



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JANE MITCHKO PERSONAL TRAINER

Jane brings over 15 years of fitness and coaching experience, and a lifelong passion for health, movement, and longevity, to her work at the Athens YMCA. She holds a bachelor's degree in Exercise Science and began her career in cardiac and pulmonary rehabilitation, where she helped patients rebuild strength and confidence. She later led an employee wellness program before returning to school to earn her master's degree in Health Promotion from the University of Georgia.



For more than 25 years, Jane served in public health, focusing on smoking and vaping prevention, cessation, and concussion safety. Although she loved that work, she eventually chose to retire early and returned to her first love: helping people feel stronger, healthier, and more capable in their daily lives.

Jane especially enjoys supporting older adults—building strength, improving balance, and reducing fall risks so they can stay active and independent. She also specializes in guiding menopausal women toward their full potential in strength, health, and overall well-being.

Outside the gym, Jane and her family are avid mountain bikers. She and her husband spent nearly a decade coaching youth teams and sharing their love of the sport with young riders.

Jane is a certified personal trainer through the International Fitness Trainers Association and holds additional certifications in SilverSneakers® Foundations and Yoga. She teaches aquatics and senior fitness classes here at the Y! She loves creating welcoming, encouraging spaces where every person—at every stage of life—feels supported on their fitness journey.

## Contact Information

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