

Michelle D. Hare



Born and raised in Buffalo, New York, Michelle is a longtime dance and exercise enthusiast. Michelle was a dance major and played the violin at the Buffalo Academy of Visual and Performing Arts. She obtained a B.S. and M.S. from the State University of New York at Buffalo and a second B.S., with honors, from the City University of New York at Queens College as a nutrition and exercise sciences major

Michelle performed with Buffalo Contemporary Dance, the Irish Classical Theatre and Frances Hare's Dance Ensemble. She is also the former principal dancer and assistant dance director of the African-American Cultural Center's Dance and Drum Performing Troupe, where she performed on stages throughout Western New York and Canada.

Currently residing in metro Atlanta, Michelle is a member of Delta Sigma Theta Sorority, Inc., and former board member of the Georgia Diabetes Coalition, Urban League of Rochester, NY, Wilson Commencement Park and the National Sales Network – New Jersey/New York Chapter. Michelle also co-founded the "Girls Mentoring Program" to reach students in the Lakeview community on Long Island, New York.

Since 2005, Michelle has co-owned M.A.J.E.S.T.I.C. Workout, a mobile fitness company on a mission to inspire individuals to reign over their bodies through healthy living. She encourages followers, also known as **ROYALTY**, to honor themselves by eating and resting well and exercising regularly. M.A.J.E.S.T.I.C. Workout is proud to help schools, community organizations, churches, businesses and individuals attain one of the greatest gifts of all—good health!

Michelle is a certified group exercise instructor and personal trainer with the American Council on Exercise®. She also holds kickboxing, Zumba® and Silver Sneakers® instructor certifications.