

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2019
FOR
THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2019

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THE GOOD GYM
COMPANY INFORMATION
FOR THE YEAR ENDED 31ST AUGUST 2019

DIRECTORS:

S B Greene
Ms R B L Marvel
P J Miller
Ms. S A Morrison
Hayes Specialist Recruitment
P Hay

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
15a Station Road
Epping
Essex
CM16 4HG

BALANCE SHEET
31ST AUGUST 2019

	Notes	2019 £	2018 £
FIXED ASSETS			
Tangible assets	4	2,756	812
CURRENT ASSETS			
Debtors	5	12,400	62,893
Cash at bank		<u>113,778</u>	<u>61,365</u>
		126,178	124,258
CREDITORS			
Amounts falling due within one year	6	<u>(50,649)</u>	<u>(49,851)</u>
NET CURRENT ASSETS		<u>75,529</u>	<u>74,407</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>78,285</u>	<u>75,219</u>
RESERVES			
Income and expenditure account		<u>78,285</u>	<u>75,219</u>
		<u>78,285</u>	<u>75,219</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2019 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 surplus or deficit for each financial year in accordance with the requirements of
- (b) 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.

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors and authorised for issue on 20th August 2020 and were signed on its behalf by:

P J Miller - Director

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2019

1. STATUTORY INFORMATION

The Good Gym is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

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

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

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

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to surplus or deficit on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 13 (2018 - 13) .

THE GOOD GYM (REGISTERED NUMBER: 06995775)

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2019

4. **TANGIBLE FIXED ASSETS**

	Office equipment £
COST	
At 1st September 2018	2,436
Additions	4,125
At 31st August 2019	6,561
DEPRECIATION	
At 1st September 2018	1,624
Charge for year	2,181
At 31st August 2019	3,805
NET BOOK VALUE	
At 31st August 2019	2,756
At 31st August 2018	812

5. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019 £	2018 £
Trade debtors	12,400	49,500
Other debtors	-	13,393
	<u>12,400</u>	<u>62,893</u>

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

	2019 £	2018 £
Social security and other taxes	30,535	31,027
Other creditors	20,114	18,824
	<u>50,649</u>	<u>49,851</u>

CHARTERED ACCOUNTANTS' REPORT TO THE BOARD OF DIRECTORS
ON THE UNAUDITED FINANCIAL STATEMENTS OF
THE GOOD GYM

The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance Sheet. Readers are cautioned that the Income Statement and certain other primary statements and the Report of the Directors are not required to be filed with the Registrar of Companies.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The Good Gym for the year ended 31st August 2019 which comprise the Income Statement, Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>.

This report is made solely to the Board of Directors of The Good Gym, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of The Good Gym and state those matters that we have agreed to state to the Board of Directors of The Good Gym, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The Good Gym and its Board of Directors, as a body, for our work or for this report.

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

We have not been instructed to carry out an audit or a review of the financial statements of The Good Gym. 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 statutory financial statements.

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

20th August 2020

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.