

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

*Issue 8: June 2020*

Dear Team RHINO,

This month's letter will be penned by our very own Ambassador of Awkward, Whitney Hayes. Please join me in celebrating her one year anniversary as Happy Hour Fitness Business Director.

She doesn't seek the limelight and doesn't require public praise or accolades...but she sure as hell deserves it all...and then some.

We are so fortunate to have her on our side. And, believe me, she is on your side. She cares. She's the real deal. Thank you for treating her with your hallmark team RHINO kindness and love.

Thank you, WhitWhit. We love you. Happy Anniversary!



Hello team! It was a little over a year ago, when Rayn asked me to become your Business Director. As a Happy Hour participant, I had admired Rayn from afar for years. I was drawn to her spunk, passion, music, humor, workouts, and her familiarity as a real person. Over the past year I have had the opportunity to see, up close, what makes her so incredible: day in and day out, she pours her heart and soul into her dream - a vision *to empower, strengthen and embolden people from within* - and she invests that same energy into the people who are a part of making this dream a reality.

The universe seemed to throw it all at us this past year. I learned very quickly that each time we encounter a new obstacle and tough decisions need to be made, Rayn puts her team at the forefront. Errrry time. Her Mama Rhino love shines bright and in the same way she doesn't let any of us quit (despite eyerolls and half peace signs), she doesn't let each new obstacle stop her. Day after day, she shows up and kicks ass.

But the truly wonderful thing about being a part of this Team is that I get to see so much of what I admire about her mirrored in all of YOU. In the team. In the community we've built together. In the outpouring of support and love that you all offer to each other. We have all faced many obstacles over the past year and it is incredible to watch as you guys reach out and offer encouragement, assistance and genuine love to those within our growing group. Day after day, you ALL show up for one another and kick so much ass together.

For as proud as I am of her everyday, I am even more proud and humbled to be a part of such an amazing and loving group of people. So thank you ALL for making Team Rhino possible. We are so hopeful for all that lies ahead.





## RHINO SPOTLIGHT



Name:

Sheila Yazzie

Nickname:

Depends who you talk to...LOL...

Punky!

Training with Rayn:

Almost 4 years

When do you Happy Hour?

Monday, Tuesday, Wednesday

Hometown: Flagstaff, AZ

Kids and/or pets? 1 boy and 4 canine fur babies

What do you do when you're not working out? Eat a lot. Drink adult beverages. Hang out with friends. Go to concerts!

FAV Rayn-choreographed track?

Killin' It, Teeth, Na Na Na...

FAV boot camp exercise?

box jumps, rows, cardio

Love to hate 'em:

ab work, ropes

FAV Rayn-ism: "Words that mean something!?"

PUNKY



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**

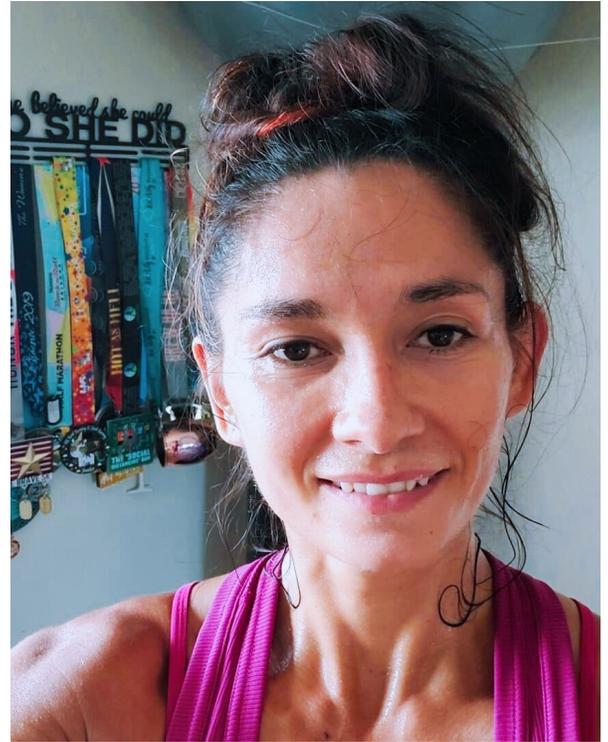
**CONTENT AVAILABLE ALL DAY, 'EVERY DAY!**

**Stress-busting workouts, anytime, anywhere!**  
**All classes are available for at least 24 hours**  
**after the live broadcast.**

## Mental Toughness:

“The ability to maintain focus after success or failure, ability to recover from uncontrollable, unplanned and unusual events, ability to stay strong in the face of adversity” (Weinberg).

Through this pandemic, we continue to be confronted with difficult decisions and have been forced to make sacrifices and changes to our livelihood. We’ve become stronger and have pushed through the pain, the emotions and the heartache. We’ve found new ways to be there for one another.



## COACH'S CORNER BY COACH CRYSTAL

We've discovered what we're truly capable of...



**Grit. Determination.  
Willpower. Fortitude.  
Dedication. Courage.  
Loyalty. Strength.  
Love. Bravery.  
Resilience. Gratitude.**

We're warriors!  
We lead with LOVE.  
WE ARE RHINOS!



DOUBLE PUMPKIN PIE SALUTE TO ALL OUR HAPPY HOUR FAMILIES.



THANKS FOR HELPING YOUR RHINOS MAKE IT WORK AT HOME!

Liam & Maggie (Lindsey)



Margie Monroe, patio surfing



Coach Crystal & Alaina

Stuey McPants, Director of IT & Sexiness



Dimples getting her deck of cards on in Wisconsin



Kathie, Evan, & Jackson

## RHINO RECIPES

### QUINOA & CRANBERRY SALAD

serves 6

**WHAT YOU'LL NEED:** SALAD: 1 CUP RED QUINOA, 1/2 CUP DRIED CRANBERRIES, 1 DICED RED BELL PEPPER, 1 LARGE DICED CUCUMBER, 1/2 MEDIUM THINLY SLICED RED ONION, 1/2 CUP SLICED ALMONDS, 2 HEADS BUTTER LETTUCE, HEIRLOOM TOMATO VINAIGRETTE

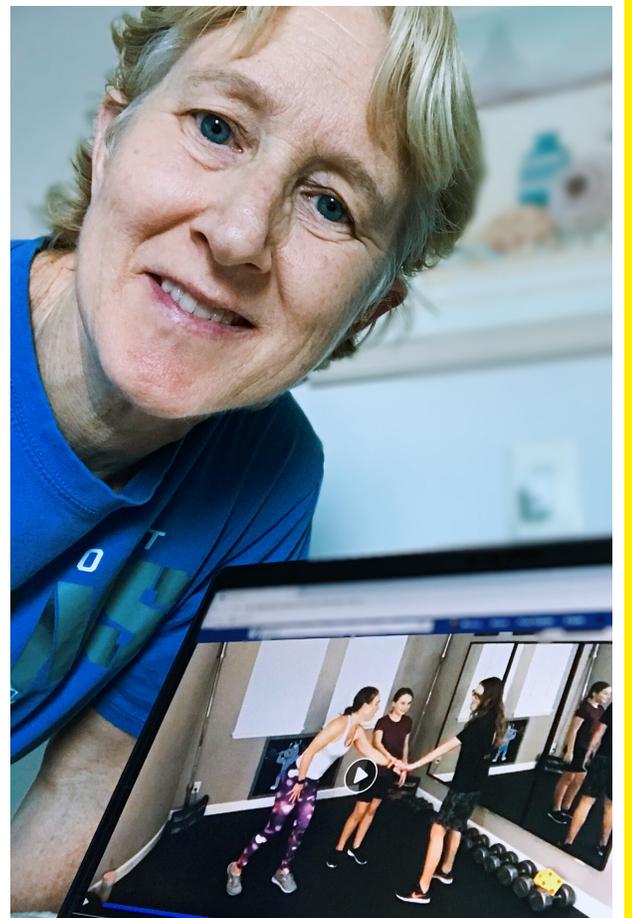
**VINAIGRETTE:** 2 MEDIUM CHOPPED HEIRLOOM TOMATOES, 1 CRUSHED GARLIC CLOVE, 1 TABLESPOON DIJON MUSTARD, 1 TABLESPOON RED WINE VINEGAR, 4 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, KOSHER SALT & FRESHLY GROUND PEPPER

**MAKE IT LIKE THIS!** SALAD: RINSE QUINOA AND PLACE IN SMALL POT. ADD WATER TO THE QUINOA & BRING TO A GENTLE BOIL, COVER, REDUCE HEAT TO LOW, AND SIMMER UNTIL QUINOA IS FULLY COOKED & WATER HAS BEEN ABSORBED. FLUFF THE QUINOA WITH A FORK AND TRANSFER TO PLATE OR PLATTER. (SPREAD IT OUT TO HELP IT COOL QUICKLY). WHEN QUINOA IS COLD, TOSS INTO LARGE BOWL WITH THE NEXT SIX INGREDIENTS & DRESS WITH VINAIGRETTE. SEASON WITH SALT & PEPPER IF NEEDED.

**VINAIGRETTE:** PUREE INGREDIENTS UNTIL SMOOTH.



BY  
MICHIGAN MONICA



Monica, Rayn, Sheridan, Kaia