

# Poltergeist Star Trains at Fusion Physical Therapy & Sports Performance With “ProDay” Workouts For All Athletes

## SMART HIIT Classes Now Offered At Downtown’s Newest Training Center



NEW YORK—Do New Yorkers really want to train hard the way professional athletes do? Sam Rockwell, Jonathan Goff, Leslie Bibb, Landry Fields, Dean Winters, Tim Dwight, Richard Kind as well as Rebecca and Laurel Wassner have been training for years under the watchful eye of Dr. Carolyn Mazur, DPT, and her team of muscle/tendon/ligament “whisperers” who toss around anatomical and ergonomic words – tracking, pronating, misfiring — as if they were footballs.

“Whether you run up the subway stairs or run a marathon, you’re an athlete which means we train you like a pro,” says Dr. Carolyn.

The facility’s umbrella program is called Triple Play, a nod to the three phases that career-athletes move between while at Fusion. Comprised of Rehab, Prehab and Back- To-Play, Triple Play allows an athlete to recover from injury in Rehab, then gain strength, agility and mobility in Prehab, and, in Back-To-Play, return to their sport of choice.

*“So we invented ProDay which simulates how we work with our pro clients. It’s basically SMART training without anything hard thrown in just for hard’s sake.”*

“Athletes do variations of CrossFit, SoulCycle and Barry’s Boot Camp every day,” says Dr. Carolyn, who has done time on the fields and in the training rooms of professional football teams as well as in ORs watching the injuries sustained on those fields get repaired. “So we invented ProDay which simulates how we work with our pro clients. It’s basically SMART training without anything hard thrown in just for hard’s sake.”

ProDay packages Dr. Carolyn’s “smarts” and years of on-the-field experience into a 60-minute high intensity interval training (HIIT) class that helps everyone get fitter faster stronger & stay injury-free.

Unlike many fitness studios, no one at Fusion got certified in a day to train and everyone has athletic training or exercise science degrees. Many are doctors of physical therapy, D1 college athletes, pro strength and conditioning coaches or are pursuing higher education in sports science or physical therapy.

Anyone can train like the pros at Fusion’s Tribeca facility at 60 Reade Street, between Church Street and Broadway. Call to book SMART training sessions, reserve spots in ProDay classes or get information about physical therapy services: 212-924-4920 or [info@fusion-pt.com](mailto:info@fusion-pt.com).