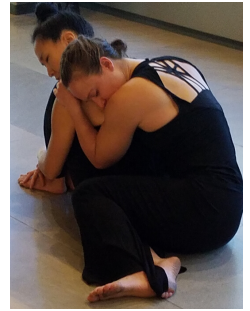




# RHINO SPOTLIGHT



Name: Heeyoung Lee

Happy Hour Nickname: Haylie

Training with Rayn: since 2016

When do you Happy Hour?

Mondays, Thursdays, & some Saturdays

Hometown: Seoul, South Korea

Kids and/or pets? A box turtle named Augie

Two sons: Grant (14) & Bryant (12, also a rhino!)

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

Take dance class and teach adult ballet classes

FAV Rayn-choreographed track?

One Club at a Time

FAV boot camp exercise?

Anything with music and choreography

Love to hate 'em: Ropes ...truly....hate....them....

FAV Rayn-ism: This isn't a Rayn saying but I think it describes her so well: "While I DANCE I cannot judge, I cannot hate, I cannot separate myself from life. I can only be joyful and whole. That is why I DANCE." -Hans Bos

## HEEYOUNG



## VIDEO SHOOT

30 RHINOS charged the gym floor on Saturday February 8th, to film our very first promotional video in collaboration with Archie Film Co. Fellow RHINO, Braden Archinuk, is a film student at Arizona State University and owner of Archie Film Co. Go Braden! Go team RHINO!







## ASS-TO-CLASS...FOR A CAUSE!

Thank you for attending Ass-to-Class Monday night @Quarthaus on February 17th as a part of our Community Gainzz Initiative! We're thrilled to be able to donate so many books to Voices for CASA Children/CASA Books for Kids.

Big shout out to our very own, Flanman, for being the catalyst for this project and for *doubling* our donation! Thank you, WhitWhit, for selecting such a special collection of books for our donation and thank you, Crystal, for assistant coaching. Kudos, Quarthaus, for allowing us to create an HHF--style ruckus and thank you, team RHINO, for your spirit and generosity!

Kindness for the win!



Go  
Team  
RHINO!



## CONGRATS DR. ALLI & HHF!

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?

We're excited to participate in upcoming research, in partnership with ASU & Dr. Allison Ross! Registration will begin in March. Stay tuned!

## 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 HHF by congratulating runners at the finish line!

Sat. 3/28 @ 7am.

Contact WhitWhit@RaynFit.com to volunteer



## RHINO RECIPES

### SHELBY'S BREAKFAST SANDWICHES



#### Ingredients

- 12 eggs
- 2 Tablespoons milk
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 12 slices cooked bacon, sausage patties, ham, or canadian bacon
- 12 English muffins
- 12 slices cheddar cheese , or your favorite cheese

#### Instructions

1. Preheat the oven to 325 degrees. Generously grease a 9x13" pan
2. Whisk the eggs, milk, salt and pepper. (I use an electric mixer to make it easier).
3. Pour the egg mixture into the greased pan and bake for 18-22 minutes, or just until the center is set. Don't over-cook.
4. Remove from oven and allow to cool before cutting into 12 squares.
5. Top each English muffin half with egg, cheese, meat, and the other half of the muffin. If you are consuming right away, heat the sandwiches at 350 degrees for about 5 minutes or until the cheese melts.

#### To Freeze:

1. Wrap each sandwich individually in tinfoil, wax paper, or parchment paper and place them in a freezer safe resealable bag. Freeze for up to 1 month.

#### To reheat:

1. Thaw in fridge overnight, for best results. Remove paper and wrap sandwich in a paper towel. Microwave for 40 seconds - 1 minute on defrost (or 50% power). Flip the sandwich over and microwave for 10-30 seconds on high power, until warmed through.
2. You can also reheat the sandwiches in the oven at 350 degrees for about 10-15 minutes, or in the toaster oven.





## RHINO CONNECT: SERVICES/TRADES/BUSINESSES



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.

### RAYN'S RECOMMENDATIONS

DANCE 101 is owned by Emily Finch. Emily and Rayn were dance majors together at Arizona State University. When it was time for Rayn's kids to take dance classes, there was only one person Rayn trusted, Emily Finch at DANCE 101.

If you know a child looking to engage in the empowering art of dance, please check out [myDance101.com](http://myDance101.com)



Strive PT is owned by fellow RHINO, Dr. Shveta Jones. Rayn is inspired by Shveta's depth of knowledge and patient-focused approach to physical therapy. Shveta and Shannon provide the utmost in care to several members of Happy Hour Fitness.

Thank you, Dr. Jones!

Find out more at [StrivePTaz.net](http://StrivePTaz.net)



### RHINO REMINDERS

Very important reminders from two of our lil' rhinos, Nat & Eloise Hayes...

Love yourself!

Believe in yourself!



## ATTENTION SOCIAL BUTTERFLIES

Your FB & Instagram recommendations, stories, posts, & check-ins bolster our team spirit and help expand our fitness family.

THANK YOU!

As our tribe grows, we'll be able to offer you more class times, increased services, upgraded equipment, and more.

So please spread the word on social and help our crash of rhinos build to unstoppable numbers!

P.S. If you're on FB and not yet a member of our private group, please join us!

This is where we post reminders, invites, polls, funny memes, & more!

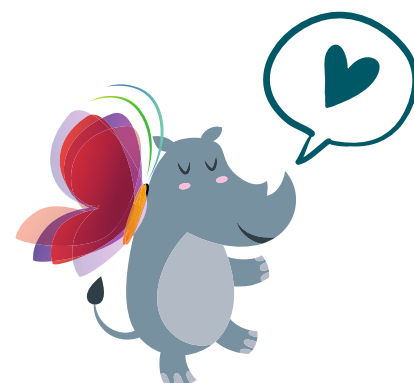
SEARCH: "Private Group Page For Happy Hour Fitness: team RHINO"



HAPPY HOUR FITNESS



@\_HAPPYHOURFITNESS



## COACH CRYSTAL'S CORNER BY CRYSTAL & RAYN



Did you know that strength training is about more than just aesthetics?

You'll be apt to increase....

- + efficiency of body mechanics
  - + posture
  - + balance
- + core strength
- + neuromuscular activation
- + proprioception (knowing where your body is in space)
  - + bone density
  - + energy
  - + sleep quality

You'll be apt to decrease....

- risk and/or symptoms of various health conditions
  - stress
  - anxiety/depression