

Restology Offer

Empower Fitness and Dance

If you like the idea of a fitness class that feels more like a night out than a workout then Clubbercise® may be for you!

Sarah, the owner of Empower Fitness & Dance has lived experience of unpaid caring and wanted to give something back to Carers Plus Yorkshire and all the clients we support.

- Sarah is offering a booking price of £3 a session for your first 4 sessions (saving £10) and this offer is available for any of our Carers Plus Yorkshire clients aged 14+
- For more details about the fabulous sessions click on the logo or speak to a member of the Carers Plus team. To gain the concession rate, please link direct to Empower Fitness & Dance for a Restology discount code to use when booking and show your Restology card when attending.

