



Companies House

AR01 (ef)

Annual Return



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Company Name: **GOWER HEALTH & FITNESS SOLUTIONS LIMITED**

Company Number: **08497901**

Date of this return: **22/04/2016**

SIC codes: **82990**

Company Type: **Private company limited by shares**

Situation of Registered Office: **LYNWOOD HOUSE 373/375 STATION ROAD
HARROW
MIDDLESEX
HA1 2AW**

Officers of the company

Company Director 1

Type: **Person**
Full forename(s): **MRS MARINA**

Surname: **GOWER**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: ****/02/1962** Nationality: **AUSTRALIAN**

Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **MR MICHAEL FRANCIS DAMIEN**

Surname: **GOWER**

Former names: **GOWER**

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: ****/05/1959** Nationality: **BRITISH**

Occupation: **MARKETING CONSULTANT**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

EACH SHARE HAS FULL RIGHTS IN THE COMPANY WITH RESPECT TO VOTING, DIVIDENDS AND DISTRIBUTIONS.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	2
		<i>Total aggregate nominal value</i>	2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 22/04/2016 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **2 ORDINARY shares held as at the date of this return**
Name: **MICHAEL FRANCIS GOWER**

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.