



Company Name
**THE WOODLANDS FITNESS
 CENTRE LIMITED**

363s Annual Return

Company Type
**Private Company Limited By
 Shares**
 Company Number
3862726

- > Please check the details printed in the "Current details" column.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please complete in **black** ink and use capitals.

Information extracted from
 Companies House records on
8th January 2007

Section 1: Company details

WEDNESDAY



A03 31/01/2007 431
 COMPANIES HOUSE

Ref: 3862726/03/10

Current details

- > Registered Office
 Address
*If any of the details are
 wrong, strike them through
 and fill in the correct details
 in the "Amended details"
 column.*

**Unit 29 Peak Village Estates
 Chatsworth Road
 Rowsley
 Derbyshire DE4 2JE**

Address

UK Postcode

- > Register of Members
*If any of the details are
 wrong, strike them through
 and fill in the correct details
 in the "Amended details"
 column.*

Address where the Register is held

Address

At Registered Office

UK Postcode

- > Register of Debenture
 Holders
*If any of the details are
 wrong, strike them through
 and fill in the correct details
 in the "Amended details"
 column.*

Not Applicable

Address

UK Postcode

- > Principal Business
 Activities
*If any of the details are
 wrong, strike them through
 and fill in the correct details
 in the "Amended details"
 column.*

SIC Code

Description

9304

**Physical well-being
 activities**

SIC CODE

Description

- > *Please enter additional
 principal activity code(s) in
 "Amended details" column.
 See notes for guidance for
 list of activity codes.*

	Current details	Amended details
> Company Secretary <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Company Secretary must be notified on form 288a.</i>	Name Matthew SANDERSON Address 16 Blenheim Mews Ecclesall Road South Sheffield S11 9PR	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address UK Postcode _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Matthew SANDERSON ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288a.</i>	Name Claire Louise MASON Address 16 Blenheim Mews Ecclesall Road South Sheffield S11 9PR Date of birth 12/02/1978 Nationality British Occupation Duty Manager	Name <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Claire Louise MASON be director (if applicable) _ _ / _ _ / _ _ _ _

Amended details

Name

Matthew SANDERSON

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

Nationality British

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _ _ _

Nationality _____

Occupation _____

Date of change _ _ / _ _ / _ _

Date Matthew SANDERSON ceased to be director (if applicable)

— — / — — / — — — —

Section 3: Share Capital

	Current details	Amended details
> Issued Share Capital <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	Class of share Ordinary Nominal value of each share £1.00 Number of shares issued 100 Aggregate Nominal Value of issued shares £100.00	Class of share Nominal value of each share Number of shares issued Aggregate Nominal Value of issued shares
> Total shares issued and value <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Total number of shares issued 100 Total Nominal value of shares issued £100.00	Total number of shares issued Total Nominal value of shares issued
> At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at www.companieshouse.gov.uk or by ringing 0870 3333636.		

Section 4: Details of Shareholders

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

Current details		Amended details		Shares transferred			
> Shareholder Name M.J. SANDERSON		Name <hr/>		Shares transferred by M.J. SANDERSON			
		Address <hr/>					
Address 16 Blenheim Mews Ecclesall Road South Sheffield S11 9PR		<hr/>					
		UK Postcode <hr/>					
Shares held Class Ordinary		Number 100	Shares held Class <hr/>	Number <hr/>	Class <hr/>	Number <hr/>	Date of transfer <hr/>
			<hr/>				<hr/>

Section 5: Details of Other Shareholders

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _			

363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £30.

Signature

M J Sanden

(Director / Secretary)

Date

30, 01, 2007

This date must not be earlier than the return date at 2 below

What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

2. Date of this return

- ☐ This AR is made up to **21/10/2006** If you are making this return up to an earlier date, please give the date here

__ / __ / ____

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **21st October 2007** please give the new date here:

__ / __ / ____

4. Where to send this form

- ☐ Please return this form to:

Registrar of Companies
Companies House
Crown Way
Cardiff CF14 3UZ

OR

For members of the Hays Document
Exchange service
DX 33050 Cardiff

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House 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.

Contact Name

Telephone number *inc code*

Address

DX number *if applicable*

DX exchange

Postcode