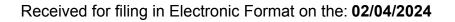




Confirmation Statement

XD06P8TC

Company Name:GOWER HEALTH & FITNESS SOLUTIONS LIMITEDCompany Number:08497901



| Company Name: | GOWER HEALTH & FITNESS SOLUTIONS LIMITED |
|------------------------------------|---|
| Company Number: | 08497901 |
| Confirmation Statement date: | 02/04/2024 |
| Sic Codes: | 47910 |
| Principal activity description: | Retail sale via mail order houses or via Internet |

The company confirms that its intended future activities are lawful.

Statement of Capital (Share Capital)

| | | | (00 |
|----------------------|-----------------------|------------------------------|-----------------|
| Class of Shares: | | Number allotted | 100 |
| Currency: | GBP | Aggregate nominal value: | 100 |
| Prescribed particula | ars | | |
| THE SHARES HAV | /E ATTACHED TO THEM F | ULL VOTING, DIVIDEND AND | CAPITAL |
| DISTRIBUTION (IN | ICLUDING ON WINDING U | P) RIGHTS; THEY DO NOT CO | NFER ANY RIGHTS |
| OF REDEMPTION. | | | |
| | | | |
| Class of Shares: | ORDINARY- | Number allotted | 10 |
| | Α | Aggregate nominal value: | 10 |
| Currency: | GBP | | |
| Prescribed particula | ars | | |
| THE SHARES HAV | E ATTACHED TO THEM F | ULL VOTING, DIVIDEND AND | CAPITAL |
| DISTRIBUTION (IN | ICLUDING ON WINDING U | P) RIGHTS; THEY DO NOT CO | NFER ANY RIGHTS |
| OF REDEMPTION. | | | |
| Class of Shares: | ORDINARY- | Number allotted | 10 |
| | В | Aggregate nominal value: | 10 |
| Currency: | GBP | , iggi ogato normital valuor | |
| 2 | - | | |
| Prescribed particula | | | - · - · - · · |
| | | ULL VOTING, DIVIDEND AND | |
| DISTRIBUTION (IN | ICLUDING ON WINDING U | P) RIGHTS; THEY DO NOT CO | NFER ANY RIGHTS |
| OF REDEMPTION. | | | |
| | | | |

| Statement of Capital (Totals) | | | | |
|-------------------------------|-----|--------------------------------|-----|--|
| Currency: | GBP | Total number of shares: | 120 | |
| | | Total aggregate nominal value: | 120 | |
| | | Total aggregate amount unpaid: | 0 | |

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders during the review period or that had ceased to be shareholders since the date of the previous confirmation statement.

Shareholder information for a non-traded company as at the confirmation statement date is shown below

| Shareholding 1: | 10 ORDINARY-A shares held as at the date of this confirmation statement |
|--------------------------|---|
| Name: | ANDREW MICHAEL OLAF GOWER |
| Shareholding 2: | 10 ORDINARY-B shares held as at the date of this confirmation statement |
| Name: | EMILY MARGARET ELIZABETH GOWER |
| Shareholding 3: Name: | 50 ORDINARY shares held as at the date of this confirmation statement MARINA GOWER |
| Shareholding 4: | 25 transferred on 2023-09-25 50 ORDINARY shares held as at the date of this confirmation statement |
| Name: | MICHAEL FRANCIS DAMIEN GOWER |

Confirmation Statement

I confirm that all information required to be delivered by the company to the registrar in relation to the confirmation period concerned either has been delivered or is being delivered at the same time as the confirmation statement

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor