

Registration number 04573843

Fitness Finesse Limited
Abbreviated accounts
for the year ended 31 March 2013

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Fitness Finesse Limited

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Fitness Finesse Limited

**Report to the Board of Directors on the preparation
of unaudited financial statements of Fitness Finesse Limited
for the year ended 31 March 2013**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Fitness Finesse Limited for the year ended 31 March 2013 which comprise of the Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given to us

As a practising member of The Institute of Chartered Accountants in England & Wales, we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/regulations

This report is made to the company's board of directors in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of Fitness Finesse Limited and state those matters that we have agreed to state to the company's board of directors, as a body, in this report, in accordance with the requirements of The Institute of Chartered Accountants in England & Wales as detailed at www.icaew.com/compilation. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's board of directors, as a body, for our work or for this report.

It is your duty to ensure that the company has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of the company. You consider that the company is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

B. M. Howarth Ltd,

**B M Howarth Ltd
Chartered Accountants
West House
King Cross Road
Halifax**

HX1 1EB

19 December 2013

Fitness Finesse Limited

**Abbreviated balance sheet
as at 31 March 2013**

		2013		2012	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	2		5,577		6,697
Current assets					
Stocks		315		332	
Debtors		8,485		12,601	
Cash at bank and in hand		1,180		1,504	
		<u>9,980</u>		<u>14,437</u>	
Creditors: amounts falling due within one year	3	<u>(19,799)</u>		<u>(24,582)</u>	
Net current liabilities			<u>(9,819)</u>		<u>(10,145)</u>
Total assets less current liabilities			(4,242)		(3,448)
Deficiency of assets			<u>(4,242)</u>		<u>(3,448)</u>
Capital and reserves					
Called up share capital	4		2		2
Profit and loss account			<u>(4,244)</u>		<u>(3,450)</u>
Shareholders' funds			<u>(4,242)</u>		<u>(3,448)</u>

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet

The notes on pages 4 to 5 form an integral part of these financial statements.

Fitness Finesse Limited

Abbreviated balance sheet (continued)

**Directors' statements required by Sections 475(2) and (3)
for the year ended 31 March 2013**

In approving these abbreviated accounts as directors of the company we hereby confirm

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ,
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 March 2013 , and
- (c) that we acknowledge our responsibilities for
 - (1) ensuring that the company keeps accounting records which comply with Section 386 , and
 - (2) 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 year then ended in accordance with the requirements of Section 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The abbreviated accounts were approved by the Board on 19 December 2013 and signed on its behalf by

J Smith
Director



Registration number 04573843

The notes on pages 4 to 5 form an integral part of these financial statements.

Fitness Finesse Limited

**Notes to the abbreviated financial statements
for the year ended 31 March 2013**

1. Accounting policies

Accounting convention

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

Turnover

Turnover represents the amount derived from the provision of goods and services falling within the company's activities

Income is recognised on receipt of cash unless in respect of membership fees when the income is time apportioned and deferred where necessary to future accounting periods

Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows

Plant and machinery	- 20% reducing balance
Fixtures, fittings and equipment	- 15% reducing balance

Stock

Stock is valued at the lower of cost and net realisable value

2. Fixed assets

	Tangible fixed assets £
Cost	
At 1 April 2012	61,232
Additions	135
At 31 March 2013	<u>61,367</u>
Depreciation	
At 1 April 2012	54,535
Charge for year	1,255
At 31 March 2013	<u>55,790</u>
Net book values	
At 31 March 2013	<u>5,577</u>
At 31 March 2012	<u>6,697</u>

Fitness Finesse Limited

**Notes to the abbreviated financial statements
for the year ended 31 March 2013**

3. Creditors: amounts falling due within one year	2013 £	2012 £
Creditors include the following		
Secured creditors	<u>3,015</u>	<u>4,016</u>

4. Share capital	2013 £	2012 £
Allotted, called up and fully paid equity shares		
2 Ordinary shares of 1 each	<u>2</u>	<u>2</u>

5. Transactions with directors

Advances to directors

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

	Amount owing		Maximum
	2013	2012	in year
	£	£	£
J Smith	<u>1,546</u>	<u>5,634</u>	<u>5,634</u>