

Company Registration No. 4210498 (England and Wales)

ENERGY FITNESS PROFESSIONALS LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2010

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ENERGY FITNESS PROFESSIONALS LIMITED

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ENERGY FITNESS PROFESSIONALS LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 MARCH 2010

	Notes	2010 £	£	2009 £	£
Fixed assets					
Tangible assets	2		477,374		585,181
Current assets					
Debtors		236,161		221,114	
Cash at bank and in hand		42,492		63,613	
		<u>278,653</u>		<u>284,727</u>	
Creditors: amounts falling due within one year	3	<u>(369,743)</u>		<u>(368,434)</u>	
Net current liabilities			<u>(91,090)</u>		<u>(83,707)</u>
Total assets less current liabilities			386,284		501,474
Creditors: amounts falling due after more than one year	3		(363,963)		(459,155)
Provisions for liabilities			-		(1,434)
			<u>22,321</u>		<u>40,885</u>
Capital and reserves					
Called up share capital	4		100		100
Profit and loss account			22,221		40,785
Shareholders' funds			<u>22,321</u>		<u>40,885</u>

ENERGY FITNESS PROFESSIONALS LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

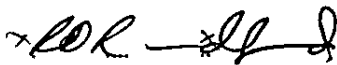
AS AT 31 MARCH 2010

For the financial year ended 31 March 2010 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements 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 sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board for issue on 30/6/10



R Radford
Director



A Gallacher
Director

Company Registration No. 4210498

ENERGY FITNESS PROFESSIONALS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2010

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

1.2 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts

1.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows

Land and buildings freehold	Nil depreciation
Land and buildings leasehold	Straight line over the terms of the lease
Plant and machinery	20% straight line
Computer equipment	33% straight line
Fixtures, fittings & equipment	Various

Freehold buildings are maintained in such a state that their residual values are not materially different from their book values hence a nil depreciation charge is made. Land is not depreciated.

1.4 Leasing and hire purchase commitments

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible assets and depreciated over the shorter of the lease term and their useful lives. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

1.5 Pensions

The company operates a defined contribution scheme for the benefit of its employees. Contributions payable are charged to the profit and loss account in the year they are payable.

1.6 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted.

ENERGY FITNESS PROFESSIONALS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2010

2 Fixed assets

	Tangible assets
	£
Cost	
At 1 April 2009	1,066,162
Additions	19,074
	<u>1,085,236</u>
At 31 March 2010	<u>1,085,236</u>
Depreciation	
At 1 April 2009	480,981
Charge for the year	126,881
	<u>607,862</u>
At 31 March 2010	<u>607,862</u>
Net book value	
At 31 March 2010	<u>477,374</u>
At 31 March 2009	<u>585,181</u>

3 Creditors

	2010	2009
	£	£
Analysis of loans repayable in more than five years		
Total amounts repayable by instalments which are due in more than five years	<u>79,753</u>	<u>164,008</u>

The aggregate amount of creditors for which security has been given amounted to £450,900 (2009 - £563,563)

4 Share capital

	2010	2009
	£	£
Allotted, called up and fully paid		
100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>

ENERGY FITNESS PROFESSIONALS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2010

5 Transactions with directors

The following directors had interest free loans during the year The movement on these loans are as follows

	Amount outstanding		Maximum
	2010	2009	in year
	£	£	£
A Gallacher	-	28,808	57,308
R Radford	-	28,808	57,308

During the year amounts advanced to A Gallacher totalled £28,500 and amounts repaid totalled £57,308

During the year amounts advanced to R Radford totalled £28,500 and amounts repaid totalled £57,308