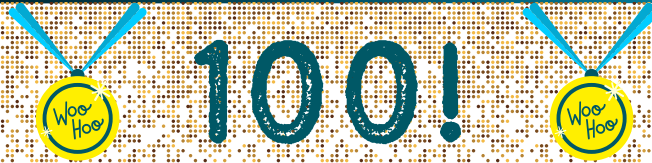


HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

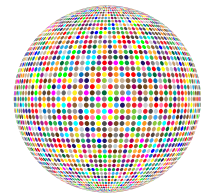
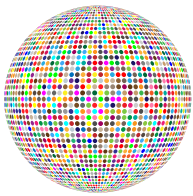
Issue 9: July 2020



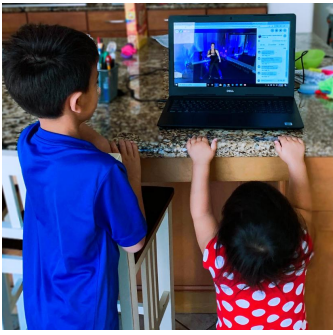
JULY 9TH MARKED OUR 100TH ONLINE BOOT CAMP!

- Sweaty selfie winners received medals from Rayn & Stuart!
- Brian "DT" wrote a tearful acceptance speech!
- Our MVP, Emily "Mozie", participated in almost every workout!
(Since we offered 2 per day, that's almost 200 workouts!!)

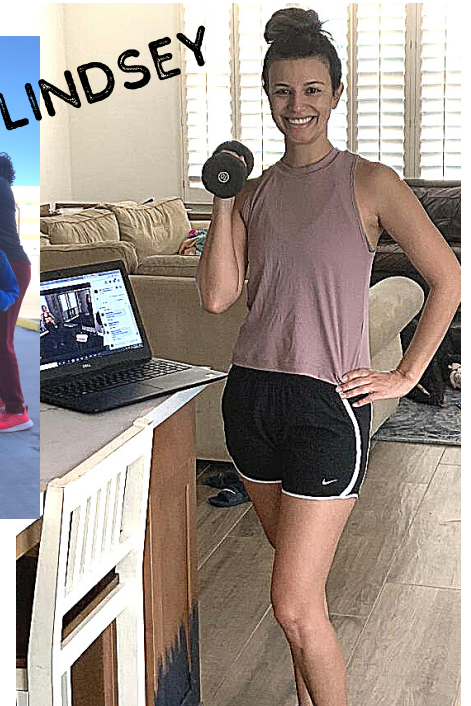
Congratulations, RHINOS!
WAY TO CRUSH IT!



RHINO SPOTLIGHT



LINDSEY



Name: Lindsey Shirley

Happy Hour Nickname: Lin or Lindsey-Loo

Training with Rayn: On and off for five years

When do you Happy Hour? I've been doing

RHINO REMOTE since its inception. At TRC, I attended

Tu/Th and some Sundays. Last year I joined boot camp

and instantly became addicted. I frequented Sat/Sun mornings and some Fridays.

Hometown: I was born and raised in Santa Fe. I moved in 2001 to attend ASU.

Kids and/or pets? I have three kids: Adam (17), Liam (7) and Maggie (2). Liam is mom's rhino sidekick - he loves Rayn's workouts. Maggie and Liam listen for Rayn's voice in our house on Monday and Thursday mornings. They come running the second Rayn says good morning. I also have a two-year-old black labradoodle, Oso.

What do you do when you're not working out? Hmmmm....these days, not a whole lot! JK! I'm a public relations consultant. I've worked from home for 10 years, which was amazing until my home was taken over by my entire family in March. LOL! My office became a playroom - somedays I take conference calls in my closet to escape the madness. (I'm an RN, but currently not working in a hospital setting. Hats off to our healthcare professionals on the frontlines!) When I'm not hiding in the closet or sweating with my rhino remote friends, I spend my time with my amazing family.

My kids and my husband, Paul, enjoy projects, crafts, and watching movies.

FAV Rayn-choreographed track? Anything Britney Spears or Justin Bieber (Baby & Round the World). I also love, love, LOVE Girlfriend!!!!

FAV exercise? Serve it up biceps & anything that works that junk in the trunk

Love to hate 'em: BURPEES 100%

FAV Rayn-ism: "I ain't your momma!"



THANK YOU FOR SHARING, POSTING, AND ENGAGING!



HAPPY HOUR FITNESS



@_HAPPYHOURFITNESS

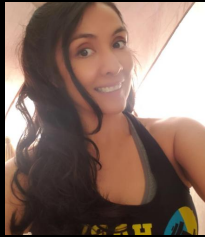
Susan "Boozy"



Natalie & Eloise



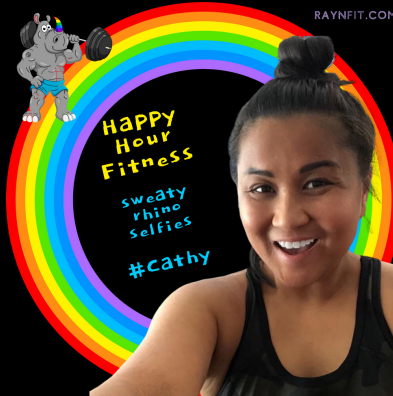
SO SOCIAL.
SO GOOD.



Sheila "Punky"



Ian



Cathy "Cat"



DJ Margie "Monroe"



Tara



Tammy & kids



Kathie & "THE Broom"

PAY IT FORWARD

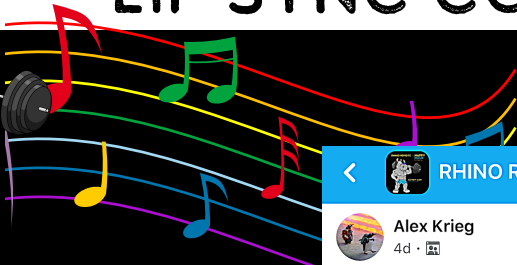
THANK YOU to all the donors who have contributed to the Pay It Forward Scholarship fund. Because of you, we have been able to offer reduced monthly access fees to those in need. Your generosity also helps keep our small business alive during this difficult time. Thank you!

If you would like to donate, please use the \$25 Pay It Forward selection on MindBody or RaynFit.com, click the pricing tab.

If you are in need, please reach out. We are here for you. Contact Rayn or WhitWhit for assistance.



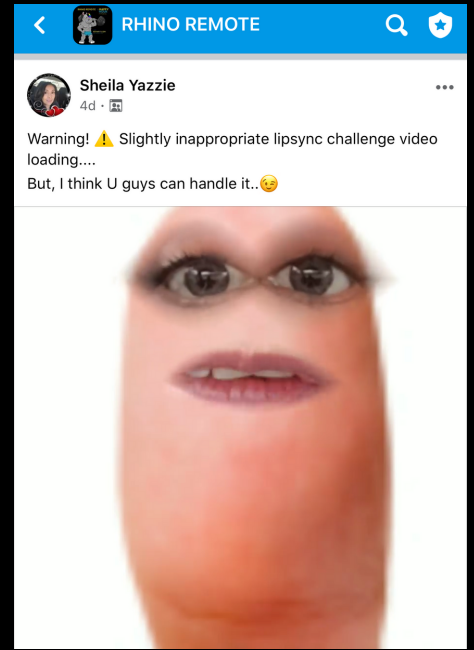
LIP SYNC CONTEST WINNERS!



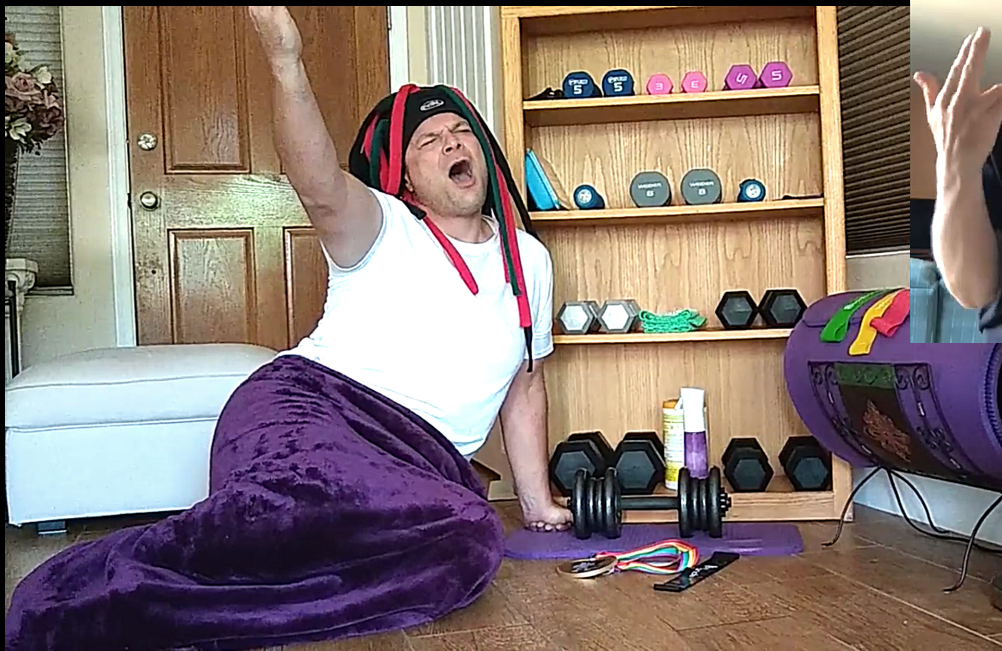
MCPANTS, KAIA,
& MAMA RHINO



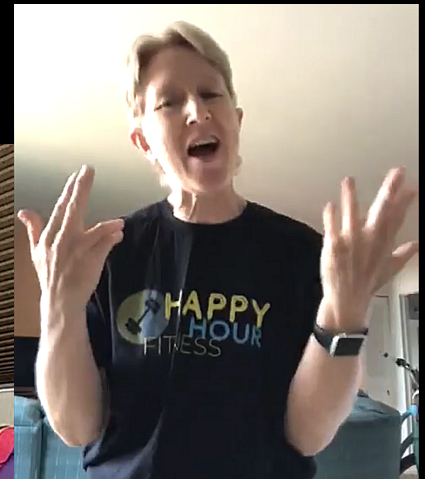
TKIYA
& ALEX



SHEILA "PUNKY"



BRIAN "DT" & LYDIA



MICHIGAN
MONICA

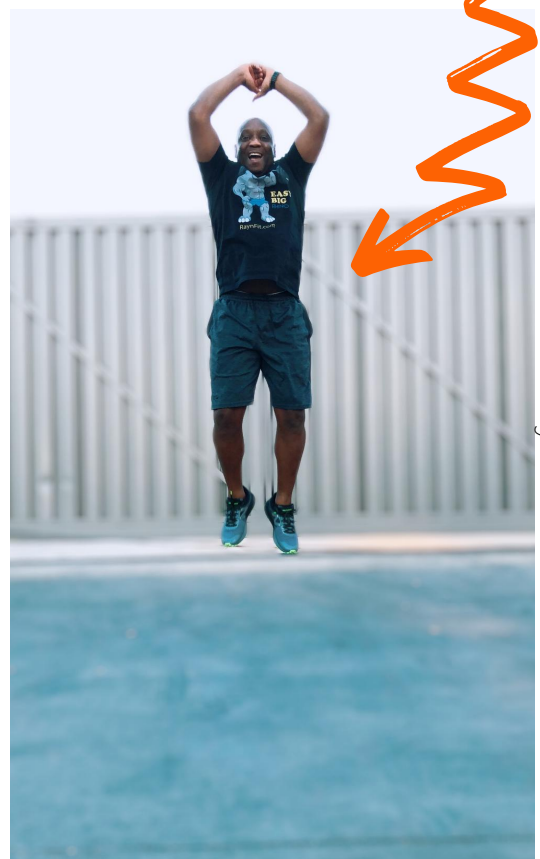
Thank you, RHINO REMOTE lip-sync contest participants!
We love celebrating your personalities: from demure to dirty,
from gritty to goofy - stay weird, rhino friends!

WHY FEEL LIKE THIS?



Brenda "Babs" 1/2 peace sign

WHEN YOU CAN FEEL LIKE THIS?



Fitzroy "Fitz"

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



What is Core training?

Core training is used to stabilize, align, and protect the trunk. Core strength is important for walking, jumping, bending, sitting, laughing, and breathing. A strong core can reduce instances of back pain, movement distortions, postural imbalances, and other injuries.

Brace, baby brace!

Bracing is a contraction of muscles surrounding the trunk. Imagine someone was going to punch you in the stomach - tighten and protect yourself - that's bracing. Generally speaking, if you're upright, brace.

Drawing-in FTW!

Drawing-in is an activation of the muscles below the belly button. As you draw the navel toward the spine, it's important to exhale. Practice that integration (drawing-in with exhalation), until it becomes an automatic reflex. This will serve as a permanent foundation in your movement vocabulary. Generally speaking, when your back is on the floor, draw-in.

Summary, aka Mama Rhino's lecture #746:

Some exercises may require a hybrid integration of both bracing and drawing-in. Allow yourself to fluidly transition between the two or use them in concert. During your workouts, your entire body (kinetic chain) is constantly changing. Strive to efficiently adapt to these changes while concurrently adhering to core integration principles. Rayn likes to refer to this fluid integration as, "maintaining the integrity of the spine".

RHINO REFERRAL REWARDS!

If you love Happy Hour, spread the word!

Beginning in August, we'll add
5 rhino love bucks to your account
when you refer a new Rhino Remote friend!



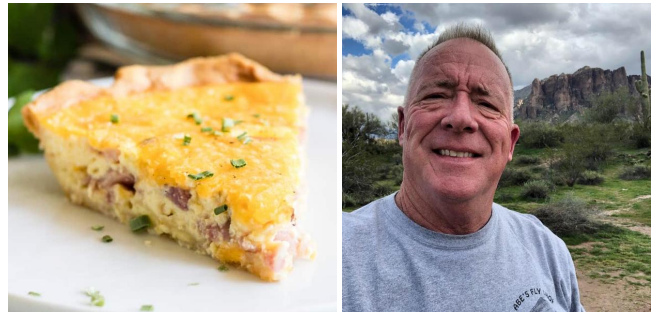
Contact WhitWhit for more details. WhitWhit@RaynFit.com

RHINO RECIPES

EUGENE'S TO-DIE-FOR QUICHE

MAKES 2 INDIVIDUAL PIES

- 5 eggs
- 1 can garlic mushroom soup
(sub any cream soups, broccoli or celery etc.)
- 16 oz sour cream
- 1 cup milk



Combine above in mixing bowl and, with beater, blend to consistency

- 1 cup diced spinach
- 1 cup diced baby broccoli

**Using two pie crust shells, layer the bottom of each one with spinach and broccoli
If desired, cover each vegetable layer with layer of bacon bits
After adding bacon, cover with a layer of sharp grated cheddar cheese**

Split the egg mix between the two pie crusts

Finish with a uniform layer of grated cheddar on the top

Place both in oven preheated to 375o and bake for 60 minutes

Remove and let cool for 5-6 minutes. Serve with light swirl of sour cream on top

"To die for and great leftovers!"

NEW MERCH ALERT!



JOIN RHINO REMOTE

YOU'RE INVITED! to the VIRTUAL HAPPY HOUR FITNESS WORKOUT PARTY!

It's a support squad, gainzz gang, and party posse all rolled into one!
You'll have access to fun, kick-ass workouts anytime, anywhere.

STEP 1: GRAB A PASS

- Download the MindBody App & create an account
- Search for Happy Hour Fitness (enter 85286 in the location line)
- Click "View Schedule"
- Pick a Class to Book
- Purchase an access pass*

*First-time clients choose: 1 week (\$18) or 30 days (\$69)

STEP 2: JOIN THE FB GROUP

- Search for the RHINO REMOTE group on Facebook.
- Send a request to join. If you have a pass, we'll add you in a jiffy!

STEP 3: GET YOUR GAINZZ ON!

- Workouts will be available for at least 24 hours.
- Live schedule: AZ time: M/Th/F/Sa at 9am & Tu/Wed at 530pm
- Content is available 24/7
- Saved content lives in the "Announcements" section

STEP 4: ASK FOR HELP

- There are 2 help videos in the "Announcements" section (topics: choreography, form, & modifications)
- Contact us!

WhitWhit: WhitWhit@RaynFit.com 480.784.7097
Rayn: Rayn@RaynFit.com 480.326.6596



RaynFit.com

Go to RaynFit.com - click the shop tab