

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

**UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2024  
FOR  
PEAK HEALTH & FITNESS LTD**

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for the Year Ended 31 March 2024**

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**PEAK HEALTH & FITNESS LTD**

**COMPANY INFORMATION**  
**for the Year Ended 31 March 2024**

**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  
Thomgumbald  
East Riding

**BALANCE SHEET**  
**31 March 2024**

	Notes	2024 £	£	2023 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		120,722		118,660
<b>CURRENT ASSETS</b>					
Stocks		4,756		7,059	
Debtors	5	4,652		25,839	
Cash at bank and in hand		<u>219,605</u>		<u>132,109</u>	
		229,013		165,007	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>66,630</u>		<u>52,793</u>	
<b>NET CURRENT ASSETS</b>			<u>162,383</u>		<u>112,214</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			283,105		230,874
<b>PROVISIONS FOR LIABILITIES</b>			<u>29,206</u>		<u>20,587</u>
<b>NET ASSETS</b>			<u>253,899</u>		<u>210,287</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			200		200
Retained earnings			<u>253,699</u>		<u>210,087</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>253,899</u>		<u>210,287</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 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.

**PEAK HEALTH & FITNESS LTD (REGISTERED NUMBER: 08753697)**

**BALANCE SHEET - continued**  
**31 March 2024**

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 25 April 2024 and were signed on its behalf by:

M Bowring - Director

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS  
for the Year Ended 31 March 2024

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.

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**

Rentals paid under operating leases are charged to profit or loss 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 6 (2023 - 5).

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2024

4. **TANGIBLE FIXED ASSETS**

	Land and buildings £	Plant and machinery etc £	Totals £
<b>COST</b>			
At 1 April 2023	44,497	222,273	266,770
Additions	-	35,464	35,464
At 31 March 2024	<u>44,497</u>	<u>257,737</u>	<u>302,234</u>
<b>DEPRECIATION</b>			
At 1 April 2023	34,189	113,921	148,110
Charge for year	<u>6,411</u>	<u>26,991</u>	<u>33,402</u>
At 31 March 2024	<u>40,600</u>	<u>140,912</u>	<u>181,512</u>
<b>NET BOOK VALUE</b>			
At 31 March 2024	<u>3,897</u>	<u>116,825</u>	<u>120,722</u>
At 31 March 2023	<u>10,308</u>	<u>108,352</u>	<u>118,660</u>

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

	2024 £	2023 £
Trade debtors	-	20,489
Other debtors	<u>4,652</u>	<u>5,350</u>
	<u>4,652</u>	<u>25,839</u>

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

	2024 £	2023 £
Trade creditors	16,599	22,599
Taxation and social security	45,716	29,349
Other creditors	<u>4,315</u>	<u>845</u>
	<u>66,630</u>	<u>52,793</u>

7. **RELATED PARTY DISCLOSURES**

During the year, total dividends of £37,500 (2023 - £61,500) 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.