

Women Men
The Recreationalist

All Events

Hikers Club with Rachel Elberts



Hey, hi, hello!

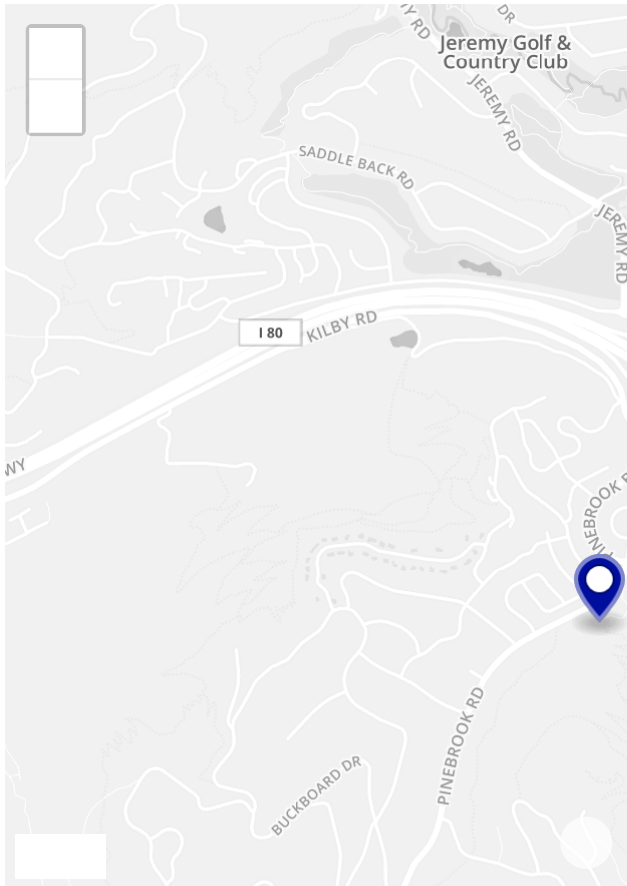
Join OV Doer, Rachel Elberts, for some dynamic stretching, a hike, and gratitude practice at Pinebrook Park.

Rachel is an ACE-certified personal trainer and founder of Stoke Coach, your guide and motivator to a healthier lifestyle. She encourages her clients to find confidence and comfort in their own bodies. Using movement and exercise, she helps you discover the awe and wonder already present in your life. Her three pillars (body, nature, and mind) drive progress toward your goals through strength training, connecting with the outdoors, and practicing presence.

In the spirit of being thankful and moving our bodies before the big T Day arrives, join her for a morning of gratitude and movement, connecting with the beauty around us in the awe inspiring mountains of

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yak tracks or wear grippy sneakers/snow boots.



date:

Sunday, November 17th

time:

9:00am

location:

Pinebrook Park at Ecker Hill
7950 Pinebrook Road, Park City UT

RSVP

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Rachel Elberts
@rachsbredgnar

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Stores

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