

Registered number  
10115034

1st Class Fitness Lincoln North Limited

Filleled Accounts

31 January 2019

**1st Class Fitness Lincoln North Limited****Registered number:** 10115034**Balance Sheet****as at 31 January 2019**

	Notes	2019 £	2018 £
<b>Fixed assets</b>			
Intangible assets	3	9,649	14,449
Tangible assets	4	7,718	10,283
		<u>17,367</u>	<u>24,732</u>
<b>Current assets</b>			
Debtors	5	1,600	1,600
Cash at bank and in hand		3,579	8,062
		<u>5,179</u>	<u>9,662</u>
<b>Creditors: amounts falling due within one year</b>	6	(2,377)	(1,960)
<b>Net current assets</b>		<u>2,802</u>	<u>7,702</u>
<b>Total assets less current liabilities</b>		<u>20,169</u>	<u>32,434</u>
<b>Creditors: amounts falling due after more than one year</b>	7	(102,997)	(92,997)
<b>Net liabilities</b>		<u>(82,828)</u>	<u>(60,563)</u>
<b>Capital and reserves</b>			
Called up share capital		2	2
Profit and loss account		(82,830)	(60,565)
<b>Shareholders' funds</b>		<u>(82,828)</u>	<u>(60,563)</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Karen Dixon & Paul Dixon

Director

Approved by the board on 30 April 2019

# 1st Class Fitness Lincoln North Limited

## Notes to the Accounts

for the year ended 31 January 2019

### 1 Accounting policies

#### ***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

#### ***Turnover***

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

#### ***Intangible fixed assets***

Intangible fixed assets are measured at cost less accumulative amortisation and any accumulative impairment losses.

#### ***Tangible fixed assets***

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Fixtures, fittings, tools and equipment	25% Reducing Balance
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#### ***Pensions***

Contributions to defined contribution plans are expensed in the period to which they relate.

### 2 Employees

	2019 Number	2018 Number
Average number of persons employed by the company	<u>7</u>	<u>6</u>

### 3 Intangible fixed assets

Goodwill:

#### **Cost**

At 1 February 2018	<u>24,049</u>
At 31 January 2019	<u>24,049</u>

#### **Amortisation**

At 1 February 2018	9,600
Provided during the year	4,800
At 31 January 2019	<u>14,400</u>

**Net book value**

At 31 January 2019	<u>9,649</u>
At 31 January 2018	<u>14,449</u>

Goodwill is being written off in equal annual instalments over its estimated economic life of 5 years.

**4 Tangible fixed assets**

**Plant and  
machinery  
etc  
£**

**Cost**

At 1 February 2018	18,383
At 31 January 2019	<u>18,383</u>

**Depreciation**

At 1 February 2018	8,100
Charge for the year	2,565
At 31 January 2019	<u>10,665</u>

**Net book value**

At 31 January 2019	<u>7,718</u>
At 31 January 2018	<u>10,283</u>

**5 Debtors**

**2019  
£**

**2018  
£**

Other debtors	<u>1,600</u>	<u>1,600</u>
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**6 Creditors: amounts falling due within one year**

**2019  
£**

**2018  
£**

Taxation and social security costs	<u>2,377</u>	<u>1,960</u>
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**7 Creditors: amounts falling due after one year**

**2019  
£**

**2018  
£**

Other creditors	<u>102,997</u>	<u>92,997</u>
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## **8 Controlling party**

The company is controlled by both Karen Dixon & Paul Dixon who each own 50% of the issued Share Capital.

## **9 Other information**

1st Class Fitness Lincoln North Limited is a private company limited by shares and incorporated in England. Its registered office is:

7 Minerva Way

North Hykeham

Lincoln

Lincolnshire

LN6 9FG

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.