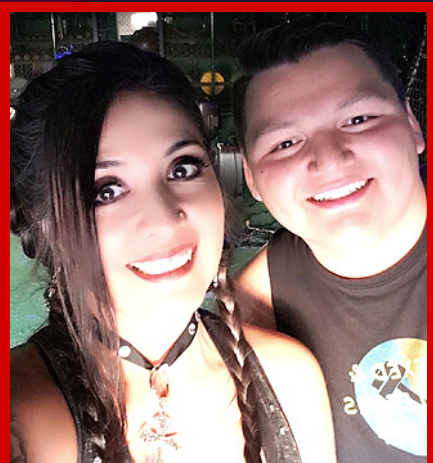


# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!  
Issue 31 May 2022



## CAGE FIGHT



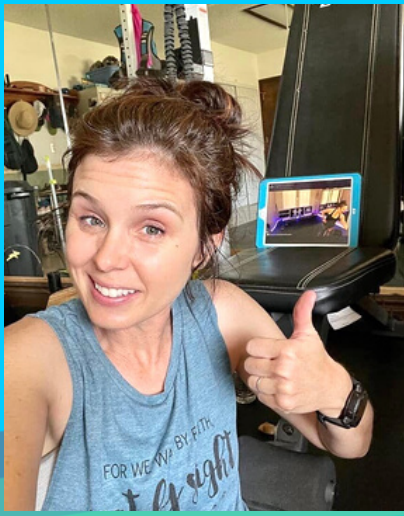
# June Announcements:



- Uncle Bear's is closing on Mondays for the summer. UB's House Party is **moving to THURSDAYS (6/9 & 23)** at 6pm - **INSIDE!**
  - Friday 6pm House Party is outside 6/3 & 10
  - **Happy Hour is closed Friday June 17th.**
  - On Friday June 24th, House Party will move to Z Room Mesa for the summer. Z Room House Party will also shift to a 530pm start time.
- Z Room: 1337 S. Gilbert Rd, 116 Mesa, AZ 85204**

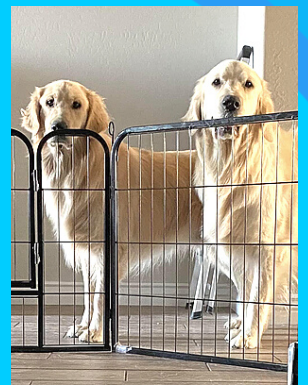
# JUNE

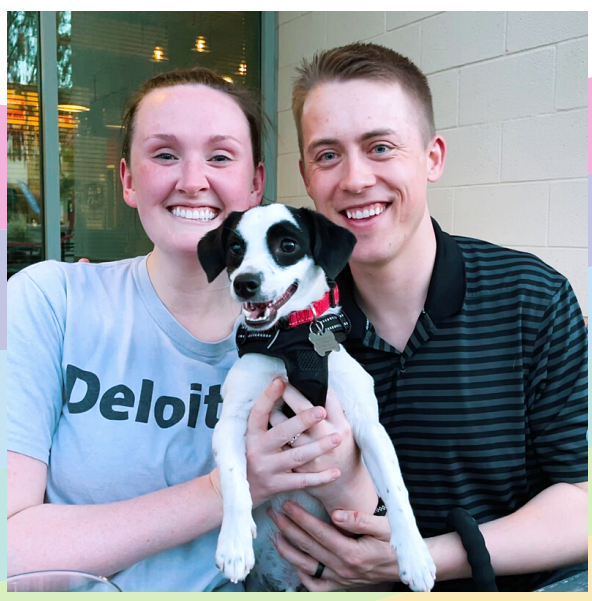
	<span style="background-color: #ADD8E6; padding: 2px;">■</span> Extra Innings <span style="background-color: #FFFF00; padding: 2px;">■</span> Uncle Bear's <span style="background-color: #800080; padding: 2px;">■</span> Z Room Mesa						SAT
	SUN	MON	TUES	WED	THURS	FRI	Boot Camp 8am Extra Innings
8am							
9am		Online Boot Camp	Online Boot Camp	Boot Camp 5/11 & 25 House Party 5/4 & 18		Online Boot Camp	
10am		Online House Party	Online Rhino FLOW			Online House Party	Online Boot Camp
530pm				Online IRON Boot Camp			
6pm	House Party Extra Innings		Boot Camp Extra Innings		House Party Uncle Bear's June 9 & 23 INSIDE	House Party Extra Innings 6/3 & 10	
630pm	CLOSED: Friday 6/17			Online House Party 630pm	6/24 - 530pm House Party Z Room		



# RHINO REMOTE

IT'S  
#SOGOOD





# HAPPY HOUR FITNESS

[RaynFit.com](https://RaynFit.com)



HAPPY HOUR FITNESS



# RHINO OF THE MONTH. MEET MO

**MEET** Monica "Mo" Lynn Andre

**When did you join HHF?**

Since 2020 - thanks to Tammy

**What days do you Happy Hour?**

Fridays & Sundays

**Hometown?** Wickenburg, AZ

**Pets?** Albus Andre, our 6 year old

Labrador Retriever

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

I love reading, getting coffee, hiking, walking Albus, & spending time with my husband of 3 1/2 years, Mathew.

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

Juice, ANY AND EVERY fight track!

Shawn Mendes (Mozie inspired), &

any hip thrusting tracks too.

I LOVE IT ALL!!! AHFFF!

**Favorite boot camp exercise?**

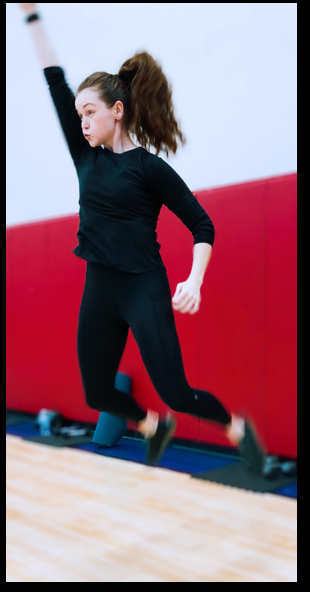
When Crystal does all tabatas!

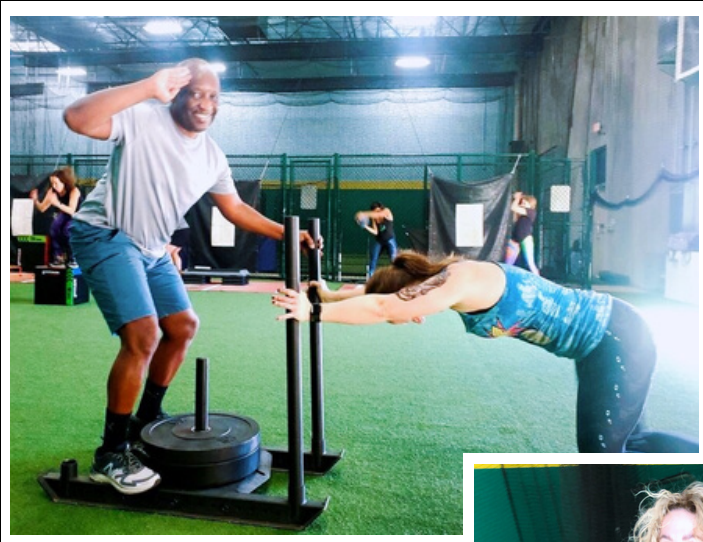
**Exercise do you love to hate?**

I love them all...but if I had to pick...sprints.

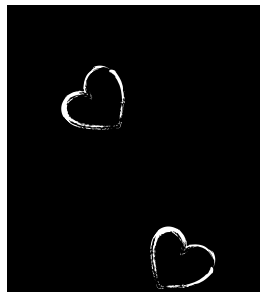
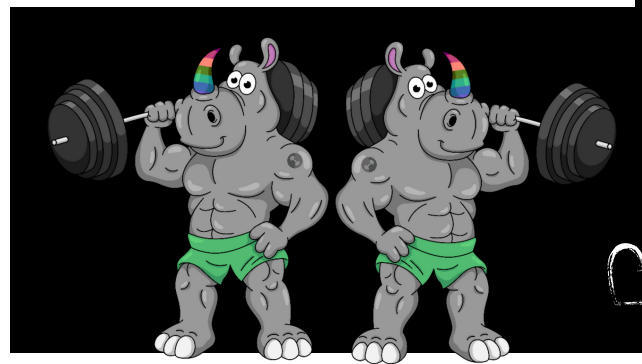
**What is your favorite Rayn-ism?**

I love the environment where there is no judgement and the love that is given to everyone is ONE OF A KIND. I love when you say pumpkin pies, and if you don't want to do it give me a half peace sign and when you say YES YOU CAN!





IT'S  
HAPPY  
HOUR,  
BABY!





POWERED



BY LOVE



**Happy Hour  
Lightweight  
Zipped Hoodie**



**Metachrosis  
Sports Bra**



**Insomnia  
Leggings & Bra**



**Together We Can  
Do So Much Mug**

**Come At  
Me, Bro  
Sports Bra**



**NEW  
MERCH  
ALERT!**



# SUPPORT LOCAL SMALL BUSINESSES



**THURSDAYS**  
**6/9**  
**&**  
**6/23**  
**INSIDE**



**EXTRA INNINGS<sup>®</sup> CHANDLER** **2022**  
**BASEBALL** **SOFTBALL**  
**SUMMER**  
**CAMPS**

**AGES 7-14**

- **SESSION 1 JUNE 6-10, 9AM-12PM**
- **SESSION 2 JUNE 13-17, 9AM-12PM**
- **SESSION 3 JUNE 20-24, 9AM-12PM**
- **SESSION 4 JUNE 27-JULY 1, 9AM-12PM**

**\$300 PER WEEK**  
**\$200 MEMBERS**

Hitting	Fielding	Fitness
Pitching	Catching	Throwing

Call 480-687-0145 to register