

Registration number: 5716630

# **Bodyworks Fitness Centre Limited**

## **Abbreviated Accounts**

**for the Year Ended**

**31 January 2009**

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**Bodyworks Fitness Centre Limited**  
**Abbreviated Balance Sheet as at 31 January 2009**

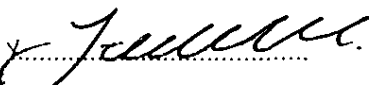
		2009	2008
	Note	£	£
<b>Fixed assets</b>			
Intangible assets	2	82,778	89,445
Tangible assets	2	125,810	64,553
		<u>208,588</u>	<u>153,998</u>
<b>Current assets</b>			
Stocks		3,181	3,927
Debtors		13,414	8,377
Cash at bank and in hand		3,915	26,951
		<u>20,510</u>	<u>39,255</u>
<b>Creditors: Amounts falling due within one year</b>	3	<u>(245,925)</u>	<u>(209,162)</u>
<b>Net current liabilities</b>		<u>(225,415)</u>	<u>(169,907)</u>
<b>Net liabilities</b>		<u>(16,827)</u>	<u>(15,909)</u>
<b>Capital and reserves</b>			
Called up share capital	4	1,000	1,000
Profit and loss reserve		<u>(17,827)</u>	<u>(16,909)</u>
<b>Shareholders' deficit</b>		<u>(16,827)</u>	<u>(15,909)</u>

For the financial year ended 31 January 2009, the company was entitled to exemption from audit under section 249A(1) of the Companies Act 1985; and no notice has been deposited under section 249B(2) requesting an audit. The directors acknowledge their responsibilities for ensuring that the company keeps 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 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 Companies Act 1985, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

Approved by the Board on  and signed on its behalf by:

26/10/09



Mr J Walker  
Director

The notes on pages 2 to 4 form an integral part of these financial statements.

## Bodyworks Fitness Centre Limited

### Notes to the abbreviated accounts for the Year Ended 31 January 2009

#### 1 Accounting policies

##### Basis of preparation

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

##### 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.

##### Turnover

Turnover represents amounts chargeable, net of value added tax, in respect of the sale of goods and services to customers.

##### Amortisation

Amortisation is provided on intangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Goodwill	over 15 years
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##### Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

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

##### Goodwill

Goodwill is the difference between the fair value of consideration paid for an acquired entity and the aggregate of the fair value of that entity's identifiable assets and liabilities.

Positive goodwill is capitalised, classified as an asset on the balance sheet and amortised on a straight line basis over its useful economic life. It is reviewed for impairment at the end of the first full financial year following the acquisition and in other periods if events or changes in circumstances indicate that the carrying value may not be recoverable.

##### Stock

Stock is valued at the lower of cost and net realisable value, after due regard for obsolete and slow moving stocks. Net realisable value is based on selling price less anticipated costs to completion and selling costs.

## Bodyworks Fitness Centre Limited

### Notes to the abbreviated accounts for the Year Ended 31 January 2009

#### Deferred taxation

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes, which have arisen but not reversed by the balance sheet date, except as required by FRSSE.

Deferred tax is measured at the rates that are expected to apply in the periods when the timing differences are expected to reverse, based on the tax rates and law enacted at the balance sheet date.

#### Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

## 2 Fixed assets

	Intangible assets £	Tangible assets £	Total £
<b>Cost</b>			
As at 1 February 2008	100,000	74,560	174,560
Additions	-	73,748	73,748
As at 31 January 2009	<u>100,000</u>	<u>148,308</u>	<u>248,308</u>
<b>Depreciation</b>			
As at 1 February 2008	10,555	10,007	20,562
Charge for the year	6,667	12,491	19,158
As at 31 January 2009	<u>17,222</u>	<u>22,498</u>	<u>39,720</u>
<b>Net book value</b>			
As at 31 January 2009	<u>82,778</u>	<u>125,810</u>	<u>208,588</u>
As at 31 January 2008	<u>89,445</u>	<u>64,553</u>	<u>153,998</u>

## 3 Creditors

Creditors includes the following liabilities, on which security has been given by the company:

	2009 £	2008 £
Amounts falling due within one year	<u>19,295</u>	<u>-</u>

**Bodyworks Fitness Centre Limited**

**Notes to the abbreviated accounts for the Year Ended 31 January 2009**

**4 Share capital**

	<b>2009</b>	<b>2008</b>
	<b>£</b>	<b>£</b>
<b>Authorised</b>		
<b>Equity</b>		
10,000 Ordinary shares of £1 each	<u>10,000</u>	<u>10,000</u>
<b>Allotted, called up and fully paid</b>		
<b>Equity</b>		
1,000 Ordinary shares of £1 each	<u>1,000</u>	<u>1,000</u>