



Companies House

for the record

Please complete in typescript,
or in bold black capitals.

CHWP000

288b

Terminating appointment as director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

3207791

Company Name in full

Fitness First Clubs Limited

Date of termination of appointment

Day	Month	Year
3	0	0
9	2	0
	0	5

as director



as secretary



Please mark the appropriate box. If terminating
appointment as a director and secretary mark
both boxes.

NAME

*Style / Title

Mr

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

Michael

Surname

Metcalf

†Date of Birth

Day	Month	Year
1	0	0
1	1	9
5		2

A serving director, secretary etc must sign the form below.

Signed

Laad

Date

30/9/05

* Voluntary details.

† Directors only.

** Delete as appropriate

(** serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

You do not have to give any contact
information in the box opposite but
if you do, it will help Companies
House to contact you if there is a
query on the form. The contact
information that you give will be
visible to searchers of the public



A48
COMPANIES HOUSE

0355
07/10/05

Sam Boyes, Fitness First, 58 Fleets Lane, Willis Way, Poole, Dorset

BH15 3BT

Tel 01202 845948

DX number

DX exchange

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh
or LP - 4 Edinburgh