



### ***Ne me Quitte Pas & Streamliner Swing, Bob Gai***

Bob Gai has been a dedicated Arthur Murray Dance Center Professional since 2012, though his passion for dance began at just five years old. Introduced early to folk, Latin, social, and competitive dance, Bob was encouraged by his parents to explore a wide range of styles laying the foundation for his versatility in jazz, lyrical, ballet, Haitian folk, International Latin and Standard, social dance, fitness, and American-style ballroom.

Bob's artistry and performance excellence were shaped from a young age through touring with dance companies, choreographing for professional ensembles, and earning two National Dance Championship titles in Haiti. Alongside his competitive success, he is also a licensed Zumba and group fitness instructor, bringing dynamic energy, movement, and wellness into his teaching.

Committed to continuous growth and excellence, Bob regularly trains with world champions, top judges, and elite dance professionals. His accomplishments include being an Arthur Murray Rising Star Rhythm Finalist, American Style Rhythm Champion, coach, and examiner with future goals of becoming an adjudicator, studio franchise partner, and Future owner.

Known for his passion, charisma, and compassionate teaching style, Bob inspires students and audiences of all ages. His dedication goes beyond teaching steps; he empowers dancers to build confidence, refine technique, and fully embrace the joy, artistry, and transformative power of dance both on and off the floor

### ***Stamina, Croix Dilenno***

Croix Dilenno holds a BFA in Commercial Dance from Pace University, where he trained under leading industry professionals and award-winning choreographers. Croix was a soloist with the Parsons Dance company, assistant dance captain with the first national tour of MJ the Musical, and an elf on Capital One's national Christmas commercial 'Greased Sleigh Ridin' with John Travolta. As a NASM certified performance enhancement specialist, his aim is to build up industry performers to function at their best through the study of movement.

**A Mover's Manual: Cross-Training for a Career in Dance** provides pre-professional and professional dancers with a structured framework for integrating strength training into their artistic practice.

Bridging the gap between dance pedagogy and athletic conditioning, this text teaches dancers how to understand, develop, and maintain their physical instrument through resistance training, anatomical awareness, and performance-based movement principles. Rather than prescribing workouts alone, A Mover's Manual equips readers with the knowledge to make informed training decisions throughout every stage of their career.

Designed in an educational format with detailed imagery, progressions, and practical applications, the book guides dancers in building strength, dexterity, endurance, mobility, and explosive power while supporting injury prevention and long-term sustainability.

By learning how to cross-train intelligently, dancers gain greater control over their bodies, expand their movement capabilities, and cultivate the physical resilience required for a lasting professional career.

