

THIS IS VIE

VIE / ATHLETICS

THIS IS VIE

We all have a story.

Our stories make us smile, make us cry, make us feel hopeful, and make us feel heard. Collectively, our stories define who we are: a Sisterhood.

This is our story. This is Vie.



Throughout my childhood and young adulthood, I lived in a constant state of longing. I always desired strong relationships and friendships, but never knew where to find them, let alone be the kind of friend I wanted. I was lonely. Then I started creating a place in my heart called Vie. Its origins weren't made with the masses in mind. It started much smaller. All I had was hope for more.

Vie taught me how to lead with grace and strength. With time, I was gently molded into the friend and colleague I always wanted to be. It brought women into my life who today I consider my closest friends and support system. All through Vie workouts.

Vie isn't perfect, and never will be, but together we have created a space we can all be proud of. One that provides hope for the lonely, escape for the hurting, and strength for all women seeking more. This is Vie.

I am eternally thankful to the women who trust this vision, who love Vie, and who have forever changed me.

Thank you for being a part of this story.

Amber French
Owner & Founder

I was being embraced and supported by the women at Vie in a way that I didn't even know existed.

Sisterhood.

That's what we call it at Vie.

Sisterhood.

For the first time in my life I felt like women were not the enemy. I felt the wall that I had set up to guard myself from women was slowly crumbling.

Sisterhood.



TEAMMYY

SISTERHOOD

These women are strong and passionate about what they do. These coaches put their everything into motivating and cheering us on. They help us safely workout and make the gym a positive and fun environment.

BELLA

What I love about Vie, one of the many many things, is the little moments of sisterhood and community that happen organically and often unconsciously. When you sync your reps with your neighbor. When you smile at the gal next to you with accomplishment and relief at the end of a station. When the gym erupts into cheers when you see someone pushing themselves harder than they think they can, heavier than they've gone, or trying that next level.

These unplanned moments that make you smile all day and maybe all week. That sometimes stick with you and never fade. That's what I love about Vie.

ERIN

She knew it was my birthday and made it so much fun—we listened to the birthday playlist, wore little party hats and took a group picture at the end of class.

LIZ

I love my sisterhood.

ANGIE

The Vie Athletics motto "Strength and Sisterhood" is real.

KAT

I was moved to actual tears. Throat-choked, wet-faced tears. Twenty women in there working hard and sweating together, giving each other high-fives of encouragement, all there to make ourselves better. So many shapes and ages, careers and stages of life, all unified by our womanhood and our desire to feel good through sweat!

SARA

September 1, 2020 my son was diagnosed with Leukemia at 14 months old. Immediately, my Vie sisters reached out even though I hadn't yet returned to the gym due to Covid. We were in the hospital for 18 days. My first day back from the hospital, I went to workout at Vie. I was met with hugs, shared tears, and a sisterhood I will never forget. During the duration of my son's treatment, my 5:45 gals made sure we were taken care of. They set up meals, brought food to the hospital, made shirts for us, made baskets for us, and worked out alongside me while I needed the support. I even had some of my Vie nurse friends volunteer to come help when the in-home nurses were sidelined by the weather.

Vie is a sisterhood like none other. They are sisters who stand by you in your worst hour and take care of not only you, but your family too. They held me up and helped hold me together.

STEPHANIE

I actually get to be the friend who listens to others, hoots and hollers through the rap music, and gives hugs for support. I get to give back all the love and kindness that was given to me when I needed it the most.

KARLI

It's
extremely
powerful to
be part of a
community
that is
leading
what
strength
and allyship
look like
amongst
women.

LYNN

For me, Vie Athletics has been a story of support.

Every day the coaches and women I workout with lift me up through their words and actions. We cheer as people meet new personal bests and complete a move for the first time. We give little tips to correct form. We support each other through the hard times and the good. We celebrate birthdays and milestones, and we help each other through the loss of a loved one, surgery, or cancer treatments.

AMY



VAL



I came to Vie at an extremely difficult time. My son had just passed away and it was devastating. If I am being completely honest, I wished I could go to sleep and not wake up. It took everything I had to put one foot in front of the other and there were days when I barely did that. At this time I had also become very ill. After many doctors' appointments and referrals to specialists, my final diagnosis was I was suffering from a broken heart. That is what sadness can do to your body, spirit, and mental health.

I received an invitation to visit Vie and try out a class. After a few emails, I felt encouraged by Amber to check it out. I might go just once...That was seven years ago.

There were many times I would have tears streaming down my face during the cool down or would break down and cry in my car after class. There was a beautiful release that was happening, which I believe was ultimately a good thing. Grief and growth can happen simultaneously. I felt hope, and I was going to be ok.

Wherever you are in this life's journey, Vie can be a safe place to sweat and gain strength physically, but also a place for healing and happiness.

I can honestly say that there has not been a time following a workout where I've said or thought, "I wish I hadn't come today." I look forward to every workout, and I am thankful for all the thought and planning that goes into each one.

My boys would always tease me about my "hops" or lack of. Every time I see box jumps on the menu it makes me smile. Still a struggle, but I'm trying!

I love you Amber (and your family). I am thankful for you, the wonderful coaches, and every amazing sister that walks through the door. I love and cherish the friendships I've made here.

We are Vie, and Vie is beautiful! Strength and sisterhood.



SYDELLE



In 2018 I was pregnant with our first daughter. I spent five days a week keeping that Vie booty while growing my girl. It was so fun showing myself my strength as my belly grew. It was my escape, my me time, and the place I connected so much to her.

On February 13, 2019 I delivered our 6lb perfect, beautiful and amazing girl after she had died at 38 weeks along. I instantly was lost, changed, and forever broken. I couldn't go in public. I hated being seen and walking around in the world when no one knew how my life had completely shattered. I didn't know up from down. I was not functional. I felt so unsafe in my existence without her.

One of the first public places I went back to was Vie. It was SO loud. I was broken seeing everyone's smiles, high-fives and happiness knowing I too, just a few months prior, was one of them. Coach P welcomed me with the biggest

hug. I cried through the majority of my workout, but I oddly felt connected to Bostyn again. We had spent so many days together sweating on that same floor, hearing those same songs.

The coaches will never understand the magnitude of the impact they made on my initial grief. I hated myself. I wanted my daughter back. But at Vie I felt seen, loved . . . my daughter, my story, and my hour with them mattered. Amber, Mel, Jess, Tammy, Cam and P, I will forever thank you for letting me exist where I was, broken, and unknowingly being a part of my building blocks to survive this life without my daughter. Thank you to Vie for quite literally surrounding me with supportive walls.

To Bostyn, I love you, miss you, and I know you're shaking your little Vie booty somewhere in the universe right alongside me when I walk through those doors today.

MARTINA



Being a small business owner, stepmom and dog mom is A LOT. I feel like I'm always ON. I am needed left and right, ALL THE TIME. Someone is always calling my name. It's either, "Hey Martina, I need this or that" or "Mom, mom, mom, mom" every two minutes. It's overwhelming and sometimes it's hard to just hear my own thoughts. Coming to Vie gives me that ONE hour of just ME time. Some days I can chat with other strong women who relate and just get it. Or I can zone out, and they also completely understand that too. I feel like myself again after leaving Vie every time, even after I just got my ass kicked (in a good way). Just ONE hour of uninterrupted ME time without having to THINK. Being on autopilot and doing something for myself just feels so good!



Vie to me is like a best friend. A best friend who no matter how low you may feel is always there to pick you up, dust you off, and give you the pep talk you need to get back on track. She sees more in you, than you see in yourself. She's always rooting for you no matter the circumstances and hurdles you may have ahead. She's a place you feel comfortable going whether you're in your highest of highs or lowest of lows. She's there through it all. She doesn't live your day-to-day, but she empathizes with your struggles. You can come as you are and leave feeling loved no matter what. That's Vie.

THEA

PEYTON

Vie keeps us strong for volleyball, and we love working out together.



KORBYN

“When my girls grow up, they will know how powerful a community of women can be.”

Vie was the community I never knew I needed. A strong collective of women who rallied around me from the moment I found out I was pregnant with twins, to the moment I gave birth to them nine weeks early. Vie was there at the most physically and emotionally challenging time in my life. When I was home from the hospital but my girls were still in the NICU, these women rallied around me. When I couldn't bring my babies home yet, these women

rallied around me. Vie did more than just help me get my muscles stronger postpartum. Vie was a place of growth physically, emotionally and even spiritually.

When my girls grow up, they will know how powerful a community of women can be. Because they have seen it and experienced it first hand, at Vie.



ANGELICA

COURAGE

Who do I think I am? I have never stepped one foot in a gym in my 62 years. It has always been too daunting and intimidating for me to consider it.

With plenty of encouragement from my family and my husband, I joined Vie in January. There was an incredible introduction offer and I went for it. But, I had to muster all the courage I had.

“My husband greets me with a cup of coffee and a ‘strength and sisterhood’ cheer after the early morning workout.”

I owe the coach, AL, all my gratitude. She welcomed me and embraced me; this grumpy, angry, unsure woman. On that first day, another young woman who was at the workout went out of her way to give me a smile and wave before she left. When I got to my car I had to cry. Not just because of my mental and physical ex-

haustion, but for the kindness and sincerity shown to me by one coach and one young woman that day. This gave me the encouragement I needed to come back for more Vie. I have been back five days a week ever since.

Since joining Vie, I am flexible. In more ways than one. I have more energy. I eat better. I drink less. Being with women in the gym, and around excellent coaches, has inspired me to be more kind, understanding and accepting.

My family tells me everyday how proud they are of me for joining Vie. My husband greets me with a cup of coffee and a “strength and sisterhood” cheer after the early morning workout.

I am a believer in Vie. Am I still intimidated by the workouts? Yes. Am I still trying to learn proper form and the names of the exercises? Yes. Lets face it, I am just learning to keep track of the counting! Haha. But, I really appreciate Vie’s mission.

Strength and Sisterhood!

SUSIE

I went to the opening day of classes scared to death.... I was hooked from day one. The coaches were warm and made me feel welcome. They made sure to learn my name and encourage me.

KRISTIAN

Teaching is hard, and Vie has been a constant reminder we can do hard things.

KARA, KINDERGARTEN TEACHER

I drove past Vie every single day going to work, and I thought, why not?

RASNEEK

It’s funny that stepping outside of my comfort zone brought me to a place where I find so much comfort.

KRISTEN



Being disabled doesn't mean you aren't capable. It means finding teams, clubs, and gyms that are willing to work with you. It means modifying movements or researching exercises that may be different but work for you. It means celebrating what your body CAN do instead of being told you can't do it. This is Vie.

SIEBKRVA

I met Vie at just the right time. For a couple years I had driven past the little white building on Pearl and thought, when I'm ready, that would be so cool to be a part of. After my twins were born, I felt so disconnected from the athlete I used to be, and a little tired of the same workout routine or YouTube video.

I finally took the leap in May 2021. It was amazing that there were these coaches who were strong, confident, and knowledgeable, yet incredibly inclusive. I didn't feel like an outsider. At the time I was working through postpartum depression, and being in a place where I could show up, try new things and set goals was transformative for me as a new mom finding myself again. One morning in particular I was doing wall balls, and it was kicking

my butt. I started to whisper to myself "I can do hard things" over and over. Tears welled up in my eyes, and I kept going, whispering. It felt like forever, though it was probably 15 seconds, but that moment was a turning point for me. Vie became a place where I could show myself that I am strong, I can do hard things. I wasn't just borrowing inspiration from my coaches anymore, but surprising myself!

Since then, I've had another baby, roped other friends in with me, and continue to grow at Vie. Now I'm able to say hi to friends by name, dance, and sweat. I've benefited from classes like the postpartum/pregnancy clinic, and Soulful Sunday yoga. I'm such a fan of Vie, thank you for the intentional environment you have created.

STEPHANIE



DANI



In all honesty, I don't know where I'd be if it weren't for Vie. Without a doubt, it has helped save my life.

I started at Vie in May 2016 just shortly after having my second child. However, I wasn't just navigating the life of now having two small children. Seven months prior to joining Vie, I had unexpectedly lost my husband. A loss so great, so traumatic, that I didn't think I could survive it. But surviving was the only choice I had.

I had severe social anxiety as I navigated life as a single mom and what being a widow meant. Even going to the gro-

**“...surviving
was the
only choice
I had.”**

cery store, I felt incredibly uncomfortable in my own skin. As a young widow, I felt like everyone knew my story but no one knew quite how to talk to me about it. Starting at Vie seemed daunting and terrifying. Amber's invitation, her gracious manner, and her belief in me pushed me to walk through those doors. Deciding to stay was never a question. I knew I belonged.

Vie was an escape. I could get lost in the loud music without needing anyone to notice me or talk to me. I was learning so much about my grief through therapy and often found it translating in

my workouts. If an exercise was hard, I would remind myself that it's not as hard as what I was going through outside the gym.

It felt good to slam a heavy medicine ball, to jump high, to sweat hard, to challenge myself to grow and evolve. And as I did, I began to open up. I was slowly putting my life back together. Vie grew safe and familiar for me as time went on. I recognized the faces of these women around me. The ones that encouraged me to keep pushing. Little did they know they weren't just encouraging me during a workout.

Oftentimes I would lay on the floor during cooldown and just cry. The feeling of accomplishment mixed with knowing my hour of escape was over came out in tears. And as time went on, and the tears became less, I knew I would be strong enough to carry an incredibly heavy load.

The sisterhood surprised me in the most beautiful way. I knew my fellow gym-mates and my coaches genuinely believed in me. The same women who encouraged me during my workouts would envelope me in their hugs when I needed it most. It went beyond just being friendly at the gym. They began to care for me and my life. Vie built those connections.

Vie has given me more than just my fitness. Working out has become part of my life. I've learned the importance of it for my mental health. I've gained friendships that will last a lifetime. Vie has taught me invaluable lessons about me. I learned who I am here. I developed a belief and a confidence in myself that was never there before. Vie has helped carry me through on the very darkest days. I'm forever grateful for this place.

CONFIDENCE

While my initial goal was to “lose weight” I couldn’t tell you if I’ve lost a single pound. The things I’ve gained have become so much more important: I can do strict push ups, my mental health has improved because I have a better outlet for stress, and I am thinking about food as fuel. Now I look at the workouts and say things like “that looks fun” because I have the confidence in myself to know that no matter what it is I will get through it.

NICOLE

I was HOOKED after my first class and felt welcomed with open arms. I’ve been coming to Vie for two years and it’s been one of the constant joys in my life through two years of high highs and low lows. Whether I’m belly laughing with a friend in class or masking my tears with sweat, I am so thankful to have found a place that is way more than a gym to me. Vie is my safe space, my me time, my reminder of my strength, my reminder that I am an absolute badass.

MARISSA

While I certainly see physical differences in my body, there is a shift in confidence that truly makes me proud.

STEPHANIE

I started to really believe in myself, maybe for the first time.

MARY



I arrived to Vie with the vision to discipline my body into loving it again, but now I'm beginning to see Vie does not do this. Vie is the kind of place that stands by with the gentleness of a friend who's been through some shit. I still have some bad days to be honest (I can't admit I have everything figured out), but I take comfort in knowing Vie is that consistent and tenacious friend that holds me accountable for making it to class on time, blasts endless throwbacks, and then surrounds me with the chalkboard quotes and hearts I didn't know I needed.

GIANNA



I went from usually grabbing the smallest weights and hiding in the back of the room to now building up my strength and gaining confidence to add weight during the workout.

JILL

The unfortunate start to my fitness journey began as it does for many women—as a result of insecurity and feelings of unworthiness. Joining Vie has helped me learn that physical fitness comes in all shapes, sizes, and age groups.

CAMILA

**Vie made me strong.
Vie made me confident.
Vie made me love myself.**

SHYLA

Long term success at overcoming obesity is fraught with difficulty and self-doubt, but Vie has been such a positive and encouraging source of progress for me. I know for a fact that I would NOT be here today, and I would certainly not be finding so much joy and self-esteem and gratitude for my own body, if I didn't have Vie in my life. They always say in bariatric circles that the biggest predictor of long-term success has nothing to do with carbs or calories; the ones who change their lives for good are the ones who stay active, and I'm proof positive of that.

JENNIFER

Ladies, do things for yourself. Self-care is really important. It's taken a long time for me to realize that.

JULIE (AGE 63)

Growing up I was never the athletic girl. Any sport I tried, I felt like a failure. I've always tried to be active, but never felt athletic by any stretch. But with the amazing coaches at Vie, I am doing things I never even thought possible...barbell work, dumbbells, kettlebells, push ups (on my toes), pull ups... and more! Each workout pushes me to do more, lift more, and be more!

LISA

I became pretty consistent for the purpose of losing the weight, both physically and mentally; but somewhere along the way, little by little, I started to fall in love with myself in a new way.

JORDAN

The only thing I regret is not signing up sooner!

DAKOTA

When you all hear me screaming or dancing through a workout, that is me showing up for myself!

LYDIA

TIFFANY



Timid. Clumsy. Non-athletic. Weak.

I arrived at Vie almost five years ago and these were the labels that I wore. Whether assigned by myself or others, these labels lay hidden under my new workout clothes.

Assured. Steady. Fit. Strong.

These are the badges that I confidently wear now when I walk through the doors of Vie. No longer labeled by self or others; instead, earned with effort and dedication. I will keep learning to say, I am proud of my fitness efforts.

It's the first time since leaving team sports that I feel like I have community, and it's the first time I've felt like an athlete in a very long time.

FLANNERY

LYNNE

I wanted nothing more than to be a Vie Coach. I wholeheartedly believe that my purpose is to help women and girls (I teach high school) learn to love themselves. I want women who walk through the doors of Vie to leave proud of themselves. I want them to see themselves how I see them—the beautiful, kind, funny, strong, dedicated, resilient women they are.



HEALING

I found Vie at one of the darkest times in my life. We tried to adopt a baby in June 2020 and the birth mom decided she wanted him back after we had him for a week. We had to give him back to her at a police station, and we went from thinking we were parents to being childless again. Suffice it to say, it was a traumatic event and I was in the throes of depression for months.

Luckily I found Vie during that time! Once I joined Vie, I had a community of women who cared about and believed in me. I felt like I belonged and had a purpose. I didn't know anyone when I started, but everyone was kind. I was so depressed some days that I barely got myself there and cried during the workouts. I was so sweaty no one could tell I was crying!

Vie has helped me reach physical goals and become stronger. It also helped me climb out of the depths of despair and return to a place of happiness. I truly don't know where I would be without it.

HALEY

My first Vie class was about one year ago and came as I was picking myself up again after a whirlwind of medical issues that had me fighting for my life while 31 weeks pregnant in the ICU with sepsis and acute respiratory failure.

I would walk by Vie all the time to go to my lash appointment and was always intrigued by the energy and music I heard coming from behind those doors. I decided after seeing the New Year's promo video, I had to see what this sisterhood was about.

I was very nervous. I watched the tutorials, and my husband would do them with me to help me understand the sets because I still had brain fog from sepsis on top of newborn brain.

I was headed to my first class and prayed I would not have an anxiety attack or just turn around. I walked in and was greeted by Coach Lindsey. . . .The way I felt encouraged and cheered on, I don't think I can truly express how I felt.

I will NEVER forget when Coach Karley encouraged us to really push ourselves, and I decided I was finally going to tackle a box jump. I was encouraged and cheered on leading up to the jump and after. I knew at that moment I was a fighter and would not give up (queue "Fight Song" by Rachel Platten). I had a moment of flashback to the ICU after that class—I am finally getting my body back.

Vie saved me. Plain and simple. I don't know where I would be without you, and I try not to go to what may have happened to me, but you gave me my sparkle back. You gave three little girls their mom back and my husband his wife back. I thank you for being the vital part of my fight song.

TEGAN

JESS



Late 2012, I lost my father to ALS. He had been battling this horrendous disease for 16 years. Those who knew my dad, know that although his physical stature had diminished, he was a GIANT in his faith. If you were to look up the definition of daddy's girl in the dictionary you would find my name and photograph. He was my absolute world and my hero. Although his illness was something we handled as a family for so long, his death was never something I thought would actually happen. He was my superman, and superman doesn't die. Well, God had other plans for him and for my family. He passed peacefully in the car with my mom, on their way home from a haircut. We were able to spend the next several days with him in the hospital, saying our goodbyes. That was the hardest thing I have ever had to do, but I am so thankful for that extra time we had with him.

The next couple of years were a blur. I spiraled deep into depression and anger. My marriage was suffering, my house was a disaster, and I was floundering. The worst part is I didn't even know it was happening, I was in too deep. I would have extreme emotional highs and lows that I could not control. I never knew what was going to happen, I was a loose cannon. I would give a big smile and put on a show for everyone, but I was truly heartbroken and just plain old sad. My light and bright spot was my kids. I would look at their sweet and innocent faces and know I had to do better for them. They deserved to have a happy mom.

I dabbled with my fitness journey at different gyms, but being a retired Division 1 athlete, I craved more. I hesitated at first to try Vie, but my sister insisted I would fall in love.

WOW. Let me tell you, I walked through the doors at the Downtown Puyallup Vie for the first time, and I was IN LOVE. The

feeling of acceptance and forgiveness was overwhelming. I was immediately drawn to the comradery of the class, and I was LOVING THE MUSIC!

I didn't even realize the healing that was going on within me. I felt like I was at church. I craved attending class because I knew it was instant gratification and I would feel tremendously better when I was finished. When I was having a bad day, I just knew I had to make it to Vie to feel better. I loved getting to workout with my sister, invite my friends to come join me, and make new friendships along the way!

I was happy again. I was having less emotional breakdowns, my marriage was improving, and I was getting healthy again.

Becoming a coach at Vie was something I was very passionate about. I knew how special this place was based on the change that had happened within me. My dad always told me that I had a gift. I am able to make people feel special and valued. He said I am genuinely happy to see someone, and they can feel that. I knew I had to put my gift to use.

This has been my ministry. I want to be a safe and neutral place for all women to feel loved and accepted. I want them to feel strong and empowered. I want them to be HAPPY, like me.

It's crazy to think I am here today. I used to bring my kids into the back room for day-care when my daughter was seven years old. Now she is 14 and works out alongside me. I cannot describe how incredible that feeling is.

I also would like to note that my relationship with Jesus has also helped me get through my rough time. I would have not survived my father's death if it were not for the reassurance of his place in Heaven. All a girl needs is Vie and Jesus.

I'll never forget the power of a good med ball slam to pour out all my emotions and frustrations into my workout. I may not remember exactly what the coaches said during those workouts, but I will never forget the feeling of being strong, powerful and able to let all my emotions go. Even though the coaches and members didn't know what I was going through, I still felt the presence that they were there for me.

KENDALYN

My son, just 1.5 days old, had a seizure in my arms. As a new mom, you don't know what to expect, and that is not something you imagine when you think about your new child. He was taken back to the NICU, where he had another seizure a couple hours later. I was devastated. I felt helpless and scared. We soon discovered that my son had a perinatal stroke which is what caused his seizures. We didn't know what our life was going to look like.

After coming home, the postpartum phase was tough. . . . When I was cleared to work out, I was looking forward to coming back to Vie the most. The place that helped prepare my body for the hardest thing I've ever done, was

my place of solitude. It was the place where I could let go of all the unknowns of my son's health, rebuild my strength, clear my head, and start finding myself again. Even if I didn't talk to anyone when I was working out, it helped being around other strong women. They encouraged me that I can make it through hard things.

Thankfully, my son (who will be two in June) has not had any complications since his birth. With ongoing neurologist visits, it is always something that will be a part of our life. But we are learning to not live in fear of the unknown and focus on what is happening now.

JORDAN

I joined Vie in the summer of 2020. My friend and co-worker Jaime had been encouraging me to join for a long time, describing this place in ways that only now I understand. I had hesitated to join, not sure I had the strength or ability to complete these workouts that she described....doubting myself and worried I would not be able to keep up or fit in. Such a silly thought now, but that is where I was at the time.

I had been physically active most of my life, having periods of time where life and kids and work got in the way, but always picking it back up when things settled down. But in January of

2016 I was diagnosed with breast cancer. I was 46 years old, with no family history. The tumor was seen on a routine mammogram. That year was pretty brutal. I had a double mastectomy, 20 weeks of chemotherapy and 35 doses of radiation, finally completing my treatment in November 2016. I developed lymphedema in my left arm (a condition where the arm is unable to clear fluid and is swollen) which impacted my strength. As anyone who is familiar with cancer knows, this is a challenging disease; but I was so lucky to have family, friends and my faith to get me through this journey.

I came out of this experience a changed person in both positive and negative ways. My perspectives and priorities changed for the better, and I was much more appreciative of each day I was given. The surgeries and treatments, however, had a significant impact on me physically. I found myself with limits in my strength and range of motion. I did workout again, but found myself searching for the right experience to accommodate my new normal. Luckily Jaime kept encouraging me to join Vie, and I finally did.

It's hard to put into words what Vie has done for me. It has given me back so many things I

had lost—strength, confidence, and love of my body. It has pushed me to challenge myself and push through my perceived limitations. It has provided me a group of truly special women who support each other every workout. It has created new friendships. It has changed my body. Most importantly, it has healed me and shown me that despite the things we go through, we can come back stronger and better. I don't share my story for pity, I share my story because I hope that others can find inspiration and hope from it.

Thank you Amber for creating this wonderful place. What a true gift it has been.



JULIE

“I don't share my story for pity, I share my story because I hope that others can find inspiration and hope from it.”

RENA



The year 2018 shook my world. Completely broke me. I lost my youngest brother to suicide. The following two years I just flowed through life. Just existing, going through the motions. If you saw me, you wouldn't have any idea how broken I was. I supported and encouraged those around me. I was the one checking up on my family, sending bible verses and sharing my favorite worship songs. This was my way to cope with the loss.

Then, October 2020 destroyed what was left of me. I lost another brother to suicide. I no longer could support anyone else or hide behind a smile, because it was impossible for me to even smile. The hurt I felt was gut wrenching. I shut down. There was nothing left of me. I was at the

“I saw someone who was pulling herself out of a deep place and growing both emotionally and physically.”

darkest, lowest point of my life. I struggled with my relationship with God. My lord and savior let me down, twice. My doctor told me I was depressed. I didn't understand how I, a happy and outgoing person, was depressed. That's not who I am. I thought depressed people stayed in bed and cried all day. But I didn't cry. I felt no emotions. I wasn't mad. I wasn't happy. I was nothing.

Fear took over my life. Fear that I would lose someone else. Fear that I couldn't save my other brothers or my dad. Fear that I was never going to be me again. I stopped taking care of myself. I gained

back all this weight that I worked so hard to lose. I hated the way I looked, but I didn't have it in me to do anything about it. It was a vicious cycle.

I knew about Vie, but I had always been too intimidated to join. I had all brothers. I didn't understand the Sisterhood. I decided to join in January of 2022. It got me out of bed, it got me out of the house, and it got me moving. I had a daily purpose. Since I live in Maple Valley I would wake up at 3:45am and head to Bonney Lake. My drives there were filled with worship music and hard conversations with God. But it's exactly what I needed. I was greeted with open arms, smiles, and encouragement that I deserved to be there. At the time I had no idea what role this gym would play in my life. I regained confidence, I became stronger, and I believed in myself. I felt like I was a part of something, something big.

Mirrors have always been a hard thing for me. But at Vie, I didn't stare at myself and see every little thing that I hated about my body. I saw someone who was pulling herself out of a deep place and growing both emotionally and physically. I saw other women high fiving each other and coaches pushing us past the limits we placed on ourselves. I was finding the old me again.

It's been a year since I joined, and although I am still healing, I am no longer stuck in a hole. Vie helped me dig out of that hole. I am incredibly thankful to God and my husband for pushing me to join. I look forward to every class I go to! Thank you Amber and the Vie coaches for helping me get through the hardest time in my life.

MOTHERHOOD

I love that every morning before I am a mom, a wife, an employee, I can just be Adrienne. Vie has provided an environment for me to feel safe and allow myself to just focus on me.

ADRIANNE

I was in a dark place. I was sad, mourning the loss of my previous self, not sure who I was besides a mom. Then my best friend grabbed my hand and quite literally dragged me through the doors of Vie.

I got chills when I walked in, maybe it was the fans, or the environment, maybe even my nerves. I couldn't quite put a finger on it. What I didn't realize on that Sunday, was that it was a light in my

dark place. I sweated out all my hard feelings about myself. I felt my heart simply say thank you. I felt motivated, inspired to become a better me.

Vie is my light in a dark place. After every sweat, I come home a better mom, partner, friend, and daughter. Thanks to my bestie for being the one to light this candle.

EMMELINE

I want to be healthy and strong for my kids. I want to be there for them.

NIKKI

Vie reignited the athlete in me at a time when motherhood felt encompassing.

MEREDITH

So often as mamas we focus on all the things we can improve on and areas we need to be better in. Just remember, it's the small actions that tend to have the biggest impact, like simply taking your kids to the gym with you. Thank you Vie for not only creating a space for me to build strength, but a place for my kiddos to watch it all happen.

CALLY

“As women, we are told many different narratives of who we should be, and how we should do it.”



ROSIE

As women, we are told many different narratives of who we should be, and how we should do it. During pregnancy especially, this is shouted at us from every possible avenue. "Don't lift too much!" "Are you sure you should be doing that?" "Make sure to eat right and keep moving so you bounce back quickly."

Joining Vie helped me tune out the noise and find a part of myself that society often tries to somehow push away. Women are meant to be strong in all stages of our life. Our bodies feel best when they are sturdy. The blood coursing through my veins, working harder with them (all three of them) in my belly will make them stronger and smarter too. Working out during pregnan-

cy has been the best possible way I can give back to myself. It shows me I am capable. It keeps my aches and pains at bay. It keeps me strong enough to lift, carry and bring my beautiful babies on all our future adventures as they grow. And the beauty of Vie is that every pregnant woman is encouraged, supported, and guided throughout their pregnancy to continue moving, but in a way that feels good for them.

You see it left and right at Vie, another strong pregnant woman, just absolutely crushing her workout! The encouragement I get from being surrounded by other women, during one of the most feminine and challenging times of my life, is immeasurable.

I had my baby in June 2022. . . . in October, I started to get postpartum anxiety and depression . . . From suicidal thoughts, to panic attacks, to having extreme fears and being worried about my baby, I couldn't work through it. During this time, it was very very dark. I was pouring from an empty cup that was never filled. I never did things for myself, it was always for everyone else.

My first workout was December 26th with Amber K. I remember she made me feel so welcomed, and not scared to be in a gym full of other women who were in amazing shape. I felt amazing after that first workout even though it was a tough one. I decided that I would keep going and see how it helped my state of mind. Within two weeks, I noticed a difference and so did my husband. I was more patient with him, more loving, and a better mama to my baby. I felt like I could give more to my job and this was the first time in over 2.5 months that I didn't have these bad thoughts racing through my head all day. I finally started to feel like myself again.

Since my first class, I have consistently gone to Vie 4-5 times a week. I feel lively. I feel like I'm taking care of my body, and I have a full cup now that I can pour into others. My mental state has significantly improved, and I'm finally starting to love my own skin again.

Thank you for being a light at the end of a tunnel and giving me hope.

KRISTI

KRISTI & ISAAC



Our daughter Renee was born at the end of June last year. Between the months of July and December I watched my wife suffer with postpartum depression and anxiety. It got to the point where we had decided she may need to seek medical treatment and take anti-anxiety/depression medication for a while. Being someone who values health, I had encouraged my wife to try exercising and eating better first.

I've witnessed Vie Athletics bless my wife in so many ways. The first being, her mental health. She is happier, more at ease, and has more energy everyday. She is getting physically stronger and is feeling better about her body. Lastly, she is experiencing the positive benefits of group exercise with the other ladies at Vie.

I am so grateful and will continue to support my wife going to Vie, not just for a few months, but for a lifetime.

ISAAC

LEIGHAN



I work out with my 27 year old daughter. We have fun sweating together, and I appreciate that we can go at our own paces and still get a great workout in.

I went back to Vie after having my baby 10 months ago. I was terrified to go back, my body is so different now. I thought, can I do this? Can my body handle this? Am I ready? . . . I knew from previous experience though that my mind needed Vie more than my body did. My first workout postpartum was euphoric. The hour to myself to move my body and not think about anything but the next rep cleansed my mind and reset me as a mom. I went back home refreshed and ready to be the best version of me.



JESSICA

CONNECTION

In the last 18 months, I went through the darkest and most challenging days of my life, spending months at the hospital, and I missed out on going to Vie for a huge chunk of time. But wouldn't you know, I found a fellow Vie girl at the hospital 20 miles from the closest Vie. While wearing one of my Vie sweatshirts, a nurse asked which location I went to. She usually went to a different location, and I had never got to sweat alongside her before, but that bond was still there and made me feel connected.

KRISTEN

I joined the Vie sisterhood in Tacoma at its inception. I was in a transitional stage in my life and at an age where finding myself single after 18 years was pretty frightening and lonely. . . . What has transpired has been life changing. I have met so many amazing sisters (more like daughters) who have become my people! Their encouragement and acceptance of me being enough has filled my heart. Today I feel stronger, empowered, and a little more prepared for whatever uncertainty lies ahead.

DEBBIE

I was falling, and this community caught me from landing on the wrong side.

BELLA

Thank you for building this community and helping strangers find a home away from home.

MAIKE, MILITARY SPOUSE

When I'd walk into class, I felt at home and the weight of life would lift off of my shoulders.

MICHELLE

When I first read the email about writing in a Vie story I couldn't think of it. I went on a walk with my husband that night and asked him, "What is my Vie story?" As we started brainstorming and talking about all the things I admired about Vie, it clicked!

My Vie story is hard to pinpoint because it's a whole book filled with pages and pages of people, coaches, cheers, sweat, laughter, strength, dancing and most importantly, love.

Love is all I've ever felt at Vie.

I started going to Vie when I was 22 years old. I was fresh out of college and ready to take on my first real big girl job as a 1st grade teacher. Although I was excited to be back in my hometown and starting a career I had worked

so hard for, something was missing. I was missing being a part of a community.

My sister-in-law encouraged me to go to Vie and said, "Just try it once! It's free your first time!" So I did. Who doesn't like free things?

Long story short, I never stopped going to Vie. I only continued to go more and eventually encouraged my teacher friends to "Just try it once! It's free your first time!" And now we start our mornings at 4:45am filling up those pages and continuing to feel the community and love that Vie brings.

Thank you Vie Athletics for being the thing I needed most. I can't wait to continue creating stories at my favorite place.

ALANNAH



This place is very near and dear to my heart. These walls have seen me at my lowest of lows, days where I didn't think I could go on any longer.

Three years ago, I was told my mother had six months to a year to live. CANCER. Those words hit me straight to my gut, feeling a whirlwind of emotions. Can you imagine? My whole world crashed, right then and there. I tried my best to keep things private, but some days I couldn't hold it together. Crying mid-workout, crying during the cool downs, and crying on my way out. I remember sitting in my car crying, and my best Vie coach friends would see me, talk to me, and make sure I was okay.

As my time with my mom was getting shorter and she was getting weaker, I was taking more time to be with her. We don't have a lot of family who are blood (Vie is my family) so it was mostly just me taking care of her. It was so heartbreaking, but also so beautiful. We knew our time was coming to an

end, and we had the best conversations about life and how she will always be there for me, for eternity! There is always a silver lining, right?

During this dark time I was getting so many calls, texts, messages, and sweet personalized gifts from this community. I truly felt so loved. Vie gifted my mom and me the greatest gift of all, a small getaway to a local resort. We got massages and had the best time! I really appreciated that last little bit of time with my mom. I know she appreciated it too.

The day finally came. Sue (my manager and one of the greatest people of all time) was actually the first person I told. I remember saying, "I can't come back to Vie, but I will come back after the holidays" and I was treated so kindly.

I am so supported by this community. Still to this day I have conversations with members about my mom that make me feel safe and heard. Thank you Vie for getting me through some of my darkest days. I'm forever grateful.

DOONNA



RAEFAEUE



“Yes, a lot of these women had already been friends for years,

As a military wife, I have been fortunate to live in a number of different places across the world and experience different cultures. However, the downside to moving a lot is that making new friends when you're in your 30s is HARD! [When we moved to Washington], I found myself homesick, missing my friends and family back in Australia, and telling myself “just a few more years then we get to move somewhere else.” When my husband would be deployed, there would be days where I would have zero social interaction, unless I went to the grocery store. Even then, I would stumble on my words when speaking to the cashier, out of anxiety! I became unrecognizable to myself. I had no passion, no drive, and ultimately, no sense of self. Until I found the light that is Vie.

I was intimidated at first at the thought of joining a new place where the women had already established friendships. I would be an outsider. That couldn't have been further from the truth. Yes, a lot of these women had already been friends for years, but that didn't mean there wasn't space for me! They welcomed me with open arms, and made me feel like I had finally found MY place. The added bonus was that I reignited my passion for fitness. I've had the extra benefits of more energy and strength, which in turn, has allowed me to be the best mother and wife I can be. This place has truly done more for my mental, physical and emotional health than I could ever explain. I am thankful and proud to be a part of the sisterhood.

but that didn't mean there wasn't space for me!”

It's like we walk into
the doors and we aren't
separated, we're ONE.

KAIT



I have never
heard a poor
word spoken
about a soul in
that space! That
is an incredible
testimony to
Vie's leadership.
It is a rare gem,
and I am just
honored to be
a part of the
sisterhood.

MARY

STRENGTH

I LOVE how all the workouts are challenging and different. I often brag to my friends about Vie, how we have a demo to watch before class, and how I've never had a repeated workout.

I drive 42 miles round trip to get my sweat sesh in four to five days a week. I've never been this fit and strong as I am now at almost 59.

TANA

Vie has been the missing piece of the puzzle in helping me to value my body because of what it can do and how it makes me feel, instead of how it looks.

ERICA

Thanks to Vie's fantastic and obtainable programming, combined with such a positive environment, I made my goal!

MELISSA

You might see me over in the corner doing high knees or med ball taps while everyone else is running. The best thing is, no one cares. I am there and I am getting it done!

ELISE

It was HARD. It was a good hard.

LAUREL

I
am
so
strong.



BREINNE

My fiancé and I moved from Wisconsin about a year ago. When we moved it was my mission to keep my physical well-being a priority and find a gym. Due to my past, I have been very picky about my selection. Why? Almost six years ago, I was in a terrible car accident and broke my neck. My recovery has been a mentally and physically challenging road. Full of broken hearts and broken bones – it has changed the way I live every day. As someone who has always been active and loves the adrenaline rush of athletics, it has been hard to accept that I will not ever be allowed to do certain activities...snowboarding and volleyball, for example.

In the past six years, I have woken up and lived every day with pain. I can't even remember what it's like to not be in pain. But since my accident, I've been very determined to find proper support systems – physically and emotionally. I know how important our health is, and as someone living with the body I now have, I have to work harder than ever to take care of it.

In the short time I've attended Vie, so much has changed. My body is becoming stronger, my fears are dwindling and excitement is pouring out of me. I've attended a lot of different gyms, but I've never been so thrilled to make it to class

and get a workout in. As someone with a background in proper weight training, I'm also so grateful to have intelligent and thoughtful coaches, who correct us when we don't have proper form. As someone whose body is a little whacked up, it's a gift to be given adjustments plus encouragement.

One of my favorite memories from Vie is one of the days we had pull-ups on the rig. I have dreamed of doing a pull-up since my accident. With a fractured neck comes a lot of fear and lack of upper-body strength. I was struggling and contemplating doing one, when two of the Vie girls encouraged me and gave me some modifications, so I could go for it. And for the first time in years, I got my chin above that bar... more than once! Something that might seem so simple, was a huge moment for me. I will never forget that day leaving the gym, my eyes filled with tears of gratitude, a heart full of hope and of course a stronger bod! Ya!

I moved across the country and have had to look for everything new. I was expecting a lot of wonderful experiences with my move, but what I wasn't expecting was that one of those wonderful experiences would be a gym. And then there was Vie.

In July I was diagnosed with breast cancer. My routine mammogram detected a lump, and a biopsy confirmed it was cancer.

I underwent a lumpectomy and 6 weeks of radiation and now am enduring hormone therapy.

I joined Vie the week of my diagnosis. I was not going to allow cancer to change my body or my frame of mind. I am determined to continue to become stronger both mentally and physically. Workouts are a huge stress reliever for me.

The women in the classes I take inspire me. They are strong and motivating and encouraging. I am so proud of how strong I have become since joining Vie. I can do things that I was never able to do before.

KRISTINE

MARGO



I may not be able to do box jumps (need new knees), handstands or sprint as fast as the thirty-somethings. BUT as a 69-year-old woman working out three times a week with women who are 30 years her junior, I try to be an example of never giving up on your health and fitness goals.



CO UR TN EY

Pull-ups, barbells, handstands... never in my wildest dreams would these have been goals before, much less goals met.

The most beautiful sisterhood, forever friendships and family connections forged in sweat, tears, and laughter. Girls and relationships who have literally changed my life, and impacted the life path of my children. My cheerleaders no matter what.

Vie, you are my safe space in every storm. My deep breath after every long day. My flex when I need to be strong and stand tall. The voice in my head when I'm not sure I can do hard things.

You are where I ended up the day I lost my mother, and didn't know where to go or what to do. When I ended one job and started a new one. Birthdays celebrated, losses suffered. Dance parties and cool down tears—in the gym, on a screen, in a greenhouse...you are my WE.

Thankful. Stronger. Ready to pay it forward.

CHANGE

I am not athletic. Whenever I tried sports in school, I never stuck with them for long. I never cared enough to actively work on strengthening my body or my mind, because I never found a reason to.

Enter Vie.

JASMINE

Vie changed my life. I am stronger. I am a better mom. I am a better wife. I have made friendships that will last a lifetime.

Vie is pure magic.

RIKKI

For the first time in my adult life, I've been able to sustain weight loss and Vie has helped me reclaim my body as my own. Not just in a physical way, but in ALL ways.

ELLA

Vie is a sacred space housing a magic recipe of people, music, movement and routine that has fiercely benefited my mind.

AMANDA

Vie has transformed my excuses into reasons.
Vie has transformed my fears into goals.
Vie has transformed my surviving into thriving.

BRITNI



I first walked into the doors of Vie with my friend who invited me to her birthday workout. My first thoughts were will I fit in here? Can I even do this? I've done home workouts for years alone...but in front of people at the gym?

I was three months postpartum and losing my identity after having my second child. I was unmotivated but had discipline. I needed a change. I needed something for me.

Of course the very first workout I'd ever experience would be hang cleans. That's how my life goes. I get thrown into things right away that challenge me and make me rethink everything. Of course I wasn't walking into an easy class.

That first class nearly killed me, but I survived. After that first workout, they clapped for me. They genuinely showed me they were happy I showed up and gave me a welcome to Vie gift, encouraging me to come back.

After that first month, I was hooked. I quickly changed my membership to the 8 pack, then 12, then unlimited.

I just celebrated my one year with Vie last month and boy has my life changed so much in the last year. My mental health is better, I'm happier, more patient with my kids, my self image has improved, my confidence has skyrocketed, and I feel and look better. Plus I can say that I can do two pull ups now (without the bands)!

So thank you Vie. For not just being a gym but a community for me. For helping me find myself again. For introducing me to coaches and members that I call friends now. For kicking my ass every time and helping me prove to myself that I can do it. You've changed my life which is very fitting because after all, Vie means Life.

RAQUÉL

VER ON ICA

It gives
me so
much joy.



I've struggled with looking in the mirror and being overly critical. I've always found something I didn't like. At one point I overworked myself in workouts. I would workout for hours a day to change my body. Even in therapy, it was hard to learn how to workout for me and not to change myself.

I've been working out with Vie for over a year now. It's the first

time I can finally look at myself and start to love what I see in the mirror. It's the first time I feel like working out is my self-care time. It's the fun music and the coaches that help motivate you to keep going. It's seeing everyone at different paces but still crushing the workout. It gives me so much joy. It's so empowering to be in that kind of environment . . . Vie is my happy place and healing place.

TANIA

I want to share my story to let people know how powerful, full of possibilities, and life-changing a sisterhood can be.

One day at the end of 2016, I watched a commercial on Facebook about this gym that was only for women. I watched the video around five times; it looked so lovely, very innovative. To my surprise, it was in Puyallup. I immediately sent a message, and Mrs. Amber French answered back.

That year had been challenging for me. I was dealing with my daughter's health. She has been in and out of hospitals for nine years, with many diagnoses. God also had other plans for me. On March 1, 2016, I was diagnosed with breast cancer. I had invasive ductal carcinoma HER2 positive. It was stage IIIB grade 3 (aggressive).

I had a double mastectomy that caused necrosis in my breast. I had to get another two surgeries where some of my muscle was compromised, and I was categorized as disabled. Seven months of chemotherapy and 35 rounds of radiation followed. By the end of my treatment, I was told that I would never be able to lift weights, and the only workout I could do was cardio.

Me being stubborn, I decided to try my first class at Vie a few weeks after my last chemo treatment. It was a Wednesday. My coach was Mrs. Amber. I showed up with no hair, no breasts, but a bag full of wishes. I fell in love with the program, and I decided to get a membership.

Let me tell you...it was hard. It was hard emotionally; it was hard physically. There were many times that I left class crying. I cried because I wasn't able to do push-ups, and I had to do them standing up. I was crying because I felt that everyone was looking at me when I could not do sit ups. I cried because I felt so insecure and ugly and bald. I cried because I felt out of place...but just when I was going to give up, I started hearing my name from coaches and members, telling me to keep going. I remember the first time someone came to me and gave me a high-five and congratulated me because I did my first box jump. Little by little, I started gaining confidence. I was never out of place, that was my place. This is when my life started changing, for good.

I realized how powerful a sisterhood can be. How a group of women can help you heal, and how every single one is surviving something. Vie helped me discover my strength and the ability to overcome obstacles that come my way, not only in the gym but in my personal life. Two years ago when I got a recurrence, my sisterhood was there. I have learned many lessons here. I have been able to make friends (sisters) for life. I have been inspired to follow my career. My boundaries have changed, and I choose to be with people who enrich my life. I want to be the same for them. Kindness, strength, humbleness, love, courage, and support are my words.

Vie girl, if you are new here, don't give up. Keep going! I am your biggest cheerleader!





“I realized how powerful a sisterhood can be. How a group of women can help you heal, and how every single one is surviving something.”

TANIA

Exercise is medicine and when you start consistently showing up for yourself and your sisters you WILL feel better.

As I learned the stories of the other women I was working out with, I realized I was next to warriors. Women who had fought cancer, lost children, lost parents, overcame addictions, and shared in many of the same struggles I had. This only empowered me more. On the days I couldn't show up for me, I showed up for them. We inspire each other! We are truly better together and can get through whatever hard things we are facing.

SHELBY

Our heartfelt appreciation to those who shared stories for this project.

This is our Sisterhood. This is Vie.

Adrienne Bergsieker	Emmeline Sanford
Alanah Cutright	Erica Ward
Aletta Cotto	Erin Edwards
Alex Huntsman	Erin Myers
Amanda Hodgkiss	Flannery Spinzor
Amanda Kooley	Gianna Olson
Amber French	Haley Gummelt
Amy Jones	Hannah Cooper
Amy Utecht	Isaac Lewis
Angela (Angie) Rodriguez	Jamie Samuelson
Angelica Anderson	Jamie Shumaker
Ashley Gillman	Jamiee Carter
Ashley Harpel	Jasmine Darakjy
Bella Ross	Jennifer Summers
Breinne Hendrickson	Jess Hansen
Britni Wickens	Jessica Fote
Cally Fortin	Jill Brumand
Camila Ortiz	Jordan Bills
Chelsea Chandler	Jordan Folker
Christina Backus	Julie Rachford
Courtney Eylander	Julie Uskovich
Dakota Schroeder	Kacie Solar
Dani Larimore	Kaitlynn (Kait) Reel
Debbie Macdonald	Kali Klein
Donna Williams	Kara Zuspan
Elise Hughes	Karli Tevis
Ella Beck	Katherine (Kat) Miller
Emily Cockle	Katie Swisher
Emily Horwitz	Katrina Felicitas

Kelsi Bortoluzzi	Raquel Peters
Kendalyn Nelson	Rasneek Lalli
Korbyn Hansen	Rena Dinkelspiel
Kristen Lynch	Rikki Stenson
Kristi Lewis	Rosemary (Rosie) Naccarato
Kristian Young	Sadie Blackstone
Kristine Zelazny	Samantha Hawkins
Laurel Wilson	Sandra Mills
Lee Ann Kooley	Sara Ball
Lisa Metzger	Sara Griffin
Liz Valentine	Savannah Stupay
Lori Coffin	Shelby Christianson
Lydia Corley	Shyanna McEachern
Lynette Madsen-Brokaw	Shyla Gaume
Lynn Hochrine	Sierra Landholm
Maiké Prohaska	Stephanie Elliott
Mailee Yang	Stephanie Koehnke
Margo Hass Klein	Stephanie Linggi-Manley
Maribel Kusen	Susie Dahlem
Marissa Gravett	Sydelle Tungsvik
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Mary Powell	Tammy Young
Melissa Piotrowski-Niemi	Tana Gaines
Meredith Kennedy	Tania Lozada
Meredith Moore	Tanya Harrison
Michelle Backman	Tegan Marrs
Molly Hicks	Tiffany Hayden
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