



hello

CONTACT



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CERTIFICATIONS

2021

ACE CERTIFIED GROUP FITNESS
INSTRUCTOR

2022

SHINE DANCE FITNESS™

2023

SHINE LIGHT™

CPR/AED

2024

UPLIFT STRENGTH FITNESS™

MICHELLE SMITH, M. ED.

GROUP FITNESS INSTRUCTOR

Helping people discover that fitness can
be the highlight of their day

ABOUT ME

ACE Certified Group Fitness Instructor with over four years of experience leading high-energy, inclusive classes. Certified in SHiNE Dance Fitness™, SHiNE LIGHT™, and UPLIFT Strength Fitness™, I am passionate about creating an environment where participants feel welcomed, successful, and excited to move. Through positive encouragement and engaging workouts, I have cultivated a thriving fitness community where participants improve their health, build confidence, and discover that fitness can become a highlight of their day.

TEACHING EXPERIENCE

MAIN STREET GYM

JANUARY 2025 – PRESENT

TITLE: SHINE DANCE FITNESS™ INSTRUCTOR

TITLE: UPLIFT STRENGTH FITNESS™ INSTRUCTOR

THE BEACON RECREATION CENTER

May 2025 – Present

TITLE: SHiNE Dance Fitness™ Instructor

MANSFIELD ACTIVITIES CENTER

2022 – PRESENT

TITLE: SHINE DANCE FITNESS™ INSTRUCTOR

UTOPIA FITNESS & TRAINING / VIBE DANCE CENTER

2021 – 2022

TITLE: Oula and SHiNE Dance Fitness™ Instructor