Facility

NYA Sports & Fitness Center is the official performance training facility of Apex Soccer.

Located in the rural hills of the Fairfield Hills Campus in Newtown, CT, the NYA is a state of the art sports facility. Climate controlled and environmentally conscientious, the NYA is the only sports building in New England to have the honor of being LEED Silver Certified.

The NYA's resources afford Apex Soccer to provide clients with optimal results. Such amenities include:

- 11,000 square foot Fitness Center with fully dedicated trainers committed to improving Client's overall performance through the use of strength-training, cardiovascular equipment including treadmills, ellipticals, steppers, recumbent and upright bikes, free weights and lifting racks.

- 72yds x 45yds "PureGrass" simulated turf, from Astroturf, which is able to be divided into multiple sections of varying sizes allowing the space to be tailored to the needs of our clients.

- Motion Analysis/Tech Center for trainers to record athlete's movements, and provide immediate visual feedback, using split-screen videotaping and a biomechanical evaluation.

- Multi-purpose/Conference Room and learning center

Off-site training available upon request.

The NYA Sports & Fitness is located at:
4 Primrose Street,
Newtown, CT 06470