

INTENSITY DANCE TEAM

-No Regrets-

2024 IDT Vineyard Adult Classes

MONDAYS

7:15- 8:15 p.m. IDT Adult Contemporary

8:15-9:15 p.m. IDT Adult Hip Hop

TUESDAYS

9:00- 10:00 a.m. IDT 50+Dance/Fitness Class

7:30- 8:30 p.m. IDT 50+ Dance/Fitness Class

THURSDAYS

9:00- 10:00 a.m. IDT 50+Dance/Fitness Class

Dynamic Schedule- Dependent upon enrollment.

1 class/week: \$30/mo.

2 classes/week: \$50/mo.

Dance Class Pass: \$50.00 (Mon. Adult Classes + 1 50+Class)

Call 435-503-1303 with any questions.

Register at: www.intensitydanceteam.com