

**REPORT OF THE DIRECTORS AND**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31ST AUGUST 2016**  
**FOR**  
**THE GOOD GYM**

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**FOR THE YEAR ENDED 31ST AUGUST 2016**

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**THE GOOD GYM**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31ST AUGUST 2016**

**DIRECTORS:**

S B Greene  
MS R B L Marvel  
P J Miller

**SECRETARY:**

I A Gormley

**REGISTERED OFFICE:**

Somerset House  
Strand  
London  
WC2R 1LA

**REGISTERED NUMBER:**

06995775 (England and Wales)

**ACCOUNTANTS:**

S. Cobbin & Co Limited  
Chartered Accountants  
The Old Surgery  
15a Station Road  
Epping  
Essex  
CM16 4HG

**REPORT OF THE DIRECTORS**  
**FOR THE YEAR ENDED 31ST AUGUST 2016**

The directors present their report with the financial statements of the company for the year ended 31st August 2016.

**DIRECTORS**

The directors shown below have held office during the whole of the period from 1st September 2015 to the date of this report.

S B Greene  
MS R B L Marvel  
P J Miller

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

**ON BEHALF OF THE BOARD:**

I A Gormley - Secretary

31st May 2017

**PROFIT AND LOSS ACCOUNT**  
**FOR THE YEAR ENDED 31ST AUGUST 2016**

	Notes	2016 £	2015 £
<b>TURNOVER</b>		<b>462,280</b>	373,782
Administrative expenses		<u>(507,262)</u> (44,982)	<u>(310,103)</u> 63,679
Other operating income		<u>7,829</u>	<u>-</u>
<b>OPERATING (LOSS)/PROFIT and (LOSS)/PROFIT ON ORDINARY ACTIVITIES BEFORE TAXATION</b>	2	<b>(37,153)</b>	63,679
Tax on (loss)/profit on ordinary activities	3	<u>-</u>	<u>-</u>
<b>(LOSS)/PROFIT FOR THE FINANCIAL YEAR</b>		<u><b>(37,153)</b></u>	<u>63,679</u>

The notes form part of these financial statements

**BALANCE SHEET**  
**31ST AUGUST 2016**

	Notes	2016 £	2015 £
<b>CURRENT ASSETS</b>			
Cash at bank		<b>132,591</b>	161,188
<b>CREDITORS</b>			
Amounts falling due within one year	4	<b><u>(16,209)</u></b>	<u>(7,653)</u>
<b>NET CURRENT ASSETS</b>		<b><u>116,382</u></b>	<u>153,535</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b><u>116,382</u></b>	<u>153,535</u>
<b>RESERVES</b>			
Profit and loss account	5	<b><u>116,382</u></b>	<u>153,535</u>
		<b><u>116,382</u></b>	<u>153,535</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2016 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 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.
- (b)

The financial statements have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Directors on 31st May 2017 and were signed on its behalf by:

P J Miller - Director

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31ST AUGUST 2016**

**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 January 2015).

**Turnover**

Turnover represents net invoiced sales of services, excluding value added tax.

**Deferred tax**

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

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

**2. OPERATING (LOSS)/PROFIT**

The operating loss (2015 - operating profit) is stated after charging:

	<b>2016</b>	<b>2015</b>
	<b>£</b>	<b>£</b>
Auditors' remuneration	<u><b>2,100</b></u>	<u>-</u>
Directors' remuneration and other benefits etc	<u>-</u>	<u>-</u>

**3. TAXATION**

**Analysis of the tax charge**

No liability to UK corporation tax arose on ordinary activities for the year ended 31st August 2016 nor for the year ended 31st August 2015.

**4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2016</b>	<b>2015</b>
	<b>£</b>	<b>£</b>
Other creditors	<u><b>16,209</b></u>	<u><b>7,653</b></u>

**5. RESERVES**

	<b>Profit and loss account £</b>
At 1st September 2015	<b>153,535</b>
Deficit for the year	<u><b>(37,153)</b></u>
At 31st August 2016	<u><b>116,382</b></u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.