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ARH Fitness Limited
Trading as
Fit Club

Abbreviated Unaudited Accounts

for the Year Ended

31 October 2014

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ARH Fitness Limited (Registered number: 05599748)
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Contents of the Abbreviated Accounts
for the Year Ended 31 October 2014

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ARH Fitness Limited
Trading as Fit Club

Company Information
for the Year Ended 31 October 2014

DIRECTORS:	Miss A P Hipperson R D Hipperson
SECRETARY:	Miss A P Hipperson
REGISTERED OFFICE:	Unit 8 Hopper Way Diss Business Park Diss Norfolk IP22 4GT
REGISTERED NUMBER:	05599748 (England and Wales)
ACCOUNTANTS:	Haines Watts 8 Hopper Way Diss Norfolk IP22 4GT

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ARH Fitness Limited (Registered number: 05599748)
Trading as Fit Club

Abbreviated Balance Sheet
31 October 2014

	Notes	2014 £	2013 £
FIXED ASSETS			
Intangible assets	2	**33,000**	36,000
Tangible assets	3	**64,478**	68,753
		97,478	104,753
CURRENT ASSETS			
Stocks		**505**	710
Debtors		**24,565**	23,613
Cash at bank and in hand		**1,922**	1,837
		26,992	26,160
CREDITORS			
Amounts falling due within one year	4	**(45,576)**	(42,206)
NET CURRENT LIABILITIES		**(18,584)**	(16,046)
TOTAL ASSETS LESS CURRENT LIABILITIES		**78,894**	88,707
CREDITORS			
Amounts falling due after more than one year		**(54,631)**	(67,682)
PROVISIONS FOR LIABILITIES		**(8,195)**	(8,336)
NET ASSETS		**16,068**	12,689
CAPITAL AND RESERVES			
Called up share capital	5	**6**	6
Profit and loss account		**16,062**	12,683
SHAREHOLDERS' FUNDS		**16,068**	12,689

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2014.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2014 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each 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 financial statements, so far as applicable to the company.

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ARH Fitness Limited (Registered number: 05599748)
Trading as Fit Club

Abbreviated Balance Sheet - continued
31 October 2014

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

The financial statements were approved by the Board of Directors on 29 July 2015 and were signed on its behalf by:

Miss A P Hipperson - Director

R D Hipperson - Director

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ARH Fitness Limited (Registered number: 05599748)
Trading as Fit Club

Notes to the Abbreviated Accounts
for the Year Ended 31 October 2014

1. **ACCOUNTING POLICIES**

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

Turnover
Turnover represents cash sales of membership fees and ancillary products, excluding value added tax.

Where memberships are paid in advance only the proportion of income relating to the financial year is
accounted for, the balance deferred and shown in other creditors.

Goodwill
Goodwill, being the amount paid in connection with the acquisition of a business in 2005, is being amortised evenly over its estimated useful life of twenty years.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	-	2% reducing balance
Plant and machinery	-	15% on reducing balance
Fixtures and fittings	-	15% on reducing balance

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and
slow moving items.

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the
balance sheet date.

2. **INTANGIBLE FIXED ASSETS**

	Total £
COST	
At 1 November 2013 and 31 October 2014	**60,000**
AMORTISATION	
At 1 November 2013	**24,000**
Amortisation for year	**3,000**
At 31 October 2014	**27,000**
NET BOOK VALUE	
At 31 October 2014	**33,000**
At 31 October 2013	36,000

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3. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 November 2013	**155,702**
Additions	**679**
At 31 October 2014	**156,381**
DEPRECIATION	
At 1 November 2013	**86,949**
Charge for year	**4,954**
At 31 October 2014	**91,903**
NET BOOK VALUE	
At 31 October 2014	**64,478**
At 31 October 2013	68,753

4. CREDITORS

Creditors include an amount of £3,318 (2013 - £420) for which security has been given.

They also include the following debts falling due in more than five years:

	2014 £	2013 £
Repayable otherwise than by instalments	**37,915**	46,635

5. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	**2014** £	2013 £
2	Ordinary A	£1	**2**	2
2	Ordinary B	£1	**2**	2
1	Ordinary C	£1	**1**	1
1	Ordinary D	£1	**1**	1
			6	6

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