



# EMPOWERING SWEAT SESSION: *BARRY'S WORKOUT ROCKS PLANT PARK*

By: Alyssa Goodwin

## ABOUT FHIT UT

Forming Healthy Individuals Together (FHIT) UT is a vibrant group within the Live Well UT student organization, dedicated to promoting physical wellness and healthy lifestyles among students. Led by passionate individuals like Maddie Loscalzo, FHIT UT aims to cultivate a community where exercise is not only encouraged but enjoyed. As Maddie describes it, FHIT UT serves as a platform to encourage healthy habits and physical activity among students, providing opportunities for group workouts and other wellness initiatives, like beach cleanups, donation drives, and group counseling sessions. Maddie herself is an active member of FHIT UT, deeply involved in organizing events like the recent Barry's Workout in Plant Park.

## BARRY'S BOOTCAMP IN PLANT PARK

Last Friday, March 8, FHIT UT collaborated with Barry's to host an exhilarating workout event in Plant Park. Kaelen Loscalzo, both an attendee and event organizer, expressed her enthusiasm for FHIT's group fitness classes, stating,

**"FHIT's group fitness classes are one of my favorite ways to exercise. exercising outside with a group of people is motivating and empowering. it is also a great opportunity to try something new like yoga, pilates, or HIIT workouts".**

The Barry's Workout Class, led by experienced trainers, offered a dynamic blend of cardio and strength training exercises, all set against the picturesque backdrop of Plant Park.



Maddie Loscalzo, reflecting on her experience, said,

**“My experience for this event was amazing. It was one of the most challenging workouts I’ve ever done, in the best way possible. It left me feeling empowered.”**

## MY EXPERIENCE

During Barry’s Workout, I was totally pumped up and ready to go. I brought a yoga mat and a water bottle and put on athletic clothes. I jumped right in with my fellow students. We kicked things off with some warm-up moves and stretches, getting us prepped for the workout ahead. The trainer was motivating and high-energy, encouraging us through tough moves. There was an awesome feeling of strength and unity as we all pushed ourselves.



March 8, 2024: Students participate in group fitness class with Barry’s in Plant Park

Exercising outside in Plant Park made it even better, adding an extra boost of energy to every move. I have attended some FHIT events in the past, like yoga and Pilates sessions, and they are always beyond worth while. I will continue to be a regular attendee!

## HOW TO GET INVOLVED

FHIT UT welcomes students, faculty, and staff alike to join their mission of promoting physical wellness on campus. Whether you're a seasoned fitness enthusiast or just starting out on your journey, there's a place for you within FHIT UT. With regular group workouts and a variety of wellness initiatives, there are plenty of opportunities to get involved and make a positive impact on your health and the community. As Kaelen mentioned, FHIT’s group fitness classes offer a diverse range of activities, from yoga and pilates to high-intensity interval training (HIIT), ensuring there's something for everyone. To learn more about joining FHIT UT and Live Well UT, simply reach out to the wellness center at [wellness@ut.edu](mailto:wellness@ut.edu).

In essence, the Barry’s Workout in Plant Park served as a testament to the empowering potential of group fitness and community engagement, inspiring students to prioritize their physical well-being and embrace a healthier lifestyle.