Pen Park Fitness Trail

Trail is paved and ADA accessible

Stations
1. Stretch Bench
2. Achilles Stretch
3. Hamstring Stretch
4. Thigh Stretch
5. Leg Lifts
6. Mountain Climber
7. Trunk Rotator
8. Inclined Sit-up
9. Dips
10. Hop Logs
11. Push Ups
12. Stretch Down
13. Pull-up
14. High Step
15. Body Lift
16. Coat Rack
17. Monkey Bars
18. Leg Stretch
19. Achilles Stretch
20. Hamstring Stretch

Length: .5 mile
Difficulty: EASY - hike only
MODERATE - with workout

www.charlottesville.org/trails