The new city, owned by Robert Otto, specializes in athletes. He took over the Austin Tech Training Center, formerly run by Gold’s Gym, but visitors can still find many gym-goers who find anything similar to be "a bit strange and tight." Ms. Otto has filled his gym with an indoor turf field, a batting cage, a basketball court, and a full-sized weight room. She switched the location to Texas so her parents could easily visit.

"I noticed the need for sports performance training," Ms. Otto said. "I was looking at the quality of the kids who are coming in and what they could or couldn’t do. I saw that there was a need for agility and strength training." Even the name FACT, which stands for Fitness Athletic Coaching Tech, is a reflection of Ms. Otto’s work. Ms. Otto branched out beyond youth sports and trained professional athletes, including NFL players, military fighters and members of the Golden State Warriors. Ms. Otto relocated her office to a new home in Georgetown, hired her first employees in Williamson County, and moved into being a full-service training center.

In 2018, he and his wife, Linda Dwyer, opened FACT’s second location—this one in Georgetown—where he began working with athletes ranging from high school and middle school students to professiional athletes. When the pandemic hit, Ms. Otto decided to close both his Williams Drive and California locations, demonstrating on opening one larger facility. "I noticed that we were getting close to outstanding the space," he said. "This is the time I always had for what I want to do."Liz was immediately elated. "I realize that voices get muffled, and it fogged over. " Liz Stewart would like to train more athletes, ranging from high school and middle school students to professional athletes. When the pandemic hit, Ms. Otto decided to close both his Williams Drive and California locations, demonstrating on opening one larger facility. "I noticed that we were getting close to outstanding the space," he said. "This is the time I always had for what I want to do."FACT currently works with a staff of eight adults and sports specialists, and offers three adult classes—two of personal training and the third class is an interactive and collaborative class. They also plan to add kickboxing in 2022.

The facility officially opened Aug. 1. After seeing 30 clients that first week, Ms. Otto was anxious to get started.

"On the sports side, it’s been fantastic," Ms. Otto said. "But I also want to move into being a full-service recovery facility as well." He plans to do this by adding cryotherapy, an ice-chiropractor and a physical therapist in December. He is also seeking massage therapists to assist with the team.

Even though he is a staunch builder, Ms. Otto prefers to recruit new members of the world of sports. "We do everything based on positive results," he said. "That’s how we aspire to stay busy. We offer fitness for everyone, regardless of your sport. Some people are only interested in training, but we offer a variety of services. We have a variety of programs that help everyone get the best results they want. I think that’s what makes us stand out." They work with a lot of tech equipment you don’t find in a normal gym, he said.

The equipment is all used to help athletes enhance their skills in the field. Ms. Otto has brought in a Hit Trax system for his baseball clients, which measures exit velocities of hit balls.

There is also a speed sensor system that helps improve routine time and the overall performance.