

**BODYWORKS FITNESS CENTRE LIMITED**  
**Company number: 5716630**

**Abbreviated balance sheet**

**As at 31 January 2008**

	Note	£	2008	£	£	2007	£
<b><u>Fixed assets</u></b>	2						
Intangible assets				89,445			96,112
Tangible assets				64,553			58,457
				<u>153,998</u>			<u>154,569</u>
<b><u>Current assets</u></b>							
Stocks			3,927			563	
Debtors			8,377			5,989	
Cash at bank and in hand			26,951			25,005	
			<u>39,255</u>			<u>31,557</u>	
<b><u>Creditors:</u></b> Amounts falling due within one year			209,162			193,473	
<b><u>Net current liabilities</u></b>				(169,907)			(161,916)
<b><u>Total assets less current liabilities</u></b>				<u>(15,909)</u>			<u>(7,347)</u>
<b><u>Capital and reserves</u></b>							
Called up equity share capital	4			1,000			1,000
Profit and loss account				(16,909)			(8,347)
				<u>(15,909)</u>			<u>(7,347)</u>

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 1985 (the Act) relating to the audit of the accounts for the year by virtue of Section 249A(1), and that no member or members have requested an audit pursuant to Section 249B(2) of the Act.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps proper accounting records which comply with Section 221 of the Act, and
- preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions for small companies under Part VII of the Companies Act 1985.

These abbreviated accounts were approved by the directors and authorised for issue on 26/1/08, and are signed on their behalf by:

  
**Mr J Walker - Director**

FRIDAY



\*A9E4B57O\*

A30

28/11/2008

67

COMPANIES HOUSE

**BODYWORKS FITNESS CENTRE LIMITED****Notes to the abbreviated accounts****Year ended 31 January 2008****1. Accounting policies****Basis of accounting**

The accounts have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

**Turnover**

The turnover shown in the profit and loss account represents amounts invoiced during the year, exclusive of Value Added Tax.

**Amortisation**

Amortisation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Goodwill - written off over 15 years

**Fixed assets**

All fixed assets are initially recorded at cost.

**Depreciation**

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Plant & machinery	- 10% per annum on written down value
Fixtures & fittings	- 10% per annum on written down value
Equipment	- 20% per annum on written down value

**Stocks**

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

**Deferred taxation**

Deferred taxation is provided at the anticipated tax rates on differences arising from the inclusion of items of income and expenditure in taxation computations in periods different from those in which they are included in the accounts.

**Going concern**

The financial statements have been prepared on a going concern basis. The directors have indicated that they will continue to support the company. Therefore the directors consider it appropriate to adopt a going concern basis in preparing these financial statements.

**BODYWORKS FITNESS CENTRE LIMITED****Notes to the abbreviated accounts****Year ended 31 January 2008****2. Fixed assets**

	<u>Intangible assets</u> £	<u>Tangible assets</u> £	<u>Total</u> £
<b><u>Cost</u></b>			
At 1 February 2007	100,000	62,059	162,059
Additions	—	12,501	12,501
<b>At 31 January 2008</b>	<u>100,000</u>	<u>74,560</u>	<u>174,560</u>
<b><u>Depreciation</u></b>			
At 1 February 2007	3,888	3,602	7,490
Charge for year	6,667	6,405	13,072
<b>At 31 January 2008</b>	<u>10,555</u>	<u>10,007</u>	<u>20,562</u>
<b><u>Net book value</u></b>			
<b>At 31 January 2008</b>	<u>89,445</u>	<u>64,553</u>	<u>153,998</u>
At 31 January 2007	<u>96,112</u>	<u>58,457</u>	<u>154,569</u>

**3. Transactions with the directors**

Included in debtors is an interest free loan to a director.

Amount outstanding at the beginning of the year £-

Amount outstanding at the end of the year and maximum amount outstanding £60

**4. Share capital****Authorised share capital:**

	<u>2008</u> £	<u>2007</u> £
10,000 Ordinary shares of £1 each	<u>10,000</u>	<u>10,000</u>

**Allotted, called up and fully paid:**

	No	<u>2008</u> £	No	<u>2007</u> £
Ordinary shares of £1 each	<u>1,000</u>	<u>1,000</u>	<u>1,000</u>	<u>1,000</u>