



Personal Training

Meet the Kirksey Recreation Center certified personal training team. If you would like to schedule a free equipment orientation or sign up for personal training, contact any one of our qualified staff today!

For additional information about personal training and/or scheduling, please contact (734) 466-2912.

Debbie Vinitski

Certified: 2007 Joined team: 2003
Personal Training Certification:
ACE, American Council on Exercise and
Mad Dogg Athletics Spinning Certification

Training Specialties: Core/Lower Back
Strengthening, Injury Rehab, Post Rehab, Senior
Fit-ness, Cross Training, Fitness Goals, Running
(from 5K's to Ultras), Pre-Event Athletic Training,
Youth Sports Specific Training, Parkinson's
Training, Functional and Strength Training

Contact Info:
Cell: (734) 516-3128
Email: ptdebbiev@aol.com



Harry Dakesian

Certified: 2005 Joined team: 2007
Personal Training Certification/Education:
NCSF, National Council on Strength and
Fitness;
Bachelor of Science in Business (Wayne State
University)

Training Specialties: Rehab and Injury
Prevention

Contact info:
Cell: (248) 808-8109
Email: hdakesian@yahoo.com



Nadene White

Certified: 1996 Joined team: 2012
Personal Training Certification/Education:
NASM, National Academy of Sports Medicine
Certified Wellcoach
STOTT Pilates certified
ISP-Injuries and Special Populations
NBC-HWC
Bachelor of Arts in Kinesiology & Health Science
(York University)

Training Specialties: Weight Loss, Toning,
Post-Rehab Training, Core, Postural Training,
Reformer Privates, and Working with those with
physical challenges

Contact Info:
Cell: (248) 770-7031
Email: nadenewhite@gmail.com



Brandy Miller Burr

Certified: 2016 Joined team: 2016
Personal Training Certification/Education:
ISSA, International Sports Sciences Association
Specialist in Exercise Therapy and Fitness Nutri-
tion,
Corrective Exercise Specialist, Glute Specialist
Associate degree (Oakland Community College)

Training Specialties: Functional, Core, Strength
Training, Cross Training, Weight Loss

Contact Info:
Cell: (248) 379-8594
Email: trainerbrandy@yahoo.com



Kerstin Hinsman

Certified: 2022 Joined team: 2022
Personal Training Certification/Education:
NASM, National Academy of Sports Medicine

Training Specialties: Strength and Functional
Training, Cross Training, Weight Loss,
Physique Training.

Contact Info:
Cell: (734) 788-9042
Email: kd8073@hotmail.com



Brad Kraft

Certified: 2023 Joined Team: 2023
Personal Training Certification/Education:
WITS, World Instructor Training Schools Action
Personal Training, Yoga Certified Academy of
Holistic Fitness
Bachelors of Science in Communications
(Eastern Michigan University)

Training Specialties:
ASD Spectrum Health and Wellness,
Body Positivity, Strength Training,
Function Training, Mobility Work

Contact Info:
Cell: (734) 756-5001
Email: BradKraftPT@outlook.com



Ryan James

Certified: 2024 Joined team: 2024
Personal Training Certification/Education:
NASM, National Academy of Sports Medicine
Weight Loss Specialist

Training Specialties: Weight Loss Specialist
(WLS), Muscle Gain,
Body Composition

Contact Info:
Cell: (734) 536-6488
Email: rjames593000@gmail.com





Aquatic Personal Training

Do you have an interest in working with a certified personal trainer in an aquatic environment? We have the fitness staff available to meet your needs. Please call (734) 466-2912 for more information.

***Personal training rates apply**

Post Rehab Personal Training

Have you recently been discharged from physical therapy and/or cardiac rehab? Are you looking for fitness professionals to help you continue your exercises in a safe manner? We have the fitness staff available to meet your needs. Please call (734) 466-2912 for more information.

***Personal training rates apply**

PERSONAL TRAINING

A total fitness program has several important components: cardiovascular health, nutrition, muscle strength and endurance. Certified personal trainers can get you started or help you find the weaknesses of your fitness program and develop strategies for improvement. Inquire about personal trainer availability and scheduling appointments at the Fitness Hub Desk. Please call (734) 466-2912 for more information.

Rates per hour	M	R	NR
Individual	\$65	\$70	\$75
Couple/Dual-fee/couple	\$90	\$95	\$100
Group (> two people)-fee/person	\$35	\$40	\$45

PERSONAL TRAINING PACKAGE

***For NEW FIRST TIME clients only**

Take advantage of this opportunity to jump start your training needs or to maintain your current training routine. Purchase five sessions and receive the sixth session for free. Package must be paid in full. This package is for NEW FIRST TIME clients only, purchasing their first package. Please call (734) 466-2912 for more information.

Rates per hour	M	R	NR
Individual	\$325	\$350	\$375
Couple/Dual-fee/couple	\$450	\$475	\$500
Group (> two people)-fee/person	\$175	\$200	\$225

Commit to a personal trainer, commit to changing your life!

- **Motivation** – Personal trainers wear many hats, serving not only as coach, but as an educator, confidant, role model and a major source of motivation and encouragement as well.
- **Consistency** – Do you find it difficult to stick to your program? Scheduling regular appointments with a personal trainer helps eliminate any excuses you might come up with for not exercising.
- **Individualized Instruction** – What works for one person, may not work for another when it comes to choosing an exercise program. A personal trainer will develop the most effective program for you!

GET INFORMED. GET FIT. GET HEALTHY. Call today to get started (734) 466-2912.