

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 6: April 2020

Dear Team RHINO,

While the pain of being separated still delivers a searing sting, I have to say that our Happy Hour Fitness family has given me so much hope. Thank you for checking on each other, helping one another, and staying connected. So many of you have been suffering, and yet you still continue to care for others, including me and my family.

I am grateful for you.

I am proud to be a member of this team.

My focus has not shifted. I will always try to serve you to the best of my ability. WhitWhit, Crystal, and McPants are doing the same. Although our classes are virtual, our love for one another makes the connection very real.

I promise to continue working hard for you.

I will love you. I will push you.

I will accept you. And I will shake my pies with you.

Thank you for being uniquely YOU!



RHINO SPOTLIGHT

Name: Kathie Coles

Happy Hour Nickname: Queen Bey

Training with Rayn: 4 years

When do you Happy Hour?

Every day on RHINO REMOTE!

Live on Mon, Thurs, Sat (I live in Florida)

Hometown: Owego, NY

(voted Coolest Small Town in America)

Kids and/or pets? 2 beautiful daughters and

4 rescue grandpups

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

Listen to Rayniac tracks!

FAV Rayn-choreographed track?

The Anthem, HandClap, I Wanna Be Sedated - love fight tracks

FAV boot camp exercise? pop jack with a snap!

Love to hate 'em: push-ups. FAV Rayn-ism: Get your mind right!

KATHIE



We're still having fun on RHINO REMOTE! #soGood!

RHINO REMOTE




TRUNK,

1. tree
2. strengthen the
3. car
4. junk in the
5. elephant

APRIL 23

**rainbow
buttcheeks**

April
25



RHINO REMOTE
MARCH 31



California Dreamin'

RHINO REMOTE



all the things

APRIL 1

OPTIONAL EQUIPMENT:



APRIL 11



**the
easter bunny
takeover**

rainbow homeschool

APRIL 16



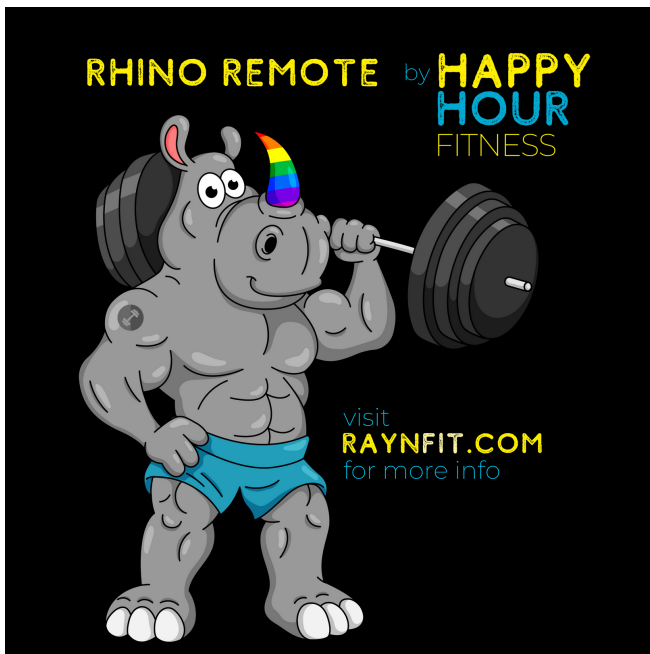
WHY FEEL LIKE THIS?



WHEN YOU CAN FEEL LIKE THIS?



WITH THIS!

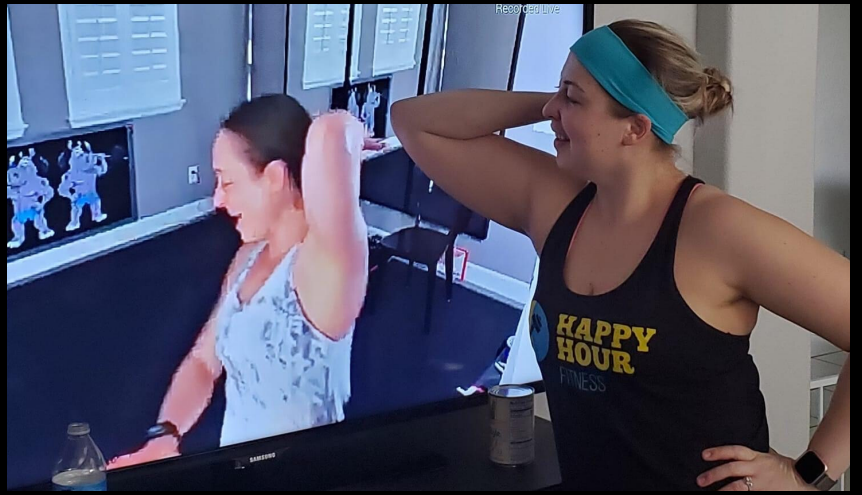


live broadcasts...

MONDAY 9am
TUESDAY 530pm
WEDNESDAY 530pm
THURSDAY 9am
FRIDAY 530pm
SATURDAY 9am

CLASSES AVAILABLE ALL DAY, 'EVERY DAY!

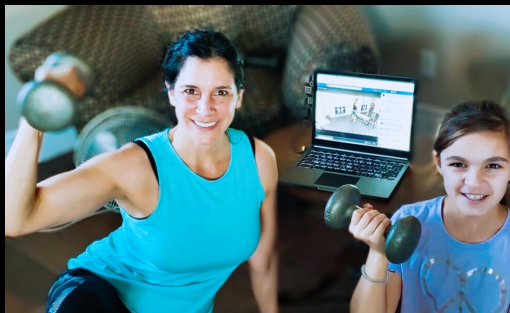
All classes available for a minimum of 24 hours after the live broadcast. Stress-busting workouts, anytime, anywhere.



RHINO REMOTE ROCKS!

- 1 Book classes via RaynFit.com or MindBody app
- 2 Request access to the RHINO REMOTE FB group page
- 3 Participate live OR within 24 hours after each class
- 4 Book regularly to maintain active status in RHINO REMOTE

RHINO REMOTE



SO SOCIAL. SO GOOD.

Thank you for your social media shout-outs!



THE HOGWARTS EXPRESS!

On April 9, we magically morphed into witches & wizards for a fun-filled Harry Potter workout! Shelby wins 10 points for her house - look at that lightning bolt scar!!



COACH'S CORNER

BY CRYSTAL & RAYN

What is a team?

People who come together to achieve goals, with a united purpose

What are our goals?

- ★ Provide each other with emotional support
- ★ Experience the unknown and navigate challenges together
- ★ Relish the silly, the awkward, and the weird! Have FUN!
- ★ Learn new skills and adapt to evolving circumstances
- ★ Help others achieve via cheerleading & accountability
- ★ Encourage others to value themselves as unique individuals
- ★ Smash obstacles and kick down barriers, together
- ★ Cultivate new relationships and nourish long-time friendships
- ★ Establish a community that strives to help others
- ★ Become strong AF, from the inside out

Sometimes change can be painful, but the ability to adapt is a strong indicator of success. Tackling the unknown as a team can make the challenge feel exciting instead of daunting.

Coach Crystal's MAY Game Plan:

GOALS:

1. Encourage!
2. Support!

ACTIONS:

1. Join us online
2. Connect with someone you don't know well
3. Check on each other
4. Have an accountability partner.
5. REMEMBER...

You're stronger than you think you are!



RHINO RECIPES



"BIRTHDAY GIRL" KIM LA'S CURRY NOODLE SOUP

(Serves 4)

Ingredients

2 tbsp vegetable oil. - 2 tbsp Thai red curry paste

2 tbsp curry powder. - 200g (7 oz) sliced chicken thigh fillets

400ml (13.5 fl oz) can coconut milk. - 4 cups chicken stock

400g (14 oz) peeled prawns (optional)

200g (7 oz) Asian fish balls (optional)

12 fried tofu puffs. - 2 tbsp fish sauce. - 1 tsp sugar

800g (1.7 lb) cooked noodles, to serve

Bean shoots, boiled egg and cilantro leaves, to serve

STEP 1

Heat the oil in a wok or saucepan over medium-high heat. Add the curry paste and cook, stirring, for half a minute or until fragrant. Stir through the curry powder. Add the chicken and stir-fry for a minute or so. Add the coconut milk & chicken stock. Simmer for 5 min.

STEP 2

Add prawns & fish balls (if using), and tofu puffs. Simmer for a few min or until the prawns are cooked.

STEP 3

Stir the fish sauce & sugar - season to taste. Ladle your laksa over the noodles & top with bean shoots, egg & cilantro leaves.

*Birthday Girl's advice: Adjust by using chicken or adding carrots