

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 11



September 2020

OCTOBER IS COMING & PUMPKIN SPICE IS BACK, BABY

2 new in-person class formats:

B.A.C.O.N. (Bodyweight, Agility, Conditioning, Outdoor, Nonstop) is an fun, fast-paced, in-person class led by our very own Coach Crystal.

B.A.C.O.N. 6am Mon/Wed Begins Oct 5

Asphalt is an hour of Mama Rhino's signature choreography, grit, and sass...in-person! Get your mind right and start shakin' those pies.

Asphalt 9am Sun Begins Oct 4

Classes are available for sign-up
ONE WEEK before the class, via
MindBody app or RaynFit.com

RHINO REMOTE classes will remain the same.

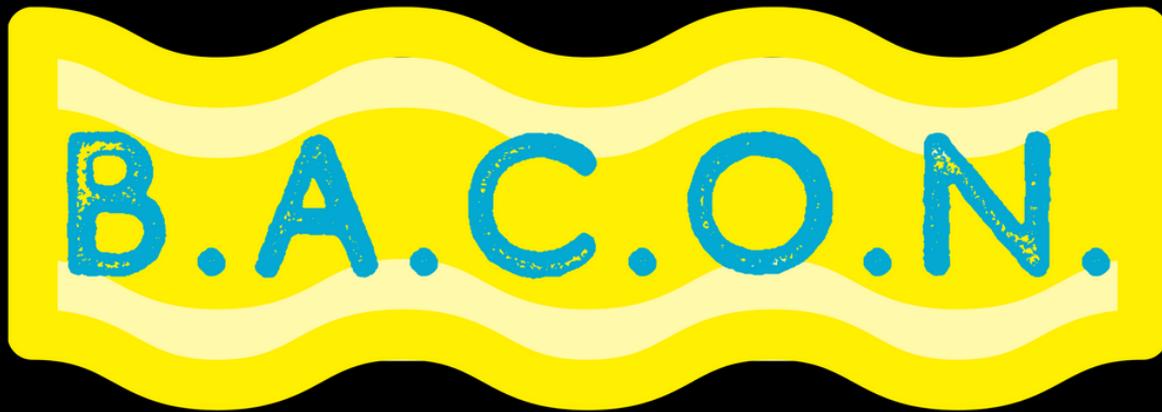
Hope to see you in-person AND online soon!

#soGood,



Rayn

WHO WANTS BACON?!



BODYWEIGHT. AGILITY. CONDITIONING. OUTDOOR. NONSTOP.

OUTDOOR CLASSES!

WHEN: Sunday - 9am & Mon/Wed - 6am

WHERE: Arizona Element Elite front parking lot

WHAT & WHO: Sunday*: ASPHALT with Mama Rhino Rayn

Monday/Wednesday*: B.A.C.O.N. with Coach Crystal

*Begins in October

\$15 drop-ins. You must sign-up in advance on MindBody or RaynFit.com AND sign an updated online waiver

BYOY...Bring your own yoga mat

Masks are optional*. We will be outside and spaced apart without a mask requirement.

*Masks required for use of the restroom/entering lobby

If you are feeling ill or have come in contact with someone who may be ill, easy big rhino...stay home.



LOVE our online program? Fear not, RHINO REMOTE is here to stay! RR schedule will remain the same.



ASPHALT

ASS TO ASPHALT, BABY
IT'S A PARTY IN THE PARKING LOT
60 MINUTES OF CONCRETE CHOREOGRAPHED CHAOS

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COMMUNITY GAINZZ SUCCESS!!



Happy Hour Fitness always strives to make a positively powerful impact within our community. We're so proud to be a part of such a kind and caring group. 🌈



Your generosity provided hygiene supplies to members of our community in need. In addition, you helped us donate \$500 the Chandler Care Center.



WOW!! Thank you, altruistic rhinos!

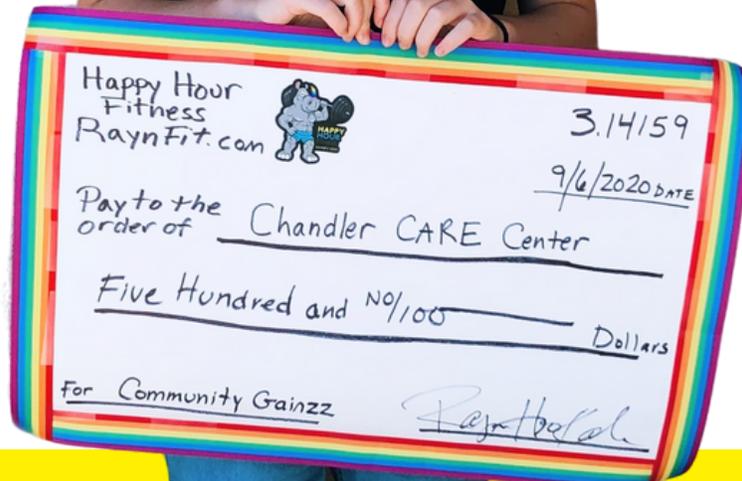
Special thanks to Kathy "Dr. Scrappy" Krieg, Amelia Krieg, Gina LaFever, and Kaia Chandler for bringing this project to its fruition.



Kaia Rayn Kathy



Jo



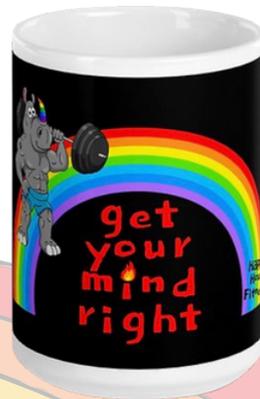
OCTOBER MERCH SPECIAL

Spend \$50 in our online store & get a FREE rhino sticker!

(Valid Oct 1-31, while supplies last)



RaynFit.com
Click the shop tab



JUST WANT A STICKER?

Venmo Rayn \$5 & we'll send you one.
Don't forget to e-mail us your address
Venmo: @Rayn-Hookala
Rayn@RaynFit.com



Name:

RHINO SPOTLIGHT

Bianca Malmstrom

Nickname:



Bee

Training with Rayn:

Almost 3 months on RHINO REMOTE!

I've lost 23lbs!!

When do you Happy Hour?

All my days off work!

Hometown

Phoenix, AZ

Kids and/or pets

2 kids: Delaney 21, Liam 18

3 chubby chihuahuas! Maya, Kona,
and Kawaii!

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

Work and spend time with family and friends

FAV Rayn-choreographed track?

Anything cardio!

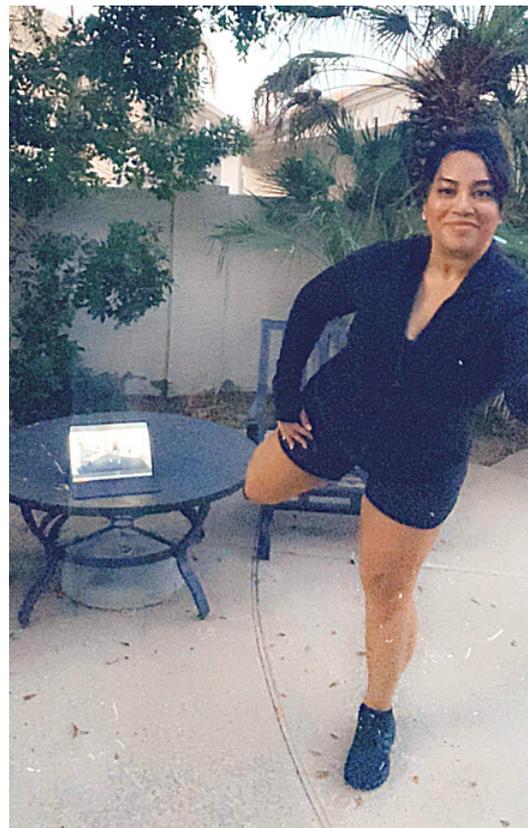
FAV boot camp exercise?

I truly enjoy it all!

Love to hate 'em:

I love push myself with the available options Rayn gives me!

FAV Rayn-ism: You got this team!



BIANCA
"BEE"

THANK YOU FOR SHARING AND ENGAGING!



HAPPY HOUR FITNESS



@_HAPPYHOURFITNESS



Liza



Charles in North Carolina and Monica in Michigan!



Magda & Ian



Schoo



Dimples



Gretchen



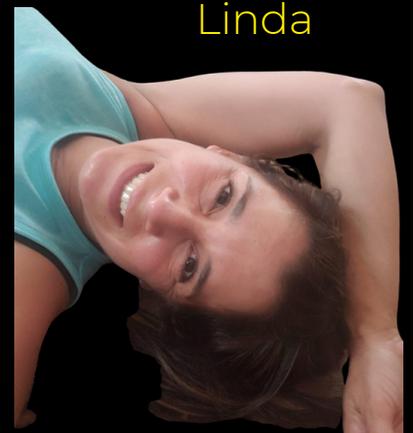
Linda



Buttery Stud

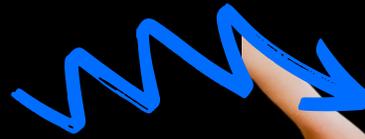
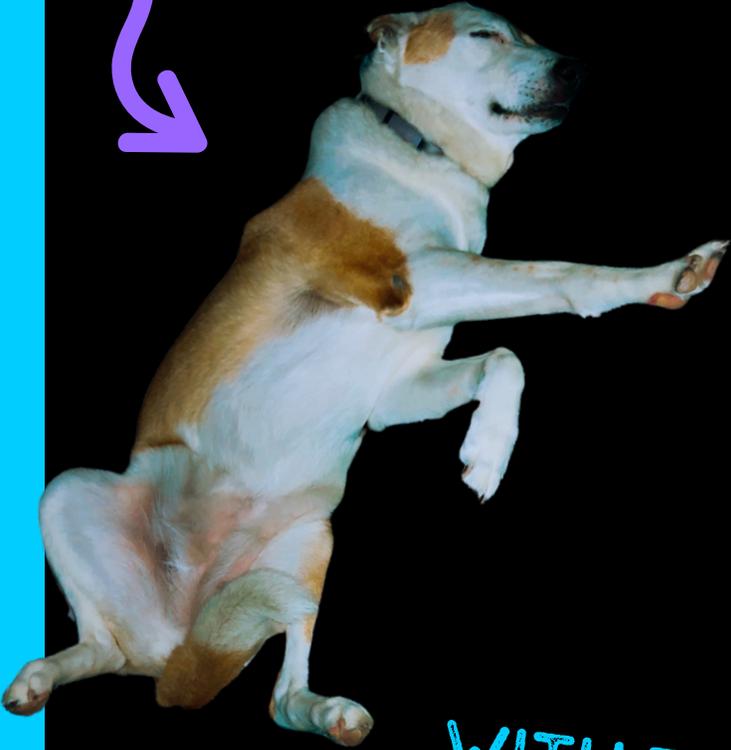


Rachel



Anissa

WHY FEEL LIKE THIS?



WHEN YOU CAN
FEEL LIKE THIS?



WITH THIS!



RHINO REMOTE



With
Rhino
Remote,
it's
always
Happy
Hour
somewhere



RaynFit.com



COACH'S CORNER

BY CRYSTAL & RAYN



HOW MANY LICKS TIL YOU TOSS THOSE KICKS?

According to AFAA, your shoes lose 25% of shock absorption after 50 miles and 33% is lost after 100-150 miles. After 250-500 miles shoes retain less than 60% ability to absorb shock.

Mark it in your calendar...high impact shoes have roughly a 500-mile lifespan. That's equivalent to approximately 100 hours of class or 3-6 months of regular day to day use.



Lack of cushioning, protection and support can lead to foot, knee, leg pain or injuries throughout the kinetic chain.

Try rotating your shoes for longer wear and consult an athletic shoe specialist, podiatrist, or physical therapist for more detailed advice. Staying active will make your heart, soul, and soles happy!

We want to hear from you! What topics would you like to see in future editions of Coach's Corner?

Rayn@RaynFit.com

Crystal@RaynFit.com

PAY IT FORWARD



Thank you to all those 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.

If you would like to donate, please use the 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.

NEW IN 2020

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- **UPDATED WAIVERS NEEDED FOR ALL RHINOS:**

New Happy Hour Fitness waivers are on RaynFit.com
Every rhino, regardless of format, will need a new waiver.
Thank you for your rhino-tastic cooperation!

Please fill out the new waiver today, on RaynFit.com

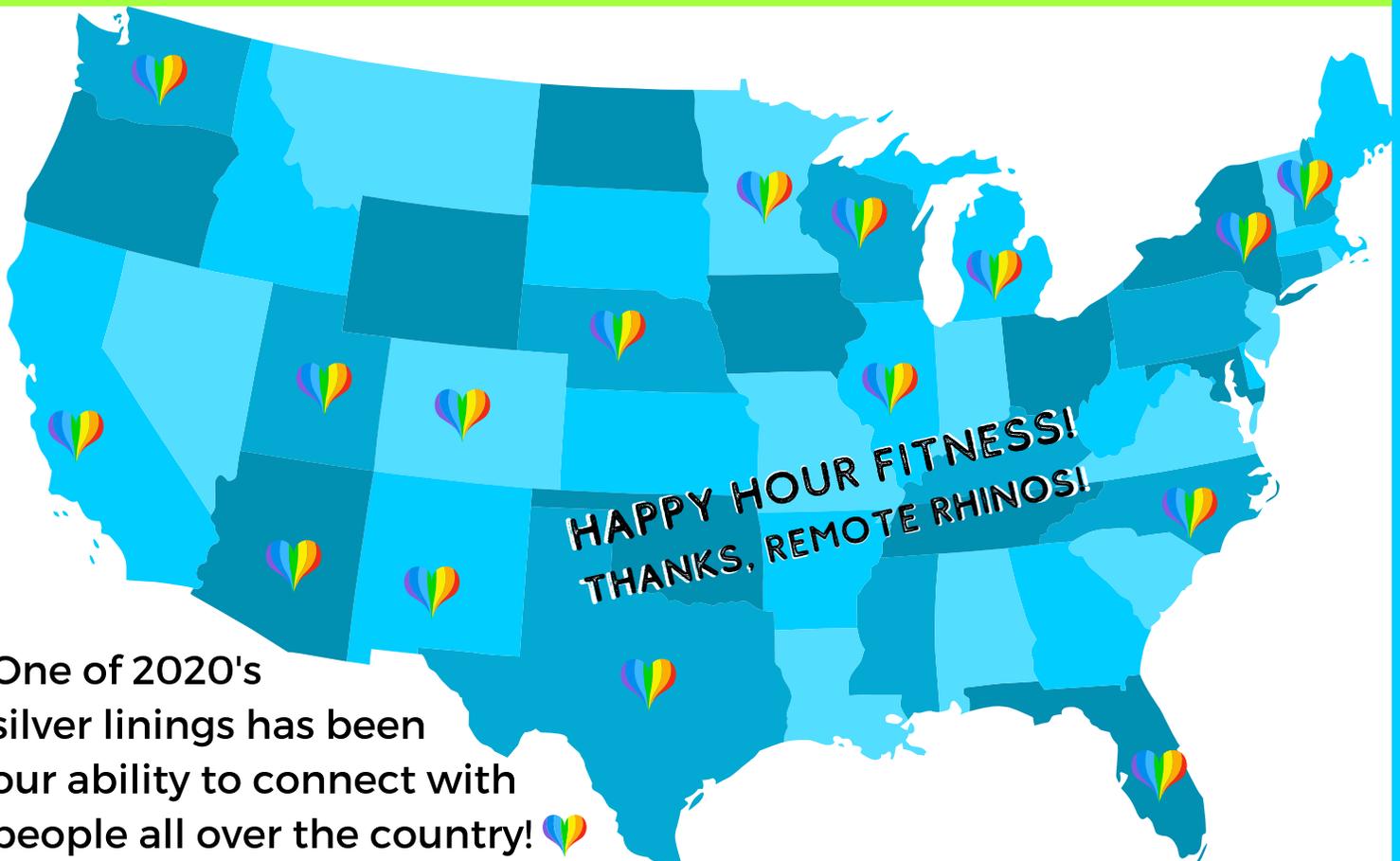
- **RHINO LOVE BUCKS**



If you love Happy Hour, please help us spread the word!
We'll thank you for referring new Happy Hour friends by
adding 5 rhino love bucks to your account!

Please contact WhitWhit@RaynFit for more information

WHERE IN THE WORLD ARE ALL OUR CRAZY RHINOS?



One of 2020's
silver linings has been
our ability to connect with
people all over the country! 🎈

SARAH "KUKI" KUKES' CHICKEN CRUST PIZZA

Ingredients

1 pound of ground chicken

¼ cup Parmesan cheese

¼ cup shredded Mozzarella cheese

¼ tsp Black Pepper

1 tsp Italian Seasoning Blend

Sauce and toppings of your choice (i.e. BBQ sauce, shredded cheddar cheese, bacon and red onion)



Instructions

Pre-heat the oven to 400*

Combine the ground chicken, cheeses and spices

Line your pizza pan or cookie sheet with parchment paper sprayed with non-stick cooking spray

Place the ground chicken mixture onto the pizza pan

Place a piece of parchment paper on top of the chicken mixture

Evenly press or roll the mixture out onto the pan to form a crust

Remove the parchment/plastic wrap

Bake in the oven for 20 min or until the crust is golden brown

Add your sauce and toppings of choice then sprinkle with cheese

Return pizza to the oven and bake for 10 min or until the cheese and toppings are melted.

**PIZZA
PARTY**



KUKI