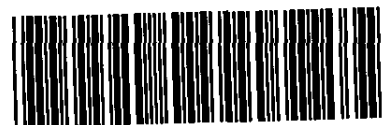


**FITNESS 4 LIFE GYM CIC  
DIRECTORS' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2022**



A15      \*ABW4BI75\*      #80  
27/01/2023  
COMPANIES HOUSE

Dua Governance  
Chartered Accountants & Business Advisors  
Bradford Court, 123-131 Bradford Court  
Birmingham  
B12 0NS

**Fitness 4 Life Gym Cic**  
**Directors' Report and Unaudited Financial Statements**  
**For The Year Ended 30 April 2022**

---

**Contents**

	<b>Page</b>
Company Information	1
Directors' Report	2
Accountant's Report	3
Income and Expenditure Account	4
Balance Sheet	5
Notes to the Financial Statements	6—7
The following pages do not form part of the statutory accounts:	
Detailed Income and Expenditure Account	8

**Fitness 4 Life Gym Cio**  
**Company Information**  
**For The Year Ended 30 April 2022**

---

<b>Directors</b>	Mohammad Fareed Mr Umar Farooq Mr Mohammad Khan
<b>Company Number</b>	08481090
<b>Registered Office</b>	31 Highfield Road Moseley Birmingham West Midlands B13 9JL
<b>Accountants</b>	Dua Governance Chartered Accountants & Business Advisors Bradford Court, 123-131 Bradford Court Birmingham B12 0NS

**Fitness 4 Life Gym Cic**  
**Company No. 08481090**  
**Directors' Report For The Year Ended 30 April 2022**

---

The directors present their report and the financial statements for the year ended 30 April 2022.

**Statement of Directors' Responsibilities**

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing the financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Directors**

The directors who held office during the year were as follows:

Mohammad Fareed  
Mr Umar Farooq  
Mr Mohammad Khan

**Small Company Rules**

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

*On behalf of the board*



Mr Mohammad Khan

Director

22 August 2022

**Fitness 4 Life Gym Cic  
Accountant's Report  
For The Year Ended 30 April 2022**

---

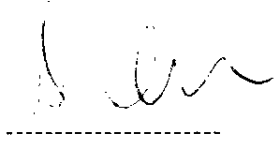
In accordance with the engagement letter dated , and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 April 2022 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit 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.

Signed

  
-----

22 August 2022

Dua Governance  
Chartered Accountants & Business Advisors  
Bradford Court, 123-131 Bradford Court  
Birmingham  
B12 0NS

**Fitness 4 Life Gym Cio**  
**Income and Expenditure Account**  
**For The Year Ended 30 April 2022**

---

	<b>Notes</b>	<b>2022</b> <b>£</b>	<b>2021</b> <b>£</b>
<b>TURNOVER</b>		18,446	20,807
Cost of sales		(1,957)	(2,057)
		<hr/>	<hr/>
<b>GROSS SURPLUS</b>		16,489	18,750
Administrative expenses		(37,946)	(49,019)
Other operating income		-	24,337
		<hr/>	<hr/>
<b>OPERATING DEFICIT AND DEFICIT FOR THE FINANCIAL YEAR</b>		<hr/> <b>(21,457)</b> <hr/>	<hr/> <b>(5,932)</b> <hr/>

The notes on pages 6 to 7 form part of these financial statements.

**Fitness 4 Life Gym Cic  
Balance Sheet  
As at 30 April 2022**

		2022	2021
	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible Assets	3	3,346	3,948
		3,346	3,948
<b>CURRENT ASSETS</b>			
Cash at bank and in hand		45	9,441
		45	9,441
<b>Creditors: Amounts Falling Due Within One Year</b>	4	(63,060)	(51,601)
<b>NET CURRENT ASSETS (LIABILITIES)</b>		(63,015)	(42,160)
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		(59,669)	(38,212)
<b>NET LIABILITIES</b>		(59,669)	(38,212)
Income and Expenditure Account		(59,669)	(38,212)
<b>MEMBERS' FUNDS</b>		(59,669)	(38,212)

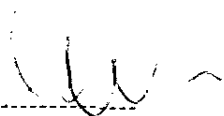
For the year ending 30 April 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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.

On behalf of the board



Mr Mohammad Khan

Director

22 August 2022

The notes on pages 6 to 7 form part of these financial statements.

**Fitness 4 Life Gym Cic**  
**Notes to the Financial Statements**  
**For The Year Ended 30 April 2022**

---

**1. Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**1.2. Turnover**

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

**Sale of goods**

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

**Rendering of services**

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

**1.3. Tangible Fixed Assets and Depreciation**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	15% Reducing Balance
Motor Vehicles	25% Reducing Balance

**1.4. Government Grant**

Government grants are recognised in the income and expenditure account in an appropriate manner that matches them with the expenditure towards which they are intended to contribute.

Grants for immediate financial support or to cover costs already incurred are recognised immediately in the income and expenditure account. Grants towards general activities of the entity over a specific period are recognised in the income and expenditure account over that period.

Grants towards fixed assets are recognised over the expected useful lives of the related assets and are treated as deferred income and released to the income and expenditure account over the useful life of the asset concerned.

All grants in the income and expenditure account are recognised when all conditions for receipt have been complied with.

**2. Average Number of Employees**

Average number of employees, including directors, during the year was as follows: 2 (2021: 2)



**Fitness 4 Life Gym Cic**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 30 April 2022**

**3. Tangible Assets**

	<b>Plant &amp; Machinery</b>	<b>Motor Vehicles</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
As at 1 May 2021	13,427	960	14,387
As at 30 April 2022	13,427	960	14,387
<b>Depreciation</b>			
As at 1 May 2021	9,575	864	10,439
Provided during the period	578	24	602
As at 30 April 2022	10,153	888	11,041
<b>Net Book Value</b>			
As at 30 April 2022	3,274	72	3,346
As at 1 May 2021	3,852	96	3,948

**4. Creditors: Amounts Falling Due Within One Year**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Accruals and deferred income	10,120	8,410
Directors' loan accounts	52,940	43,191
	63,060	51,601

**5. Company limited by guarantee**

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

**6. General Information**

Fitness 4 Life Gym Cic is a private company, limited by guarantee, incorporated in England & Wales, registered number 08481090. The registered office is 31 Highfield Road, Moseley, Birmingham, West Midlands, B13 9HL.

**Fitness 4 Life Gym Cic**  
**Detailed Income and Expenditure Account**  
**For The Year Ended 30 April 2022**

	2022	2021
	£	£
<b>TURNOVER</b>		
Sales type A	18,446	20,807
<b>COST OF SALES</b>		
Purchases	1,957	2,057
	(1,957)	(2,057)
<b>GROSS SURPLUS</b>	16,489	18,750
<b>Administrative Expenses</b>		
Wages and salaries	880	3,350
Rent	17,680	31,290
Rates	1,710	1,628
Light and heat	7,949	4,128
Cleaning	1,820	1,770
Vehicle running costs	1,149	1,317
Repairs, renewals and maintenance	1,804	873
Insurance	1,326	1,326
Advertising and marketing costs	857	465
Telecommunications and data costs	785	791
Accountancy fees	1,080	1,080
Subscriptions	305	290
Depreciation of plant and machinery	578	679
Depreciation of motor vehicles	24	32
Sundry expenses	(1)	-
	(37,946)	(49,019)
<b>Other Operating Income</b>		
Government grant receipts - net	-	24,337
	-	24,337
<b>OPERATING DEFICIT AND DEFICIT FOR THE FINANCIAL YEAR</b>	(21,457)	(5,932)

100020/15

# CIC 34

## Community Interest Company Report

For official use  
(Please leave blank)

Please  
complete in  
typescript, or in  
bold black  
capitals.

Company Name in full FITNESS 4 LIFE GYM CIC

Company Number 08481090

Year Ending 30<sup>TH</sup> APRIL 2022

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

### PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

The Company runs Fitness 4 Life Gym with a particular emphasis on providing physical activities for the local community.

Benefits would be:

- 1)Family's Getting Fitter
- 2)Losing Weight
- 3)Martial Art
- 4)Community Cohesion
- 5)Working with Local Schools
- 6)Providing Employment to upto 5 People

*(If applicable, please just state "A social audit report covering these points is attached").*

***(Please continue on separate continuation sheet if necessary.)***

**PART 2 – CONSULTATION WITH STAKEHOLDERS** – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

Company Stakeholders visit the Gym on a regular basis and are always keen to talk and support local gyms as well.

We have recently carried out a short questionnaire regarding starting out a new Fitness Class, in regards to day and time.

Results showed that Sunday 10 am, would be a suitable time to start a new class.

We have also set up a Suggestion Box, as to work on different ideas to better the Gym.

*(If applicable, please just state "A social audit report covering these points is attached").*

**PART 3 – DIRECTORS' REMUNERATION** – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office.

**PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION –**

Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that “no transfer of assets other than for full consideration has been made” below.

No Transfer or Assets other than full consideration has been made.


*(Please continue on separate continuation sheet if necessary.)*

**(N.B. Please enclose a cheque for £15 payable to Companies House)**

## PT 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

22 Aug  
2022

Office held (tick as appropriate) ☐ Director ☐ Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

M.S KHAN	
31 HIGHFIELD ROAD	
MOSELEY, B13 9HL	
07561448188	Telephone
DX Number	DX Exchange

**When you have completed and signed the form, please send it to the Registrar of Companies at:**

*For companies registered in England and Wales:* Companies House, Crown Way, Cardiff, CF14 3UZ  
DX 33050 Cardiff

*For companies registered in Scotland:* Companies House, 4<sup>th</sup> Floor, Edinburgh Quay 2, 139  
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

*For companies registered in Northern Ireland:* Companies House, 2nd Floor, The Linenhall, 32-38  
Linenhall Street, Belfast, BT2 8BG