

Thursday, October 20, 2016

Jill Tompkins, owner and operator of Bayshore Pilates LLC, visited the Sports Medicine and Fitness Technology classes at the Keiser University – Tampa campus. She exposed the students to the Moira Stott® version of Pilate’s exercises. This form of Pilates embraces the current understanding of sports medicine and rehabilitation. Techniques and equipment are specifically designed to safely and effectively improve skeletal alignment while improving overall body strength, flexibility, and well-being. Ms. Tompkins taught the students the art of the five basic principles of breathing as well as functional and pain free movement. Both the associates and bachelors program have focused on movement and alignment strategies to keep their clients functional and benefited greatly from the experience of Ms. Tompkins’ visit.

William R. Snowden, M.A.ED., M.S.

Sports Medicine and Fitness Technology
Keiser University – Tampa Campus
5002 West Waters Avenue
Tampa Florida 33634