



Jane Marie McClain

September 9, 1959 - May 26, 2025

Jane Marie (Gilmet) McClain, age 65, passed away peacefully on May 26, 2025, in Centreville, Maryland following a brave battle with cancer. Born on September 9, 1959, in Alpena, Michigan, Jane was the daughter of Donna Reinke and the late Gerald Gilmet. She grew up in northern Michigan and graduated from Traverse City Central High School in 1977. Later in life she earned her A from Century College and then her BA from Metro State University. From early on, Jane demonstrated a strong sense of purpose and adventure, qualities that would define her life.

Jane proudly served her country in the United States Navy for 14 years. She began her military career as a Dental Technician before transitioning to Aviation Electrician. Her dedication and skill earned her the rank of First-Class Petty Officer (E-6). During her service, she was stationed overseas in Italy and Bermuda and served with distinction in various squadrons.

After leaving the Navy, Jane discovered a new calling in health and wellness. She became a passionate advocate for fitness and nutrition. In 2007 she opened Fitness for Your Lifestyle LLC. Her impressive list of certifications includes ACSM Certified Personal Trainer, OS Pressing Reset Certified Coach, Neurosensory Specialist, Tai Chi for Health and Rehab Instructor, Certified Core Fitness Expert, Certified Functional Movement Screen Tester, and RCA Certified Running Coach. A veteran of many marathons, Jane

inspired countless individuals to pursue healthier lifestyles. Her clients often became lifelong friends, drawn not only by her expertise but by her warmth and unwavering encouragement. She frequently traveled to participate in races alongside them—a testament to the deep bonds she formed through her work.

Jane's life was rich with joy and connection beyond her professional pursuits. She found serenity sailing with her husband Austin McClain and took great pride tending to her garden. Her playful spirit shone through during time spent with her beloved dog Franklin or while helping raise her grandson Lachlan—a role she embraced with love and devotion. Jane loved to laugh and spend time with family and friends with a good glass of wine.

Jane is survived by her husband Austin McClain; sons James (Machelle) McClain and Ian McClain; mother Donna Reinke; brothers Donald (Glenda) Gilmet, Tom (Vickie) Gilmet, Jeff (Jodi) Gilmet, and James (Gena) Gilmet; two grandchildren; numerous nieces and nephews; and Franklin, her cherished canine companion. Jane also shared a special relationship with her Aunts Linda and Susan. Jane was preceded in death by her father Gerald Gilmet and sister Rebecca Sherron. Active, friendly, and fun-loving, Jane brought light into every space she entered. Her legacy lives on through the lives she touched—as a sailor serving her nation, a loving partner beside her husband, a mentor to fitness clients turned friends, a devoted family member, and a true friend to all who knew her. May her memory bring comfort to those who loved her.

A celebration of Jane's life will be held Saturday, July 12th at Trinity Episcopal Church in Alpena, Michigan. Friends and family can visit and share memories from 9:30 to 11:00 am. A memorial service will take place at 11:00 am. The family has a private luncheon following the service.

In lieu of flowers, the family requests that donations be made to the Cancer Research Institute in memory of Jane Marie McClain. Donations can be made online at give.cancerresearch.org.

Previous Events

Memorial Gathering

JUL 12. 9:30 AM - 11:00 AM (ET)

Trinity Episcopal Church
124 E Washington Ave
Alpena, MI 49707

Celebration of Life

JUL 12. 11:00 AM (ET)

Trinity Episcopal Church
124 E Washington Ave
Alpena, MI 49707

Tribute Wall

BT

“ *Beth and The Persimmon Group Team purchased the Arrive in Style for the family of Jane Marie McClain.*



Beth and The Persimmon Group Team - June 02, 2025 at 11:52 AM

VD

“ *Our hearts are broken for you. Please know our love and prayers are with you all. From Bermuda, to Maine, to Maryland, Jane has been in my heart. I miss you already beautiful friend - until we meet again. ❤️🌹 Valerie and Tom*

valerie dupont - May 27, 2025 at 08:56 PM