

**UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021  
FOR  
PEAK HEALTH & FITNESS LTD**

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for the Year Ended 31 March 2021**

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**PEAK HEALTH & FITNESS LTD**

**COMPANY INFORMATION**  
**for the Year Ended 31 March 2021**

**DIRECTORS:** M Bowering  
P Crouch

**SECRETARY:**

**REGISTERED OFFICE:** The Village Gym Main Road  
Ryehill  
Hull  
HU12 9NH

**REGISTERED NUMBER:** 08753697 (England and Wales)

**ACCOUNTANTS:** The Accountancy & Administration Bureau  
31 Thornfields  
Thorngumbald  
East Riding

**BALANCE SHEET**  
**31 March 2021**

	Notes	2021 £	£	2020 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		82,128		96,805
<b>CURRENT ASSETS</b>					
Stocks		1,424		-	
Debtors	5	7,278		9,988	
Cash at bank and in hand		<u>61,137</u>		<u>55,797</u>	
		69,839		65,785	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>18,472</u>		<u>23,958</u>	
<b>NET CURRENT ASSETS</b>			<u>51,367</u>		<u>41,827</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			133,495		138,632
<b>CREDITORS</b>					
Amounts falling due after more than one year	7		(8,509)		(12,907)
<b>PROVISIONS FOR LIABILITIES</b>			<u>(11,235)</u>		<u>(12,808)</u>
<b>NET ASSETS</b>			<u>113,751</u>		<u>112,917</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			200		200
Retained earnings			<u>113,551</u>		<u>112,717</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>113,751</u>		<u>112,917</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 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.

**BALANCE SHEET - continued**  
**31 March 2021**

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 21 April 2021 and were signed on its behalf by:

M Bowering - Director

**NOTES TO THE FINANCIAL STATEMENTS  
for the Year Ended 31 March 2021**

**1. STATUTORY INFORMATION**

Peak Health & Fitness Ltd is a private company, limited by shares, 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 or, if held under a finance lease, over the lease term, whichever is the shorter.

Land and buildings	- 15% on cost
Plant and machinery etc	- 20% on cost

**Stocks**

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

**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**

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

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

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2021

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 5 (2020 - 3) .

4. TANGIBLE FIXED ASSETS

	Land and buildings £	Plant and machinery etc £	Totals £
<b>COST</b>			
At 1 April 2020	44,497	132,367	176,864
Additions	-	14,821	14,821
At 31 March 2021	<u>44,497</u>	<u>147,188</u>	<u>191,685</u>
<b>DEPRECIATION</b>			
At 1 April 2020	15,101	64,958	80,059
Charge for year	<u>6,397</u>	<u>23,101</u>	<u>29,498</u>
At 31 March 2021	<u>21,498</u>	<u>88,059</u>	<u>109,557</u>
<b>NET BOOK VALUE</b>			
At 31 March 2021	<u>22,999</u>	<u>59,129</u>	<u>82,128</u>
At 31 March 2020	<u>29,396</u>	<u>67,409</u>	<u>96,805</u>

Fixed assets, included in the above, which are held under hire purchase contracts are as follows:

	Plant and machinery etc £
<b>COST</b>	
At 1 April 2020 and 31 March 2021	<u>24,800</u>
<b>DEPRECIATION</b>	
At 1 April 2020	9,920
Charge for year	<u>4,960</u>
At 31 March 2021	<u>14,880</u>
<b>NET BOOK VALUE</b>	
At 31 March 2021	<u>9,920</u>
At 31 March 2020	<u>14,880</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	4,980	5,944
Other debtors	<u>2,298</u>	<u>4,044</u>
	<u>7,278</u>	<u>9,988</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2021

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Hire purchase contracts	4,230	4,230
Trade creditors	(1,523)	-
Taxation and social security	14,970	18,979
Other creditors	795	749
	<u>18,472</u>	<u>23,958</u>

7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2021	2020
	£	£
Hire purchase contracts	<u>8,509</u>	<u>12,907</u>

8. RELATED PARTY DISCLOSURES

During the year, total dividends of £31,500 (2020 - £30,500) were paid to the directors .



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.