for being our guest trainer for a weekend! We're so fortunate to have someone of her caliber and experience visit us. We're looking forward to her next visit!

# RHINO SPOTLIGHT



Name: Stephanie Pacheco

Happy Hour Nickname: Steph

Training with Rayn: 1 year

When do you Happy Hour?

Tuesday & Friday PM

Hometown: Van Nuys, California

Kids and/or pets?

Two crazy cats, Casper & Kobi

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

I work in quality assurance for  
an aerospace company

FAV Rayn-choreographed track?

I like them all (despite the eye rolls...lol)

FAV boot camp exercise?

Anything with weights

Love to hate 'em: Burpees!

FAV Rayn-ism: YES YOU CAN!

## MORE ASS, MORE CLASS

We're thrilled to offer you more chances to get your HAPPY on!

Beginning February 3rd,  
ASS-TO-CLASS Mondays  
will be held at

9am (Crystal Reception Hall)  
and 6pm (QuartHaus).

Book your sweet ass in this fun class on MindBody!

QUESTIONS?

Contact [Rayn@RaynFit.com](mailto:Rayn@RaynFit.com)  
or [WhitWhit@RaynFit.com](mailto:WhitWhit@RaynFit.com)

### NEW CLASS ALERT!

Mondays at 6pm



@QuartHaus  
201 S. Washington St  
near downtown Chandler



BEGINS MONDAY FEB 3rd  
Visit [RaynFit.com](http://RaynFit.com) for more info

## SALE

Don't miss out on our January specials. They're #soGood!  
Ends January 31st



RAYNFIT.COM



CHANDLER-GILBERT  
COMMUNITY COLLEGE  
A MARICOPA COMMUNITY COLLEGE



## COACH-IN-TRAINING!



## COACH CRYSTAL

Thank you for making Crystal feel so supported in her new role as Happy Hour Fitness' first official coach-in-training. HHF is grateful to be able to participate in Chandler-Gilbert Community College's internship training program and we're excited about the future.

We're stronger together!

Go Crystal!

Go Team RHINO!

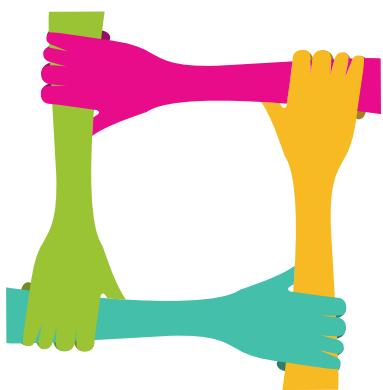


## EXCITING RESEARCH

## CONGRATULATIONS TO OUR VERY OWN, DR. ALLISON ROSS!

Have you ever felt wonderfully lost in something....achieved that state of bliss where mental focus, mindful energy, complete physical immersion, and the pure joy of moving intersect? How can we achieve this state more often in our workouts?

We're excited to offer YOU a chance to participate in our upcoming research study, in partnership with Arizona State University! Registration will begin in March. Stay tuned!



## SMALL BUSINESS DIRECTORY

We would like to create a list of Rhino-owned or operated businesses.

If you're interested, please email [WhitWhit@RaynFit.com](mailto:WhitWhit@RaynFit.com) with the following: business name, brief description of your business' offerings, phone number, website, and/or social media handles.

Thank you, parents, for trusting our team with your kiddos. Thank you, kids, for inspiring us to be on our best behavior!

We ask that HHF kids be accompanied by a care-giver, have a waiver on file, and reserve a spot in the MindBody system. We absolutely LOVE our junior RHINOS!

Kids who prefer to watch from the sidelines must also have a waiver on file.

In addition, for safety, we cannot allow kids (or grown-ups...Shelby) to jump on trampolines or climb on equipment.

Contact us with any questions.

[WhitWhit@RaynFit.com](mailto:WhitWhit@RaynFit.com)

[Rayn@RaynFit.com](mailto:Rayn@RaynFit.com)



## RHINO KIDS ROCK!



## CAUGHT RED HANDED RAYNBOW BANDED

Our team is so kind and I'm always in awe of your generous spirit. I've handed out wristbands to rhinos caught in the act of a good deed. When the banded team members witness an act of kindness, they give their band away. So, team, please proudly wear your bands to class and let's watch as the positivity flows from one of you to the next.

## COMMUNITY

Thank you, rhinos, for donating SIX crates of hygiene products to our community members in need. The Chandler CARE Center staff was heartily impressed with the generosity of the Happy Hour Fitness family. GO Team RHINO! #communitygainzz!



## VOLUNTEER

Happy Hour Fitness' community service project is coming up on Saturday March 7th at 1130am. If you would like to register to join our volunteer team, please look for the Private FB page announcement or contact Sean for more information.

Sean.a.burke@cox.net.

Thank you, Sean!



## RHINO RECIPES

### GINA'S CRANBERRY ENERGY BITES

1/2 cup almond butter  
(or your fav nut/seed butter)  
1/4 cup honey  
(I use raw, liquid may be easier to mix)  
1 cup rolled oats  
1/2 cup dried cranberries  
1/4 cup chocolate protein powder  
(or flavor of choice)  
Optional: chopped nuts, seeds, chocolate chips

Mix nut butter, honey, oats, and protein powder. Fold cranberries and optional additions. Wet hands slightly & form dough into 1-1.5" balls. Store in an airtight container in the fridge or freezer until ready to enjoy.

