

Zosia West Finds Comfort in Being Unconventional

by Christopher Cussat



Zosia West is as diverse a person and artist as the changing color scheme of her hair. She describes herself as an unconventional girl living in a conventional place. This is clearly evident to anyone who has witnessed her transformations from fitness and health instructor by days to heavy metal rock singer by nights.

Both as a Zumba Instructor at Vygor Fitness in the North Hills, and during her musical creations and performances with her band, “Echoes Never Lie,” everyday West embodies what she describes as being very ambitious and having many different beliefs and interests. “This has

caused me to gain a lot of respect in my life, but often also a lot of controversy—but I wouldn’t be myself if I didn’t stir up friction now and again,” she adds.

West says that she has always considered herself to be a musician first and foremost, but that unfortunately you usually have to pursue other endeavors in order to continue doing what you love. “I believe there are often negative stereotypes attached to my ‘hard rock’ genre of music, so when I tell people that I also work in the fitness profession, they seem perplexed—and I like that because I believe this means I am causing people to think!”

As she explains it, the reason why West is drawn to hard rock is because to her, it covers real topics. “I understand that people need a break from their daily lives and struggles—and Top 40 music is very good for that (I use Top 40 in my classes),” she adds. “But through my own music and lyrics, I want to be able to discuss topics that people seem to keep ‘hush hush’—such as depression, mental illness, anger, broken lives/families, drug addiction, etc.—whatever it may be for myself or the listeners of my music.”

“I like to talk and sing about these things because we all face them, and it does no one any good to stay silent or be ashamed,” West continues. She says that almost everyone can tell you a story that would make your skin crawl, but that such hard truths honestly represent people’s struggles and the fact that they survived. “To me, my artistic outlet as a hard rock singer allows me to emphatically state for myself and for anyone with such stories, ‘Hey, I survived!’”

West believes that her fitness profession directly ties into her music aspirations.



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“A healthy body means a healthy instrument—in my case, my voice. To be on stage also requires a lot of energy and strength, so I take my classes and use them as physical training for my shows.” She adds that her health profession has also become simultaneous endurance training for her live performances. “That is why I try in each class to push a little harder, and I always encourage that for my students as well.”

Doing music as her full-time profession would be a dream come true for West, but she understands the challenges and difficult reality of such aspirations.

“I would absolutely consider music as a career—the only problem is that there is no money (yet) to be had. But I’d love nothing more than to be paid enough to only do this, and I believe in this aspect I can speak for my band-mates that they feel the same way.”

She also feels that the economic recession has really hurt musicians because fewer people have the extra money to attend shows, and now promoters are constantly pressuring bands to sell as many tickets as possible. “But I totally understand this on their end, because they also have to secure themselves financially.” In addition, West acknowledges that it is sometimes hard to persevere because musicians usually have to pour their own money into the music. “I hope eventually we can get to a point where we can generate an income consistently from our performances so I can dedicate my whole days to my music,” she adds.

West hopes that this article opens some people’s eyes to the aspect that health and music are incredibly important. “Also, the next time you see a tattooed or pierced person, remember, they may be someone’s doctor, lawyer, or fitness instructor.” She concludes, “Finally, I want to change the sometimes stereotyped perception of heavy metal rockers. You don’t have to ‘shred’ your body to be rock ‘n’ roll—you can believe in and live a healthy lifestyle and still be who you are.”

To sign up for a fitness class with Zosia West, please visit www.vygorfitness.com. She teaches on Mondays, Tuesdays, and Thursdays.

“Echoes Never Lie,” will be performing on February 9, 2013 at the Altar Bar for the “Female Voices of Metal Fest.” Band members include Zosia West, Braden Booher, Mike Beaver, and Jason Iampietro. For more information on the band you can visit: www.echoesneverlie.com and for more on the Altar Bar show please visit: www.sardonyxproductions.com. †



Photo by Ron Short

Zosia West