

REGISTERED NUMBER: 09060671 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH SEPTEMBER 2022
FOR
J M C FITNESS LIMITED

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For The Year Ended 30th September 2022**

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J M C FITNESS LIMITED
COMPANY INFORMATION
For The Year Ended 30th September 2022

DIRECTORS:

N E Bland
E Bland

REGISTERED OFFICE:

14 Tavistock Place
Sunderland
SR1 1PB

REGISTERED NUMBER:

09060671 (England and Wales)

ACCOUNTANTS:

Stafford Accountancy
22 Foyle Street
Sunderland
Tyne and Wear
SR1 1LE

J M C FITNESS LIMITED (REGISTERED NUMBER: 09060671)**BALANCE SHEET
30th September 2022**

	Notes	2022 £	£	2021 £	£
FIXED ASSETS					
Tangible assets	4		11,935		3,356
CURRENT ASSETS					
Stocks		120		-	
Debtors	5	1,575		25,658	
Cash at bank and in hand		<u>2,212</u>		<u>2,008</u>	
		3,907		27,666	
CREDITORS					
Amounts falling due within one year	6	<u>29,440</u>		<u>36,385</u>	
NET CURRENT LIABILITIES			<u>(25,533)</u>		<u>(8,719)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			(13,598)		(5,363)
CREDITORS					
Amounts falling due after more than one year	7		(9,412)		(13,000)
PROVISIONS FOR LIABILITIES			<u>(2,268)</u>		<u>(1,275)</u>
NET LIABILITIES			<u>(25,278)</u>		<u>(19,638)</u>
CAPITAL AND RESERVES					
Called up share capital	9		100		100
Retained earnings			<u>(25,378)</u>		<u>(19,738)</u>
SHAREHOLDERS' FUNDS			<u>(25,278)</u>		<u>(19,638)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th September 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th September 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

J M C FITNESS LIMITED (REGISTERED NUMBER: 09060671)

BALANCE SHEET - continued
30th September 2022

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors and authorised for issue on 15th February 2023 and were signed on its behalf by:

N E Bland - Director

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
For The Year Ended 30th September 2022**

1. STATUTORY INFORMATION

J M C Fitness Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

The presentation currency of the financial statements is the Pound Sterling (£).

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Despite having net liabilities at 30 September 2022, the Directors have reviewed cash flow forecasts for future periods and are confident the company will be able to meet all of its liabilities when they fall due, for the foreseeable future.

The Directors have therefore continued to adopt the going concern basis in preparing the financial statements.

Turnover

Turnover is measured at the fair value of the consideration received or receivable in the period in respect of gym membership subscriptions and associated sales, excluding discounts, rebates.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant and machinery - 20% on cost

Fixtures and fittings - 20% on cost.

Government grants

Grants are recognised within the financial statements in the period where there is reasonable assurance that the grant conditions will be met and that all conditions attaching to the grant will be complied with.

When the grant relates to expenses, it is recognised as income over the years necessary to match the grant on a systematic basis to the costs that it intends to compensate.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

NOTES TO THE FINANCIAL STATEMENTS - continued
For The Year Ended 30th September 2022

2. ACCOUNTING POLICIES - continued**Taxation**

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2021 - 1) .

4. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1st October 2021	34,934	4,629	39,563
Additions	14,614	-	14,614
At 30th September 2022	<u>49,548</u>	<u>4,629</u>	<u>54,177</u>
DEPRECIATION			
At 1st October 2021	31,700	4,507	36,207
Charge for year	5,913	122	6,035
At 30th September 2022	<u>37,613</u>	<u>4,629</u>	<u>42,242</u>
NET BOOK VALUE			
At 30th September 2022	<u>11,935</u>	<u>-</u>	<u>11,935</u>
At 30th September 2021	<u>3,234</u>	<u>122</u>	<u>3,356</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
For The Year Ended 30th September 2022

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Directors' current accounts	-	25,658
Prepayments	1,575	-
	<u>1,575</u>	<u>25,658</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Bank loans and overdrafts	2,388	-
Trade creditors	1,302	-
Tax	(1)	(1)
Social security and other taxes	76	-
Other creditors	12,201	-
Directors' current accounts	11,904	36,088
Accrued expenses	1,570	298
	<u>29,440</u>	<u>36,385</u>

7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Bank loans	<u>9,412</u>	<u>13,000</u>

8. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022	2021
	£	£
Between one and five years	<u>36,000</u>	<u>-</u>

9. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:			2022	2021
Number:	Class:	Nominal value:	£	£
100	Ordinary	£1	<u>100</u>	<u>100</u>

10. RELATED PARTY DISCLOSURES

During the period, the company received a loan of £2,700 from a close family member of the Directors. The loan is unsecured and no interest is accruing on the balance. The outstanding amount owed to the related party as at 30 September 2022 was £1,771 (2021: £nil) and is included in other creditors falling due within one year.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.