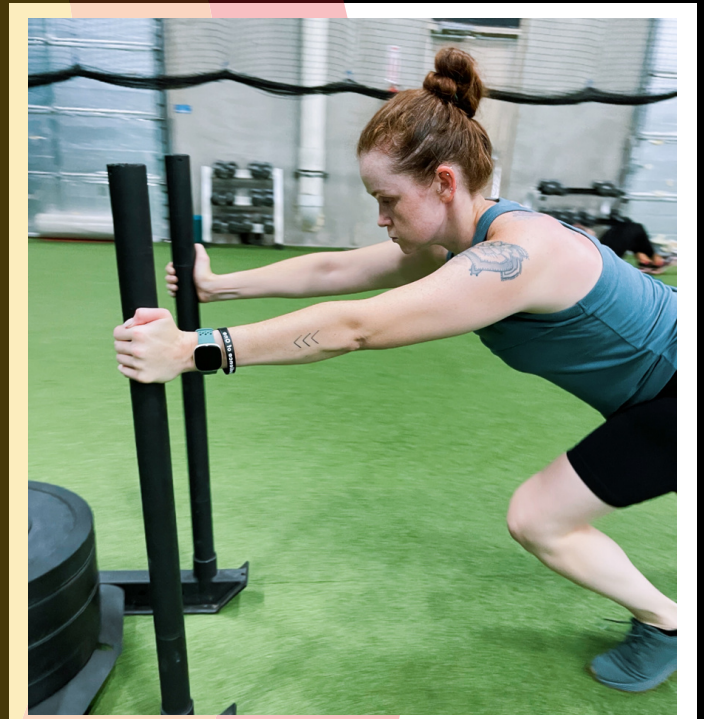


# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!  
Issue 33 July 2022



## YES YOU CAN



# August Announcements & Reminders:

- **Uncle Bear's House Party** is **NOW ON THURSDAYS** (8/4 & 18) at 6pm - **INSIDE!**
- **Friday House Party** is now inside **@Z ROOM MESA & starts at 530pm**  
Z Room: 1337 S. Gilbert Rd #116  
Mesa, AZ 85204
- **We are CLOSED Friday Aug 12nd**



# AUGUST

	<span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Extra Innings <span style="display: inline-block; width: 15px; height: 15px; background-color: #FFFF00; border: 1px solid black; margin-left: 20px; margin-right: 5px;"></span> Uncle Bear's <span style="display: inline-block; width: 15px; height: 15px; background-color: #800080; border: 1px solid black; margin-left: 20px; margin-right: 5px;"></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 8/3, 17, 31 House Party 8/10, 24		Online Boot Camp	
10am		Online House Party	Online Rhino FLOW			Online House Party	Online Boot Camp
530pm				Online IRON Boot Camp		House Party Z Room Mesa	
6pm	House Party Extra Innings		Boot Camp Extra Innings		House Party Uncle Bear's 8/4 & 18		
630pm				Online House Party 630pm	CLOSED Friday August 12th		



# RHINO REMOTE





THIS IS OUR HAPPY PLACE



# RHINO OF THE MONTH: MEET KATHY "DR. SCRAPPY"



**When did you join HHF?** About 5 years ago

**When do you Happy Hour?** I'm mostly an evening workout person due to work. So you will find me at the Uncle Bear's workouts and the Friday night workouts and then RR other nights of the week. 💕💕

**Hometown?** I grew up in Ohio and then moved to Arizona in 1994.

**Kids or pets?** I am married to Margarita Man and have two kids Alex and Amelia. A whole family of Rhinos! 💕💕

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

I like to hike, bike and camp. I am also a quilter and a pediatrician.

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

Can't Stop the Beat, Go, all Fallout Boy, Roll Up, Around the World.

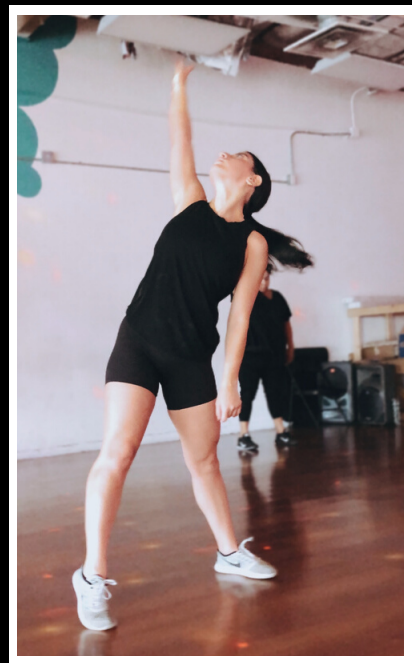
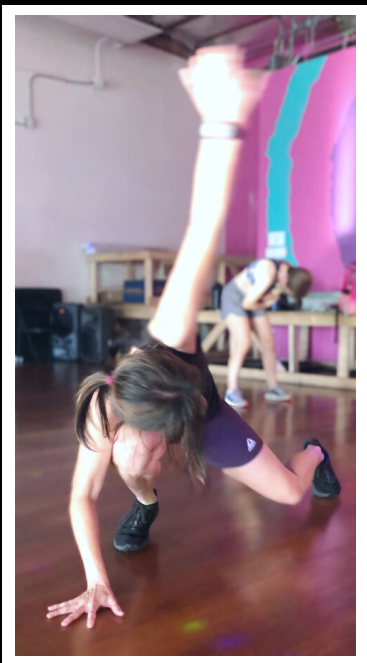
**Favorite exercise?** Before the pandemic we would sometimes throw sandbags over a box and then climb over. I spent the whole time I was doing it laughing because I felt like I was in training to rob a bank and make a quick getaway!

**Exercise you love to hate?** Slider drags. Thank goodness I haven't had to do it since covid started!

**Fav Rayn-ism?** You are stronger than you think you are!

**Anything else you want to share?** I love our Rhino community. 💕💕

I know that if I need anything you guys are there for me! 💕



# BORN TO MOVE

COME AS YOU ARE  
YOU ARE WELCOME HERE



# SUPPORT LOCAL SMALL BUSINESSES



**THURSDAYS  
6PM  
8/4 & 8/18  
INSIDE**

**TUESDAYS 6PM  
WEDNESDAYS 9AM  
SATURDAYS 8AM  
SUNDAYS 6PM  
INSIDE**



**FRIDAYS 530PM  
Z ROOM: 1337 S. GILBERT RD #116  
MESA, AZ 85204  
INSIDE**





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