

our adult program

Danspace is the only Bay Area school inspired by the Corvino approach, which teaches a clean, classical technique free of mannerism, with great emphasis on musicality, artistry, purity of line, as well as balance and coordination which ultimately lead to more flexibility and strength.



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danspace.com

***We specialize in teaching
adult beginners.
Contact us to learn more!***



Dance Classes for Adults

at Danspace

Technical training in a creative,
supportive environment

Photo by Matt Haber

our classes

Danspace was founded in 1976 by Beth Hoge. After her professional career in New York, she had an idea for a school that would offer ballet training which would not overtax the average body. The school was founded with the idea of encouraging adults of all ages to explore the art of classical ballet. All classes emphasize careful training of the body, and a solid foundation for learning technique within a supportive environment that is focused on dynamic alignment, flexibility, and strength.

**Find our schedule &
pricing online:
www.danspace.com**

Credit cards accepted



Photo by Rivka Louissaint

Fundamentals & Beginning Ballet

Classes offer an introduction to basic ballet vocabulary, including port de bras, positions of the body and adagio combinations. Our teaching approach is grounded in imagery and musicality.



Photo by Matt Haber

Intermediate & Advanced Ballet

Classes focus on activities to develop flexibility and strength, as well as tools to execute complex petit and grand allegro combinations. Advanced level students are offered Pointe.



Photo courtesy of Janey Madamba

Composition and Performance

ALL LEVELS

Composition and Performance classes offer an opportunity to learn the craft of dance making, learn performance techniques and have opportunities to perform in informal showcases at Danspace in the Spring.

Cardio Hip Hop

ALL LEVELS

Cardio Hip Hop classes are a fun way to build flexibility, strength and stamina. Students will learn current dance trends while having a great cardio workout.

Modern Jazz

INTERMEDIATE/ADVANCED

Modern Jazz offers a Horton-based Modern technique warm up, applying concepts from ballet class to Modern and Jazz movement. Students sample a wide range of styles from Broadway to Classical Jazz and Funk inspired choreography.