



HAPPY HOUR NEWS



All the latest RHINO-tastic happenings!

Issue 7: May 2020

Dear Team RHINO,

Happy Hour Fitness is a truly unique and incredible group. I am moved by the way you have supported each other during this trying time. I applaud you for offering assistance to those in need and I am grateful for each one of you. I understand that this is an incredibly difficult period and I hope you know that I care about you and I am here for you.

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We are currently creating a *Phase 1* hybrid re-opening plan that includes in-person classes. Our new online platform, RHINO REMOTE (RR), has been a success (thanks to you!) and we hope to continue this program permanently. Starting June 1st, RR access will require a 30-day unlimited pass purchase. The price point for this pass will decrease substantially to \$69 per household. We hope you will take advantage of RR as your primary or ancillary form of Happy Hour fun!

As for in-person classes, we will tackle *Phase 1* by offering Small Group Training, or as we'll call it, CRASH. We're excited to deliver a low coach-to-athlete ratio while concurrently adhering to social distancing and safety protocols. Please remember that this is just *Phase 1* and we are doing our best to balance a diverse array of requests, opinions, and logistics. CRASH times, locations, and pricing details will be available soon. Thank you for your patience and loyalty during this uncertain time. I know this challenge will make us stronger and more grateful!

#TeamRHINO #soGood

love, Rayn

# COVID CAN'T CRUSH OUR SPIRIT!

-RHINO REMOTE



70S  
DISCO  
PARTY

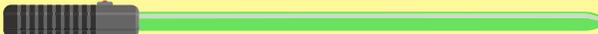


HANG 10



UNDER  
THE  
SEA

MAY THE 4TH BE WITH YOU



# RHINO SPOTLIGHT



Name: Violet Flores

Happy Hour Nickname:

Cardio Queen

Training with Rayn:

I've engaged in fitness training with Rayn for over 4 years, but Rayn was my ASU modern dance professor in 2003.

I was so happy to reconnect with her at the end of 2015 during a class at TRC. The rest is history!

When do you Happy Hour?

I'm a big fan of virtual Happy Hour because it totally fits in with my family life schedule. I workout with Rayn 5 days per week, M-F at 9am!

Hometown: Born and raised in El Paso, TX

Kids and/or pets? I have been married to my amazing husband, Mike, for 13 years and together we have 3 kids ages 9, 5, and 2.

What do you do when you're not working out? I spend time with my family.

FAV Rayn-choreographed track? GO!

FAV boot camp exercise?

Big Momma Jacks!

Love to hate 'em:

anything that involves shoulders

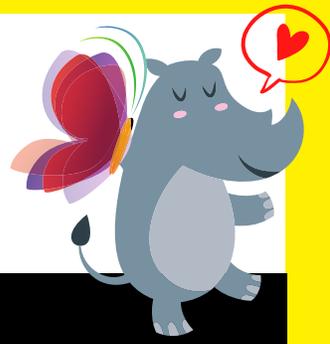
FAV Rayn-ism:

"I ain't your momma!"

VIOLETA



SO SOCIAL. SO GOOD.



HAPPY HOUR FITNESS



@\_HAPPYHOURFITNESS

CHRISTINE



LYDIA & BRIAN

GRETCHEN & CONNIE



JULIE

DO YOU WANT  
A CUSTOM  
HAPPY HOUR FITNESS  
GRAPHIC FOR YOUR  
SOCIAL MEDIA PROFILE?  
JUST ASK RAYN!

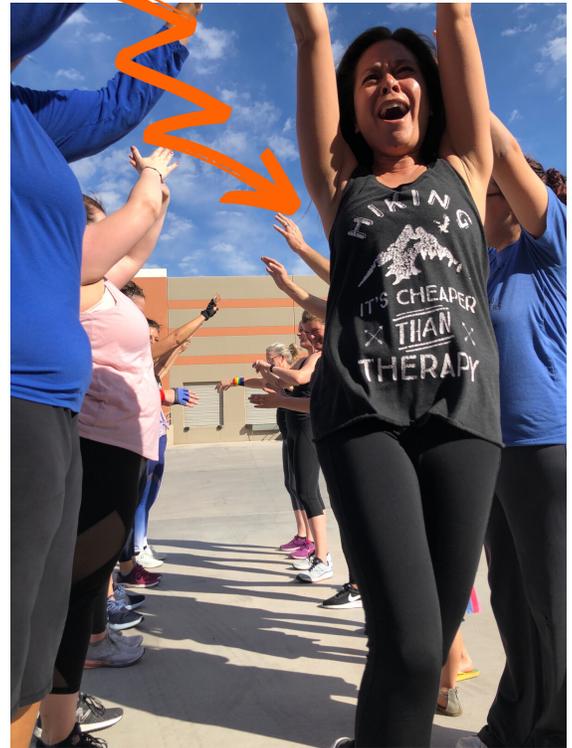


KIM & SEAN

WHY FEEL LIKE THIS?



WHEN YOU CAN FEEL LIKE THIS?



WITH THIS!



live broadcasts...

**MONDAY 9am**

**TUESDAY 530pm**

**WEDNESDAY 530pm**

**THURSDAY 9am**

**FRIDAY 9am**

**SATURDAY 9am**

**CONTENT AVAILABLE ALL DAY, 'EVERY DAY!**

**Stress-busting workouts, anytime, anywhere!**

**All classes are available for at least 24 hours  
after the live broadcast.**

# COACH'S CORNER

BY CRYSTAL & RAYN

**Working out at home? No weights? No problem!**

- ★ Milk Jugs ~ 8.5 lbs
- ★ Laundry Detergent ~ 5 lbs
- ★ Water Bottles ~ 1.5 lbs,  
fill with sand for extra gainzz
- ★ Soup Cans (or canned PUMPKIN) ~ 1 lb
- ★ Condiments, like ketchup ~ 1 lb
- ★ Bags of rice ~ 1-5 lb
- ★ Cast Iron Pan ~ 10 lbs
- ★ Loaded Backpack ~ lots of lbs



**YOU'RE ONLY LIMITED BY YOUR IMAGINATION. GET CREATIVE. HAVE FUN!**





# RHINO RECIPES

BY MELANIE & ETHAN

## SHRIMP AVOCADO SALAD

### Ingredients

**2 lbs boiled or steamed shrimp, peeled and deveined**

**2 avocados cut into large pieces**

**2 tablespoons diced red onion**

**-for the dressing-**

**1/4 cup extra virgin olive oil**

**1/4 cup red wine vinegar**

**1/2 teaspoon garlic powder**

**1 teaspoon parsley, chopped**

**1 teaspoon Dijon mustard**

**salt and pepper, to taste**



### Directions:

**Add shrimp, avocado, and onion to a large bowl.**

**In a 2-cup measuring cup, mix together ingredients for the dressing.**

**Whisk until well-combined.**

**Add dressing to shrimp avocado salad.**

**Serve additional dressing on the side.**