

Registered Number 04210498

ENERGY FITNESS PROFESSIONALS LIMITED

Abbreviated Accounts

31 March 2015

Abbreviated Balance Sheet as at 31 March 2015

| | Notes | 2015 £ | 2014 £ |
|--|-------|------------------|------------------|
| Fixed assets | | | |
| Tangible assets | 2 | 635,039 | 535,100 |
| | | <u>635,039</u> | <u>535,100</u> |
| Current assets | | | |
| Debtors | | 204,898 | 147,749 |
| Cash at bank and in hand | | 34,632 | 1,511 |
| | | <u>239,530</u> | <u>149,260</u> |
| Creditors: amounts falling due within one year | 3 | (365,392) | (273,564) |
| Net current assets (liabilities) | | <u>(125,862)</u> | <u>(124,304)</u> |
| Total assets less current liabilities | | <u>509,177</u> | <u>410,796</u> |
| Creditors: amounts falling due after more than one year | 3 | (357,911) | (263,380) |
| Provisions for liabilities | | (61,383) | (35,834) |
| Total net assets (liabilities) | | <u>89,883</u> | <u>111,582</u> |
| Capital and reserves | | | |
| Called up share capital | 4 | 100 | 100 |
| Profit and loss account | | 89,783 | 111,482 |
| Shareholders' funds | | <u>89,883</u> | <u>111,582</u> |

- For the year ending 31 March 2015 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 30 December 2015

And signed on their behalf by:

A. Gallacher, Director

R. Radford, Director

Notes to the Abbreviated Accounts for the period ended 31 March 2015**1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

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

Tangible assets depreciation policy

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.

Other accounting policies**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.

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.

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.

2 Tangible fixed assets

£

Cost

At 1 April 2014

1,404,210

| | |
|------------------|------------------|
| Additions | 193,711 |
| Disposals | - |
| Revaluations | - |
| Transfers | - |
| At 31 March 2015 | <u>1,597,921</u> |

Depreciation

| | |
|---------------------|----------------|
| At 1 April 2014 | 869,110 |
| Charge for the year | 93,772 |
| On disposals | - |
| At 31 March 2015 | <u>962,882</u> |

Net book values

| | |
|------------------|----------------|
| At 31 March 2015 | <u>635,039</u> |
| At 31 March 2014 | <u>535,100</u> |

3 **Creditors**

| | <i>2015</i> | <i>2014</i> |
|------------------------------------|-------------|-------------|
| | <i>£</i> | <i>£</i> |
| Secured Debts | 266,249 | 367,427 |
| Instalment debts due after 5 years | 48,175 | 60,475 |

4 **Called Up Share Capital**

Allotted, called up and fully paid:

| | <i>2015</i> | <i>2014</i> |
|--------------------------------|-------------|-------------|
| | <i>£</i> | <i>£</i> |
| 100 Ordinary shares of £1 each | 100 | 100 |

5 **Transactions with directors**

| | |
|---|-----------------|
| Name of director receiving advance or credit: | A. Gallacher |
| Description of the transaction: | Directors loan |
| Balance at 1 April 2014: | £ 1,946 |
| Advances or credits made: | £ 25,000 |
| Advances or credits repaid: | £ 1,946 |
| Balance at 31 March 2015: | <u>£ 25,000</u> |

| | |
|---|-----------------|
| Name of director receiving advance or credit: | R. Radford |
| Description of the transaction: | Directors loan |
| Balance at 1 April 2014: | £ 0 |
| Advances or credits made: | £ 25,000 |
| Advances or credits repaid: | £ 0 |
| Balance at 31 March 2015: | <u>£ 25,000</u> |

registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.