What is Fitness on Demand?
Fitness on Demand is an online platform that provides premium fitness programs directly to our Dance Studio Room.

What are the class offerings?
Class styles are broad and are grouped into categories such as; Cardio, Core, Dance, Martial Arts, Strength, & HIIT (High Intensity Interval Training).

When can I take a class?
You can take a class anytime the room is available (see schedule posted outside of room), and take it by yourself or with a group of friends.

How do I take a class?
An iPad is mounted in the wall to the far left of the room (when facing the TV). And Instructions are posted below.

What if I have more questions?
Ask the front desk employee. If they do not have the answer for you email Bill Ross or Bayu Purnomo at wross@allegheny.edu and bpurnomo@allegheny.edu they'd be happy to help.